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Understanding the pain mechanism to free yourself from pain

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It is often difficult for integrative health practitioners and professionals to understand the physical and mental pain of their patients. Providing effective solutions is even harder. This workshop will discuss the challenges of pain management, while at the same time providing practical and timely treatment options for chronic pain. The participants will come away with a greater understanding of the evidence-based research as well as practical hands-on menus of options to implement with their patients. This experiential workshop will go into depth about the pain mechanisms and the different aspects necessary in order to free the person from pain. While the lesson is scientific and biology-based, the presenter will utilize the ages-old methodology of qigong as a model for delivering the lesson. The qigong serves as a mnemonic to the activities necessary to stay out of pain and live a healthier, fuller, life. In an iterative cycle, the qigong becomes both the reminder and the method, as it forms one piece of the puzzle for solving the sticky wicket of unrelenting idiopathic pain.

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