

5th International Meeting on
TRADITIONAL & ALTERNATIVE MEDICINE
&
International Conference on
ACUPUNCTURE AND MERIDIAN STUDIES

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Advanced acupuncture for mental and emotional health**Susie Hayes**

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As a conscientious Medical Acupuncturist, it is imperative to consider the mental and emotional well-being of a patient to arrive at an accurate diagnosis and effective treatment plan. Ancient medical texts from thousands of years ago insist upon an inextricable link between mental and physical health, giving tremendous importance to the Mental (Jing Shen) in physiology and all considerations of pathological prognoses. This presentation translates the deep wealth of ancient medical wisdom fused with perspectives from advances in conventional medicine into practical approaches for the psychological conditions of anxiety, insomnia, and depression, too commonly seen in clinic today. From this talk, you will receive a unique synthesis from the ancient medical

texts, as clinically practiced, researched, and taught by Tran Viet Dzung, MD, and Nguyen Van Nghi, MD, over the past several decades, a clinical approach that continues to be practiced by thousands of acupuncturists and physicians throughout the world. This integrative lecture makes relevant the theoretical and clinical jewels from the ancient medical texts, with real clinical application and case stories. It will generously provide comprehensive, synthesized, practical information from the ancient texts to lead to improved clinical outcomes for all patient conditions, particularly in the common cases of anxiety, insomnia, and depression.

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