

CONVEGNO Internazionale

**QIGONG E SCIENZA DELLA SALUTE. CORPO - MENTE - SPIRITO:
ORIENTE E OCCIDENTE SI INCONTRANO**

Palermo 7 – 10 maggio 2015

Cantieri Culturali alla Zisa / Sala Michele Perriera

Sabato 9 maggio 2015

Workshop

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Pain Management with Integrative Mind-body Exercises

Evidence and clinical applications

Abstract

Meditation and mind-body exercise as a traditional healing or mind-body practice has become increasingly popular in Western countries. Mind-body exercise and its therapeutic effects have been widely studied in the scientific literature. Traditional Chinese Medicine (TCM) has advocated various mind-body exercises that integrate breathing, mind and body adjustments into one. This presentation offers a brief overview of research evidences on feasibility and efficacy of applying meditative therapies in pain relieving and pain management – the clinical area that mind-body medicine plays a significant role in both physical and psychological well-being, with the most updated evidence of clinical outcomes. It will also explore the possible mechanisms on how meditative therapies or mind-body exercises may help reduce pain and achieve peaceful and balanced state, and discuss the methodology challenges in applying meditation therapies in clinical studies and its daily applications.

Workshop

Integrative Mind-Body Exercises for Pain Management

By Kevin W Chen, MPH, PH.D.

Learning Objectives:

Through this 2-hour workshop the participants will be able to (1) learn some basic concepts and terminology of mind-body exercises from traditional Chinese medicine (TCM), and the relationships between pain and TCM meridian theory; (2) discover significance of concept Qi and mind-body integration in TCM, and the research evidence to support mind-body exercises for pains, and (3) to learn some basic skills, meditation and acupoints for pain relief and pain management.

Contents of the Workshop

- Introduction to Qigong – the mind-body exercises that integrate breathing, body and mind into one – is the foundation of TCM practice
- Significance of concept Qi and mind-body integration in TCM, and its clinical implications..
- Review of clinical evidence in supporting mind-body exercises for pain relief and pain management
- The known mechanisms of mind-body exercise and qigong meditation for pain relieving and pain management
- Demonstration and practice on how to apply mind-body exercises or qigong skills for self-applied pain management, as well as for helping patients to relieve pain.

Methods of Workshop – Powerpoint presentation to introduce the concept and clinical evidence, and then demonstration and hand-on instruction on basic mind-body exercises, integrative meditation for pain management, and acupoints for acupressure to relieve pain.

Materials needed: PPT projector, chair or meditation cushion, space for qigong movement.

Speaker Information:

Dr. Kevin W Chen is an associate professor of family and community medicine at the Center for Integrative Medicine, University of Maryland School of Medicine. He is a NIH-funded investigator in clinical study of Qigong therapy for arthritis and addiction, as well as a certified instructor of medical Qigong. With Chinese origin and long-time qigong practice Dr. Chen is among the few scientists who have both fundamental knowledge of mind-body exercises and active involvement in bio-energy research in the U.S. He is the associate editor-in-chief of the English version textbook “*Chinese Medical Qigong*” (2010), and the publisher of *Yang-Sheng* magazine and network (<http://yang-sheng.com>). His research includes both verification of bio-energy through laboratory detectors, and medical applications of bio-energy therapies like qigong in clinical settings. He is currently working on NIH- and foundation-funded research projects to apply meditative therapy and self-care methods in treatment of addiction, arthritis, anxiety, fibromyalgia, cancer and other health conditions.