The mind is like the wind and the body is like the sand.
If you want to know how the wind is blowing, look at the sand.

Bonnie Cohen

Instructor: TESS TAFT MSW, LICSW
E-mail: tess.taft@usoncology.com Phone: 509-624-3003
Class time: Mondays, 5-9pm
Office Hours: By appointment only Place: EWU downtown center

COURSE DESCRIPTION:
This course closely examines the ways that people benefit from ancient and modern mind/body healing techniques that can help them deeply relax and draw upon inner strengths, allievating much of the physical, emotional, cognitive, and spiritual suffering associated with chronic or acute illness and dying. Complementary Care offers a mix of healing techniques and therapies, ranging from the ancient practices of meditation, guided imagery, acupuncture, yoga, massage and reiki, which are thousands of years old, to the more modern treatments such as biofeedback and cranio-sacral body work. Most complementary practices are holistic in design, just as ecologically based social work practices are, in that they treat the person as a multidimensional, whole being--comprised of body/mind/heart/and soul, and living within families, communities and cultures. According to Margaret Chesney MD, who directs the multi-million dollar research programs on complementary medical care at the National Institutes of Health, seventy percent of people coping with chronic and acute disease in the USA use Complementary Medicine in their attempts to relax, heal, and alleviate the suffering associated with their illnesses. This class will focus on the skills required to understand, use, then teach a wide variety of relaxation techniques, meditation styles, and interactive guided imagery skills. Students will learn more about “the person of the therapist” as well as how to draw upon their own intuition as a tool for assisting clients who are suffering. Students will research and experience a complementary healing method and present findings to the class, and investigate and present the history of healing wisdom traditions within their own families and cultures. We will also explore the powerful role that spirituality plays in health and healing, as well as the most recent research and developments in the treatment of trauma. The class format will include lectures, yet be
experiential in nature, with discussion and class participation critical to its success.

Please note that although this class can stand on its own, it is designed as the third of three classes in the EWU Palliative Care Certification Program. The program has been designed by the instructor to meet and exceed the 2004 NASW Standards for Social Work Practice in Palliative and End of Life Care.

Each student is expected to pay for one alternative healing experience by a professional, licensed or certified community practitioner, and should anticipate this expense as comparable to the cost of a required text, usually between $45-$60.

**COURSE OBJECTIVES:**
1. Students will understand and appreciate the relevance of an integrated mind/body/spirit approach to health and healing, and will learn how to ethically use strengths-based mind/body interventions to help alleviate the suffering of their clients.
2. Students will research, experience, learn, practice and teach a wide variety of relaxation, meditation, and guided imagery techniques and by doing so expand their ability to communicate with clients in new ways and offer a fully generalist social work practice.
3. Students will learn when, where, why and how specific complementary healing methods are used, and how to depend upon an ecologically based practice to help clients access complementary medical professionals within the community.
4. Students will understand the interplay between health care policies that support complementary health care practices and those that do not, and will learn appropriate ways to advocate for their patients who are denied access due to financial constraints, for example.
5. Students will understand and appreciate the physical, emotional and spiritual impacts of illness and loss.
6. Students will understand and appreciate the transformational power of suffering and pain.

**REQUIRED READINGS:**
1. Edmund Bourne: *The Anxiety and Phobia Workbook*
2. Davich, Victor: *The Best Guide To Meditation*,
3. Remen, Rachel Naomi: *Kitchen Table Wisdom*,
4. Naparstek, Belleruth: *Invisible Heroes: Survivors of Trauma and How They Heal*

**COURSE REQUIREMENTS:**
1. **MEDITATION TRAINING and PRACTICE:** You are expected to meditate for 20 minutes a day, *5 days a week*, starting the first week of class. You will learn several different types of meditation and choose one or two that work best for you. This is not optional. You must
carve out the time and not think that you can simply add it to what is already filling your time. Accomplishing this will be a real challenge for most of you, and rewarding beyond your wildest expectations once you do. Your palliative care clients need to to learn this, so that you can teach them!

2. ALTERNATIVE HEALING EXPERIENCE: You are expected to have an experience with a licensed or certified alternative medical practitioner of your choice from the list I give you. If you want to use someone off the list, consult with me beforehand. The experience needs to last at least one hour in length. You may not use an experience you had before class began. You are expected to pay for this as you would a required text, anticipating a cost of $45-60.

3. CLASS PRESENTATION: You will present to the class for 10 minutes, describing these aspects of your alternative experience:
   • history and information in your own words about the healing modality you chose
   • Current research about your healing modality, checking: www.nccam.nih.gov/nccam and www.mdanderson.org/CIMER and other accredited or professional internet research sites that you find
   • How the modality you chose is thought to work and why it works
   • why you chose this healing modality
   • What it felt like to you. TELL US THE STORY!! Did it alleviate the symptom or the problem you wanted addressed? Do you see the problem differently now? How? Why?
   • THREE MINUTES of your presentation needs to be about your own cultural heritage and what you have researched about its healing wisdom traditions.
   • Site 3 professional or accredited sources for your information (the 3 sites to include the two sites listed above), and submit the articles for my review at the time of your presentation.
   • Presentations will be evaluated on content, research, originality, clarity, flow, and accuracy of timing. Please don’t read to us.

A 3 page research paper discussing the above will be due the week of your class presentation.

Please remember:
Just as it is my job to fascinate you and expose you to new and relevant information, it is your job now to do that for us. You may use a 4x6 card of notes to talk from. Please do not read to us. If you use Power Point, use it for topic headlines only, not written information that you read to us as we read along.

4. REFLECTION PAPER: Once during the quarter please hand in a 3 page paper discussing:
   • The assigned topic
   • your experience of the class discussions
   • how things are going with your meditation practice (what is going well and what the challenges are for you, not detailed stories of where your mind traveled while you were meditating)
   • what surprises you about what you are learning, teaching, and experiencing
   • what you want especially to remember to carry on to your clients in terms of your
own deepening understanding of your practice values and/or ways of serving
that you find most compelling or important.

5. BOOK PAPERS: Please submit a 1 or 2 page paper on the day that we finish each book
assigned in class, discussing: 1) what interested you most about the book. 2) how it could be
useful to you as a clinician 3) how it can expand your application of an ecological practice
framework and 4) whether and how it addresses issues related to discrimination in health care
policy

Please remember regarding ALL PAPERS:
• Everything you hand to me will be kept in strict confidence, so please, let yourself go.
  I have been told that these papers, and our “dialog” in the form of my
  responses, can be some of the most rewarding aspects of the class.
• When I say two (or three) pages, this is what I mean: 2 (or 3) complete pages, double
  spaced, with 1 inch margins at the top, bottom, and sides, with size 12 print. I want
  your name at the top, along with the date handed in, and which paper it is, all on the
  same line. I don’t need all the other info about the class, etc. I want you to use the
  space available for your writing.
• Please number and staple your pages!
• Please hand all papers in on time. For each week that a paper is late, it will be graded down .3.
  Do not e-mail papers to me. I want hard copies only, handed in during class. Thank you

COURSE SCHEDULE
Class 1: 3/31/08
  Welcome and Guided Imagery Experience
  Review Syllabus
  Introductions
  Topic: Meditation Training: Learning To Pa
    • Meditate 5 days each week, 20 minutes each time
    • Best Guide to Meditation, first half, skimmed
  Due Class 2: Meditate 5 days, 20 minutes each time
    Best Guide to Meditation, first half skimmed

Class 2: 4/7/08
  Introductions, Overview of Social Work in Palliative Care
  Video: Doing Time, Doing Vipassana
  TOPIC : New Visions of Healing
    • The Search for Wholeness
    • The Seeker Is Awakened
    • The Mind/Body/Heart/Spirit Connection
    • Spiritual/Sacred vs Religious
  Due Class 3: • Meditate 5 days, 20 minutes
    • Best Guide to Meditation, finish
    * Book paper, 1 page

Class 3: 4/14/08
TOPIC: Stress and Fear, Hope and Faith
Class Presentations

Due Class 4:  • Meditate 5 days, 20 minutes
• The Anxiety and Phobia Workbook, 1st half, skimmed
• Reflection paper #1, 3 pages. I want you to closely examine YOUR OWN CULTURAL HERITAGE and describe what YOUR culture has brought to the world of complementary medicine and healing. This will require research, phone calls to grandparents or relatives or people who share your heritage that you may or may not know yet. Tell me the stories, have fun with this, and don’t eliminate what you hear if it sounds silly or unbelievable. Also include what your family and your own experiences in childhood taught you about healing. How do we heal? What were your parents and grandparents told about healing? (Ask them! Don’t just assume!) How do their beliefs differ? Much of the “old” folk wisdom has been lost since the common use of antibiotics took hold in the 1950s. Look at the roots of your beliefs about healing. ALSO: you will be sharing this information with the class during your presentation. This research paper is the foundation for that portion of your presentation.

Class 4: 4/21/08
TOPIC: The Emotional, Physical and Spiritual Impact of Disease and Loss
Class Presentations

Due Class 5:  • Meditate 5 days, 20 minutes
• The Anxiety and Phobia Workbook, 2nd half, skimmed
* Book paper, 1 page

Class 5: 4/28/08
TOPIC: The Will To Live
Class Presentations

Due Class 6:  • Meditate 5 days each week, 20 minutes
• Kitchen Table Wisdom, 1st half read thoroughly please

Class 6: 5/5/08
TOPIC: Spirituality, Healing, Prayer and Prayer poetry
Class Presentations

Due Class 7:  • Meditate 5 days, 20 minutes
• Kitchen Table Wisdom, 2nd half
* Book paper, 2 pages

Class 7: 5/12/08
TOPIC: Forgiveness and Recovering the Soul
Class Presentations

Due Class 8:  • Meditate 5 days, 20 minutes
             *Invisible Heroes, p. 1-121

Class 8: 5/19/08: Tess will be out of town. Guest speaker possible….otherwise we'll meet during exam week.
TOPIC: The Relaxation Smorgasbord, Techniques to Learn, Use, and Teach
Video: Imaginative medicine
Class Presentations

Due Class 9:     • Meditate 5 days, 20 minutes
                 • Invisible Heroes, p. 122-end
                 * Book paper, 2 pages

Class 9: 6/2/08
TOPIC: Social Work Leadership: impacting medical systems, advocacy for palliative care in the workplace

• Wrap -Up and Goodbye, and many thanks to you all

INTRODUCTIONs: 5 minutes or so, with a little more time for #11, if you have a story:

1. What is your full name?
2. Have you ever used alternative healing methods yourself?
3. What is your spiritual or religious background?
4. How important is this in your life now?
5. How would you define your “community”?
6. When you are especially tense, where do you feel it in your body?
7. How do you relax in healthy ways when you are tense?
8. How do you relax in unhealthy ways when you are tense? (We all do!!)
9. Have you ever had any serious health problems in your life?
10. What is the most beautiful, healing place on earth you have ever found?
11. Have you ever had a mystical experience? Will you tell us about it?
12. What are your greatest hopes in your life at this time?

COMPLEMENTEMERTARY/ALTERNATIVE HEALING EXPERIENCES
Massage
- Linda Bowen, south hill, 624-9571
- Jeannie Garvey, Centrally located, 747-4055, $50/hr
- Daya Goldschlag, CMT, 2614 N. Stevens, 328-6215, $65/hr
- Ron Murray, European Osteopathic, Scar tissue work, Rolfing, Craniosacral, 993-2066, $110/1+ hr.
- Ara Jo Rising, Manual Physical Therapy, Medical Lake, 299-7379

Breath Work
- Sybil Vaughn, 3803 W. Greenwood Rd #74B, 624-1865, Sliding Fee

Shamanic Journeys
- Will Whitesmith, 1-260-402-1722

Guided Imagery
- Eleanor Limmer, ACSW, MSW, Tapio Center #203 Red Flag Bldg, 104 So. Freya, 353-9135, or 255-9126

Reiki
- Valerie Holman, LMT, 1724 W. Carlisle, 343-4263, $60/hr

Naturopathy
- Al Morgan ND, 104 So. Freya Suite 203, 535-9135, takes insurance

Acupuncture and Traditional Chinese Medicine
- Mary Iverson LMT, LAC 1325 1st Ave., 863-5851, $65/hour sliding fee
- Jeanann Eckert LAC South Hill and Northtown, 323-0571, $100/1.5 hr.
- Kim Krull LAC 508 W. 6th Ave, 747-8275, $95/1+ hour
- Howard Lee LAC 1626 N. Atlantic, 484-5661, $70/1+hour
- Paul Lu, Chinese Acupuncture and Herb Clinic, 325-3588, $105/1 hour +
- Gil Milner, MD, Psychiatrist and Acupuncturist and Shaman
  o 1704 W. 11th, 747-6401, depends on policy, limited sliding scale

Chiropractics
- Kelli Pearson DABCO, Pearson and Weary Pain Relief Clinic downtown or in the valley, 927-8997, $57-150 first visit, after that $42-58. Takes ins.
- Walter Thompson, 319 W. Indiana, 328-0775

Hypnotherapy

Homeopathy
Tai Chi

Reflexology
- Karen Peck, Pres, NW Reflexology Assn, 1429 S. Adams
- Chelle rose, Heal to Toe Sound Healing, W. 1636 First, 838-1995, Sliding Fee

Yoga
- Harmony Yoga, LLC, 1717 W. 6th Ave. 747-4430
- Radhi Yoga, Coeur d’Alene St, Browns Addition