

# BISBEE ALTERNATIVE THERAPIES CLINIC (BATC)



# CLINIC CONTACT

- **Bisbee Alternative Therapies**
- **24 Howell Avenue, Bisbee, AZ, United States 85603**
  
- **Website**                    [www.bisbee-alternative-therapies.com](http://www.bisbee-alternative-therapies.com)
- **Facebook Page**            [Facebook.com/BisbeeAlternativeTherapies](https://www.facebook.com/BisbeeAlternativeTherapies)
  
- June 10
- July- No Clinic- Summer Break
- Aug 8
- Sept 16
- Oct 14
- Nov 4
- Dec 2



# HISTORY OF BATC

- **Bill and Justin Johnson**
- **Naco Wellness Initiative**
- **Bisbee Wellness Initiative 2005**
- **Bisbee Alternative Therapies Clinic**



## FREE COMPLEMENTARY ALTERNATIVE MEDICINE (CAM) THERAPIES

- Energy Medicine-Reiki, Healing Touch, Deeksha
- Acupuncture
- Massage and Reflexology
- Sound Healing
- EFT Tapping
- Hypnosis
- Intuitive Readings



# WHAT IS REIKI?

- Japanese Technique for Stress Relief and Relaxation
- Non-Invasive
- Non-Doctrinal
- Universal Life Force Energy

## The 5 principles of Reiki

*Just for today:*

*I will let go of anger.*

*I will let go of worry.*

*I will do my work honestly.*

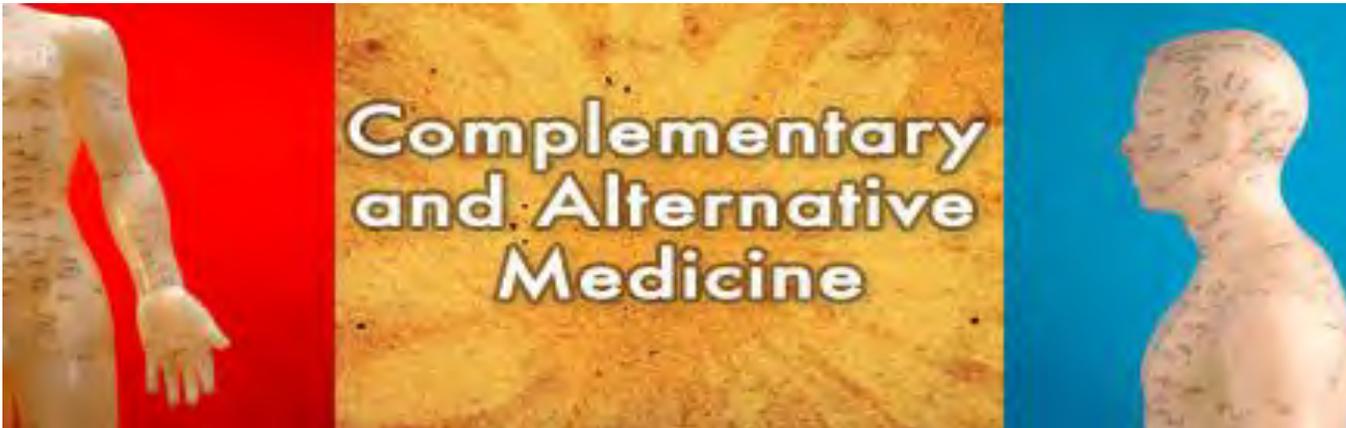
*I will be grateful for my many blessings.*

*I will be kind to every living thing.*



# CAM THERAPIES CREATE INTEGRATIVE MEDICINE

- Not an Either/Or
- Both Allopathic Medicine and CAM Modalities



# CAM THERAPIES

- **53% Americans 50+ use CAM** (joint study AARP and NCCAM)
- CAM addresses:
  - Heart Disease
  - Cognitive Function
  - Depression/ Anxiety
  - Digestive Issues
  - Cancer Care
  - Stress
  - Chronic Pain Conditions



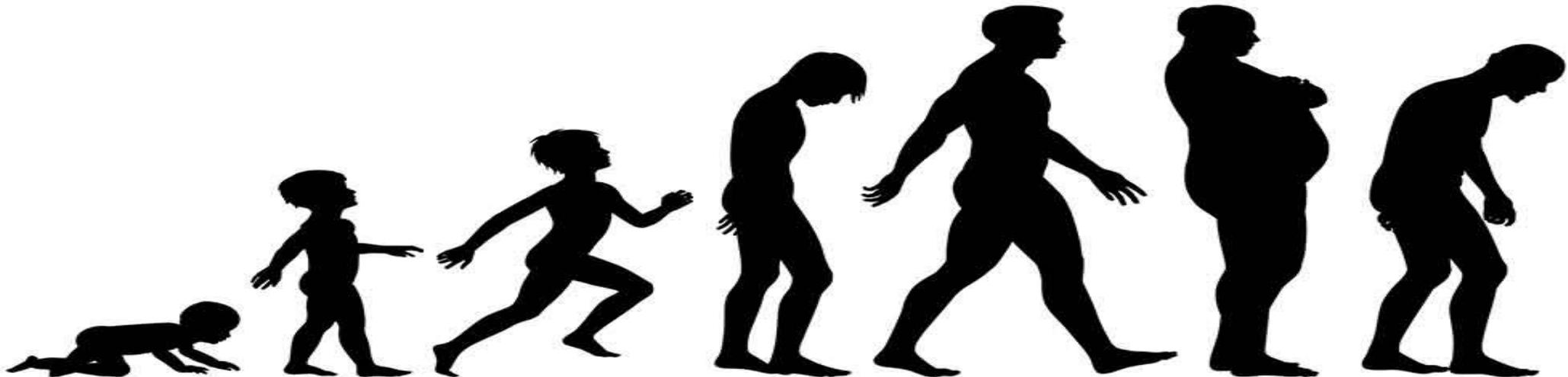
# CAM THERAPIES

- Provide Time/Attention to Seniors
- Appropriate Touch
- Release Endorphins/Increase Healing
- Nurturing
- Can Create Community
- Encourage Self Care
- Provide Validation



# CAM IN THE AGING

- Study-“Role of Complementary and Alternative Medicine in Geriatric Care: a mini review”
- *Pharmacognosy Review*
- **“CAM plays a substantial role in the health promotion, treatment and prevention of disease and frailties in elderly people, which encompasses the wholesome approach of handling aging and its effects well”**



## FOCUS OF CAM/ TRADITIONAL THERAPIES

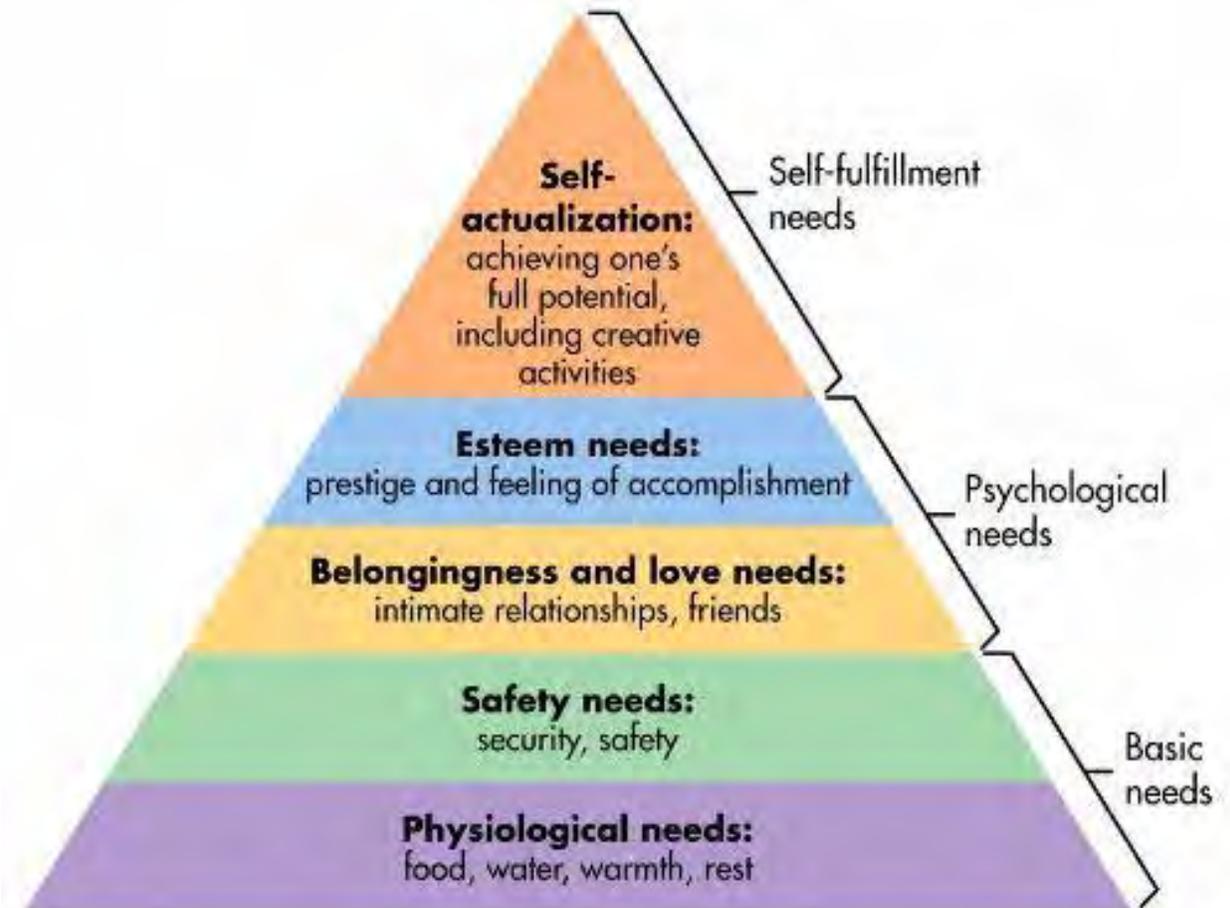
CAM Therapies	Traditional Medicine
treat core issues	symptom relief
cost (sometimes covered by insurance)	cost (generally covered by insurance)
low to zero side effects	multiple side effects
independence with self care	dependence in the care of others
strengthens body's defenses	may lessen body's defenses
maintains or increases community	can lessen community

# AGING CONCERNS

- **Study-Healthcare of Elderly: Determinants, Needs and Services**

- *INTERNATIONAL JOURNAL OF PREVENTIVE MEDICINE*

- CHRONIC DISEASES
- PAIN
- PHYSICAL LIMITATIONS
- ACCESS TO HEALTHCARE
- COMMUNITY
- PSYCHO-EMOTIONAL



# TRANSCENDENCE



- Researchers: Valerie Lander **McCarthy** PhD. RN, Jiying **Ling**, MS and Robert M. **Carini**, PhD “The Role of Transcendence; A missing Variable in the Pursuit of Successful Aging”
- “an inherent developmental process that shapes how older adults see themselves, others, God, or a higher power, and the nature of life itself, may be an important contributor to aging”
- The Theory of Successful Aging- Nursing Theory by M.Flood (2006). Relationships, Creativity, Contemplation, Introspection, and Spirituality.

## AGING INSIDE THE BOX

- No Use of CAM Therapies
- Responsibility Lies with Healthcare Professionals
- Passive Role
- Symptom Focused/ Compartmentalized Disease
- Worries What Others Think
- Disease Focused/Self Absorbed
- Emphasizes Reactive Care
- Decreasing Community
- High Prevalence of Chronic Pain



# AGING OUTSIDE OF THE BOX

- Uses CAM Therapies
- Accepts Responsibility for Healthcare
- Empowered by Healthcare Choices
- Increased Options
- Holistic/Core Issue Focus (as opposed to just symptoms)
- Not Concerned with What Others Think
- Maintains Community
- Transcendence/Other Focused
- Strengthened Bodily Defenses
- Manageable Stress Levels
- Proactive Self Care
- Managed Pain



## WHAT OUR PARTICIPANTS SAY

April 2017 In House Survey

When asked, “What are your biggest everyday challenges?”

- Pain
- Getting out of the house
- Finances
- Maintaining balance
- Worry
- Low self esteem
- Physical health
- Headaches
- Eyesight
- Medication side effects
- Stress and anxiety
- Stress and tension
- Work stress
- Insomnia
- Breathing

## WHAT OUR PARTICIPANTS SAY

When asked, “How have the therapies assisted you in the aging process?”

- “Dealing with pain and low energy”
- “Help with physical injuries”
- “Reset and refocus”
- “Helped me to come to terms with new challenges”
- “Saved my life”
- “Keeping me young”
- “Reiki reduces my pains.”
- “The therapies help me feel better about myself and my future”
- “Help me to be in better balance”
- “Release negativity”
- “They keep me aligned with the possibilities/potential of energy work”
- “Increased sense of well-being”
- “I feel less decrepit”

## WHAT OUR PARTICIPANTS SAY

When asked, “What would you missed most if you stopped coming here?”

- **“access to care I would otherwise be unable to have in my life healing journey”**
- **“relaxing”**
- **“Interactions with local folks”**
- **“intuitive practitioners”**
- **“The overall good vibes and happiness spread by all the volunteers”**
- **“The focus on wellness your clinic has”**
- **“opportunity for healing”**
- **“Reiki”**
- **“Foot rubs”**

## HOW BATC MEETS THE NEEDS OF THE AGING

- Psycho-Social
- Emotional
- Functional
- Transcendence



# REIKI DEMONSTRATION



## SOURCES

**McCarthy, Valerie Lander, PhD., R.N., Jiying Ling M.S., and Robert M. Carini PhD. "The Role of Self-Transcendence: A Missing Variable in the Pursuit of Successful Aging?" *Research in Gerontological Nursing*, vol. 6, no. 3, 2013, pp. 178-86, *Nursing & Allied Health Database*,**

**Orzech, Dan. "Complementary and Alternative Medicine for Older Adults." *Social Work Today* 7.5 (2007): 38. *ProQuest*. Web.**

**Saurabh Ram Bihar, Lal S., Saurabh S. Prateek, and Jegadeesh Ramasamy. "Health-Care of Elderly: Determinants, Needs and Services." *International Journal of Preventive Medicine*, vol. 4, no. 10, 2013**

**Siddiqui, Mohammad, et al. "Role of Complementary and Alternative Medicine in Geriatric Care: A Mini Review." *Pharmacognosy Reviews*, vol. 8, no. 16, 2014, pp. 81-87**