



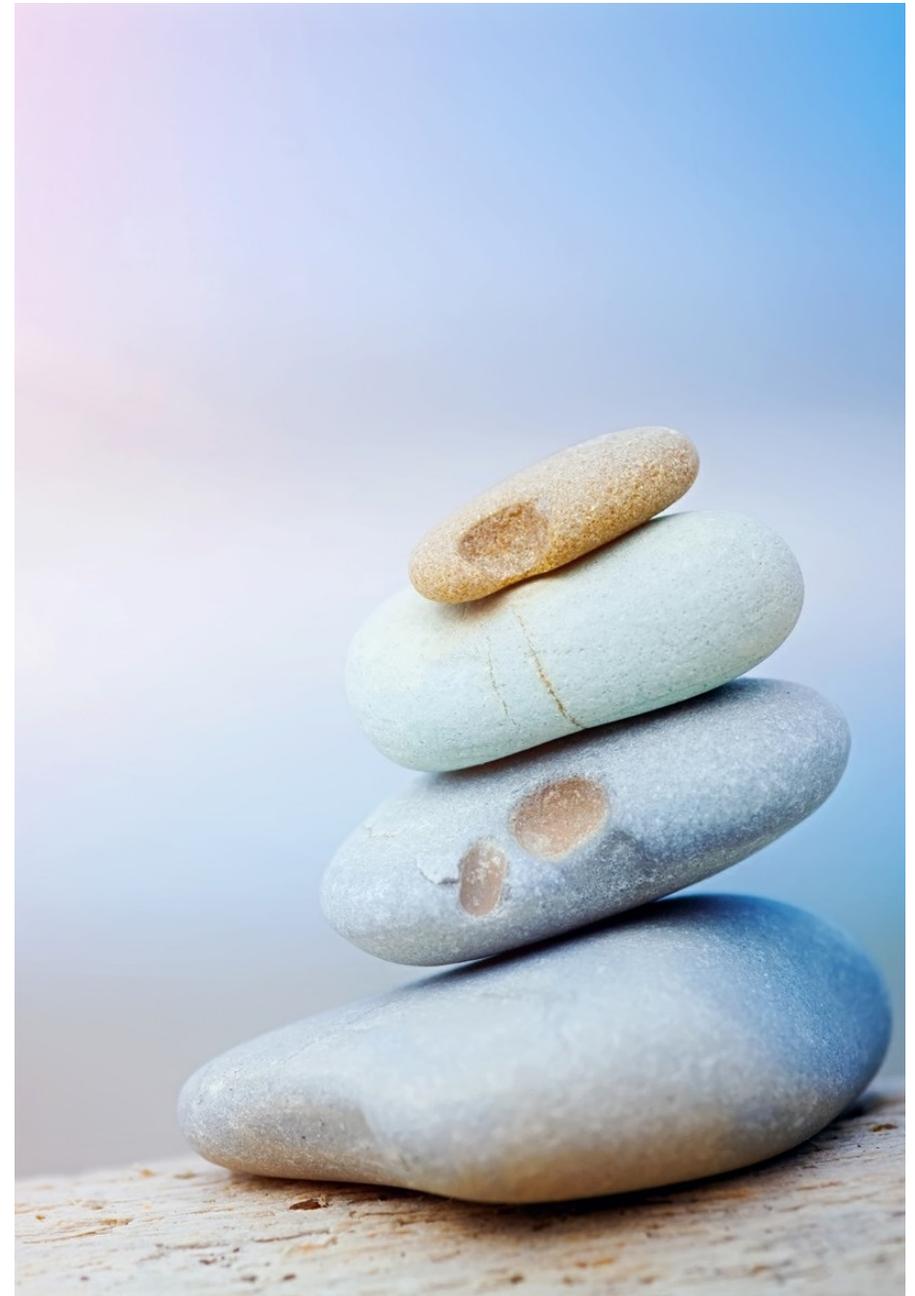
RESTORATION & BALANCE™

Register through
[https://vaww.visn5.portal.va.gov/sites/WAS/
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Team/default.aspx](https://vaww.visn5.portal.va.gov/sites/WAS/Registration-for-Integrative-Health-Care-Team/default.aspx)
Or by emailing
alaine.duncan@va.gov
For more information, visit:
www.integrativehealingworks.net

Ms. Duncan, a charter member of the DC WRIISC Integrative Health & Wellness Program, is an acupuncture clinician, researcher and educator. She has served on research teams evaluating acupuncture for the treatment of chronic headaches after traumatic brain injuries; for PTSD-related insomnia; for compassion fatigue in military caregivers; for Gulf War Veterans Illness; and for PTSD. Ms. Duncan received her Acupuncture Master's Degree from the Maryland University of Integrative Health in 1990, and completed Somatic Experiencing training in 2007. She has a rich appreciation for acupuncture's interface with the neurophysiology of traumatic stress, and a heart-felt concern for Military Families.

Restoration and Balance™

Chinese Medicine's Gift To Survivors of Trauma



Alaine D. Duncan, Licensed Acupuncturist, Somatic Experiencing Practitioner

Restoration and Balance™

Chinese Medicine's Gift To Survivors of Trauma

The human response to threat mirrors the movement through the Five Phases of Chinese medicine. We will move through these steps in their sequential seasonal order. Each module will stand alone, and be connected as a series. You are welcome to come to one or all.

- Explore the interface of the neurobiology of traumatic stress and Chinese Medicine's Five Phase theory.
- Assess Veterans traumatic stress response as an expression of success or failure in the steps of the Self Protective Response.
- Learn observation, interaction and touch skills to help Veterans restore balance and vitality in the resulting brace and/or collapse in their tissues, mind, and spirit.

Chinese medicine evaluates and treats the mind-body-spirit as an integrated whole. War trauma survivors are best served when their whole being is embraced.

Trauma creates high levels of disorganization in the autonomic nervous system. Stress physiology prevents patients from responding in "textbook" ways; it gets in the way of our interventions. This course will focus on restoring balance in the autonomic nervous system, making our caring more effective.

Our Veterans are fortunate that they live in a time and a place where the best of Western medicine and the gifts of Eastern medicine can come together in service to their healing.

12 Continuing Education credits per module are pending.



The Five Phases Of The Self Protective Response

- **Fall: Lung and Colon Meridians**
First Breath and Last Breath: Awakening Our Threat Response; Grieving for Loss
October 16&17, 2014 9am-5pm Freedom Auditorium (4th Floor)
- **Winter: Kidney and Bladder Meridians**
The Arrest Response: Signaling the Body to Prepare for Threat
January 8&9, 2015 9am-5pm Freedom Auditorium (4th Floor)
- **Spring: Liver and Gall Bladder Meridians**
The Mobilization Response: Strength for Fight, Strategy for Flight.
March 26&27, 2015 9am-5pm Freedom Auditorium (4th Floor)
- **Summer: Heart, Pericardium, Small Intestine and Triple Heater Meridians**
Restoring Relationship in Our Hearts and Our Minds.
June 4&5, 2015 9am-5pm Freedom Auditorium (4th Floor)
- **Late Summer: Spleen and Stomach Meridians**
Digesting the Gristle. Harvesting the Lessons.
September 17&18, 2015 9am-5pm Freedom Auditorium (4th Floor)

**Summer: Heart, Pericardium, Small Intestine and Triple
Heater Meridians**

**Restoring Relationship in our
Hearts and our Minds.**

June 4 & 5, 2015
9:00 am to 5:00 pm

- The Self Protective Response and the 5 Phases of Chinese Medicine
- The Pericardium: Restoring Capacity for Relationship
- The Polyvagal System and the Kidney/Heart Axis
- The Importance of Fascia After Blast Injuries: Flexibility For Creating A Boundary and Making A Connection
- The Mediastinum and Matters of the Heart

The Heart Expression:

Sadness predominates: We see flat emotions, memory and cognition are slow, they are socially inhibited, and very anxious. They can't look you in the eye – it is very hard for them to feel vulnerable and safe in relationships. The Chinese character for heart is identical to the one for mind. They knew that a disturbance in the heart affects the mind, and vice-versa.

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Late Summer: Spleen and Stomach Meridians

Digesting the Gristle. Harvesting the Lessons.

September 17 & 18, 2015
9:00 am to 5:00 pm

- The Self Protective Response and the 5 Phases of Chinese Medicine
- Survival Issues In the Muscles: Stand My Ground or Mobilize to Fight or Flee?
- The Enteric Brain and Developmental Trauma; Restoring Gut Function
- The “Personalities” of the Viscera in Chinese Medicine
- Not For Mental Health Providers Only: Adverse Childhood Experiences and Morbidity/Mortality in Adulthood

The Spleen/Stomach Expression:

Digestion is shutdown; they can't receive anything, hold onto anything, can't digest or integrate experiences. The stomach and spleen help us break down our stories into digestible bits, digest that gristle and harvest the lessons from life's challenges. It may be hard to digest food – with symptoms like IBS or GERD; or it may be hard to digest their memories and move forward embracing life.

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