

3<sup>rd</sup> International Conference on

# Holistic Medicine and Nursing Practice

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## *Allen M Schoen*

*Holistic Integrative Veterinary Healthcare, Canada*

### **The integration of mind/body wellness medicine into a veterinary acupuncture practice to improve your practice and your life**

The practice of Veterinary Medicine offers a unique and extremely rewarding professional life. It also offers many challenges that can create stress and impact on one's mental, physical and emotional health. Mind-Body Medicine (MBM) is an essential approach to dealing with the stress of being a healthcare professional at this time. It is being integrated into conventional human medicine in numerous hospitals and medical centers. It is beneficial for veterinarians to now integrate mind-body medicine into their veterinary practices in order to be of benefit to their practice, themselves, their family, staff, clients, and patients. This one to the two-day workshop will review the scientific basis of mind-body medicine and how you can use it to be of benefit to yourself, your veterinary practice, your staff, clients, and patients. Integration of these beneficial techniques into your veterinary practice and daily life may be one of the most important shifts that you can make in your veterinary life. They will influence every thought, decision, and action you make each day. The latest neuroscience continues to document the beneficial changes in our brain function and chemistry when we integrate these techniques. Once one understands the neurochemical implications of stress on yourself and others and how you can change and manage that in your life, both your practice life and personal life can improve. Solutions, exercises and training based on the Relaxation Response as defined by the Mind/Body Medical Institute at Harvard Medical School will be reviewed. The concept of compassion fatigue and "burn-out" within the profession has been discussed much more openly and frequently during this past decade. There are numerous articles published regularly now on stress, burnout, and compassion fatigue in both the human medical and veterinary professions. The challenges, concepts and healthy mind-body medical, wellness approaches to these conditions will be discussed. Techniques of mind/body medicine offer veterinarians opportunities to reflect on, rejuvenate and re-create our careers and lifestyles. This workshop will be a combination of lectures and experiential exercises that you can integrate into your veterinary practice and life immediately. These are time-tested and scientifically documented processes that help balance our brain chemistry, physical and emotional health and bring greater joy and satisfaction back into our lives.

### **Biography**

Allen M Schoen is one of the pioneers in veterinary acupuncture and natural therapies, developing and practicing them since 1981. He has been acknowledged worldwide for introducing the concept of an integrative approach to veterinary medicine, bridging the gap between conventional and alternative medicine. With over 40 years of clinical experience, teaching and research, he has developed his own unique integrative approach to animal health care. He received his DVM from Cornell University's College of Veterinary Medicine in 1978, and also holds a Masters Degree in Neurophysiology and Animal Behavior from the University of Illinois. He was certified in Veterinary Acupuncture in 1982 and is a past president of the International Veterinary Acupuncture Society and was one of the first veterinarians certified by the American Veterinary Chiropractic Association. In addition, he has advanced training in botanical medicine and homeopathy, and the best of all these therapies are incorporated into his practice. He has worked to bring the best of complementary therapies into mainstream acceptance. He started the Department of Acupuncture at The Animal Medical Center in NYC (the largest animal hospital in the world) in 1982. He has taught and lectured at veterinary schools and conferences nationally and internationally. He has been a Clinical Assistant Professor at both Colorado State University College of Veterinary Medicine as well as Tufts University School of Veterinary Medicine. In 1996, he was appointed to a six-member committee by the American Veterinary Medical Association (AVMA) to develop guidelines for Complementary and Alternative Veterinary Medicine (CAVM).

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