



Complementary and Integrative Healing

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Western medicine has much to offer for the diagnosis, treatment and management of disease. However, many are choosing to include complementary healing approaches to augment their treatment and support holistic well-being. It is important for health practitioners to be aware of the research related to the practices most frequently used by those in their care. In this program we will discuss common approaches and the evidence-based research to support their use. We will explore massage, yoga, acupuncture, healing touch, meditation, music, art and pet therapies and their benefits for healing and well-being.

Following this presentation the participant will be able to:

1. Describe the role of complementary and integrative approaches as a means to support holistic well-being
2. Discuss examples of complementary and integrative approaches
3. Describe the importance of evidence-based research for the complementary and integrative approaches

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).