

**Academic Consortium for Integrative Medicine and Health
International Congress 2025, Seattle**

***Integrative Approaches for Common Adolescent and Young
Adult (AYA) Conditions:
Anxiety, Sleep Disorders, and Disordered Eating***

Resources and References

**Melanie A. Gold
Maria R. Mascarenhas
David W. Miller**

**Multi-Modal Integrative Approaches to Mind-Body Regulation
in Adolescents and Young Adults**

Acupressure

- EnergyPoints Acupressure App: www.energypointsapp.com

Aroma Acupoint Therapy

- Maripossa Wellness Stress Relief Kit:
<https://www.maripossawellness.com/shop/maripossa-wellness-stress-relief-kit>

Aromatherapy

National Association for Holistic Aromatherapy [NAHA]. (2017). *Aromatherapy Safety Information*. Retrieved from <http://www.naha.org>

Essential Oils used at CUIMC and NYP:

- Maripossa Wellness: <https://www.maripossawellness.com/shop>
- Elizabeth Van Buren: <https://elizabethvanburen.com/>
- Snow Lotus: <https://www.snowlotus.org/sweet-dreams-therapeutic-essential-oil-blend/>
- Enfleurage: <https://www.enfleurage.com/categories/essential-oils/>

Breathing Techniques

- Apps
 - *Universal Breathing* – Pranayama, version 2.10.1: Free training tool for Pranayama breathing
 - *iBreathe* – version 6.3: Free, with fee to remove ads
 - *Anuloma-Viloma*: Alternate Nostril Breathing
 - *ASMI-Pranayama App*: Sitali, Sitkari, and Alternate Nostril (ages 4 and up)
 - *Mindful Breathing: 4-7-8 Breath and Alternate Nostril*
 - *Yoga Pranayama*: Alternate Nostril Breathing

Emotional Freedom Techniques (EFT) Tapping

Websites for up-to-date listings of evidence-based research on EFT Tapping:

- <http://www.efttappingtraining.com/eft-research/>
- <http://www.eftuniverse.com/research-studies/eft-research/>
- Tapping Solution, Inc. App: Free app to download on iPhone or Android. Many meditations are free
- Book: Ortner A. Gorilla Thumps & Bear Hugs: A Tapping Solution Children’s Story. Hay House, Inc. 2016. www.hayhouse.com

Mindfulness and Mindful Breathing

- Breathr App: Mindfulness app designed for youth and good for adults too! Free for Apple and Android mobile devices. mindfulnessforteens.com/guided-meditations
- Calm.com: Free website and mobile app with guided meditation and relaxation exercises
- Insight Timer: Free mobile app with virtual “bells” to time and support your meditations, and access to guided meditations by many different meditation teachers
- Headspace: “Meditation made simple.” App has a free introductory period, after which it requires a paid subscription for continued use
- Inner Strength Vibe app: innerstrengtheducation.org, free mindfulness app for iPhone and Android

Self-Hypnosis

- ImaginAction at <https://imaginaction.stanford.edu/able-to-sleep/>

Self-Massage

- <https://www.nccih.nih.gov/health/massage-therapy-what-you-need-to-know#hed3>
- <https://www.healthista.com/sleep-problems-foot-reflexology-solution/>
- <https://www.sleep.com/sleep-health/does-massage-make-you-sleepy>
- <https://neuvanalife.com/blogs/blog/vagus-nerve-science-for-a-better-nights-sleep>
- <https://clarysagecollege.com/news/5-at-home-massage-techniques-to-help-insomnia/>

Training

Hypnosis

National Pediatric Hypnosis Training Institute

<https://www.nphti.org/>

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Eating Disorders

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