

Academic Consortium for Integrative Medicine & Health

INTEGRATIVE APPROACHES FOR COMMON ADOLESCENT AND AGING ADULT (AYA) CONDITIONS:

ANXIETY, SLEEP DISORDERS, AND DISORDERED EATING

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International
Congress**
on Integrative Medicine & Health

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OBJECTIVES

Appreciate the magnitude, impact on whole health, and inter-relatedness of **anxiety, disrupted sleep, and disordered eating** in the adolescent and young adult (AYA) population.

Identify approaches and theoretical frameworks that can be of appeal to the AYA population, making intervention more successful for the patient and more enjoyable for the healthcare provider.

Describe training resources and opportunities for further learning for participants, so they can continue to develop their own skills and methods with the AYA population using integrative health modalities.

Gain awareness of treatment techniques and their application towards improving anxiety, sleep, and disordered eating specifically in adolescents.

SE

DB is a 16 y.o. female with a history of family mental illness and complex trauma who presents with anxiety, IBS, sleep disruption, headaches, back pain, and arm pain. She eats about 1 meal per day, and has a hard time falling asleep and staying asleep. She has irregular sleep habits. Lab work reveals a Vitamin D of 18 (30-100), B12 of 317 (optimal above 600), Ferritin of 18.7 (11-306). She has a hard time regulating her daily activities, often gets overwhelmed by thoughts of past events and worries about what other kids think about her. She has emesis episodes that are preceded by nausea and a sense of a hot flash, and chocolate, eggs, red sauce, and pepperoni will trigger events. She sleeps about 6 hours per night and has an irregular sleep schedule. She reports that she frequently can't fall asleep, and she wakes early.

**ground
arch**

**Sleep Pathologies and Eating Disorders: A Crossroad
Neurology, Psychiatry and Nutrition**

**Associations between Sleep and Mental Health in
Adolescents: Results from the UK Millennium Cohort Study**

**Depression, Anxiety and Eating Disorder-Related Impairment:
Moderators in Female Adolescents and Young Adults**

**Anxiety Sensitivity and Sleep-Related Problems
in Anxious Youth**

**Anxiety Disorder Symptoms at Age 10 Predict Eating
Disorder Symptoms and Diagnoses in Adolescence**

*anxiety disorders constitute the most common class of mental health disturbance in childhood, affecting roughly **12 to 20% of children**.” (Werner CL, et al)*

*Insomnia has been generally estimated to be a problem in about **20–25% of young people**, but its prevalence was surely underestimated due to the concomitant inclusion of the pediatric population along with adolescents. To note, data from the literature indicate that insomnia during adolescence is underreported, under-diagnosed (or mis-diagnosed) and, therefore, under (or mis-) treated.” (Uccella, et al)*

“The available evidence from 32 studies comprising large samples from 16 countries showed that approximately 22% of children and adolescents showed disordered eating according to the SCOFF tool.” (López-Gil JF, et al)

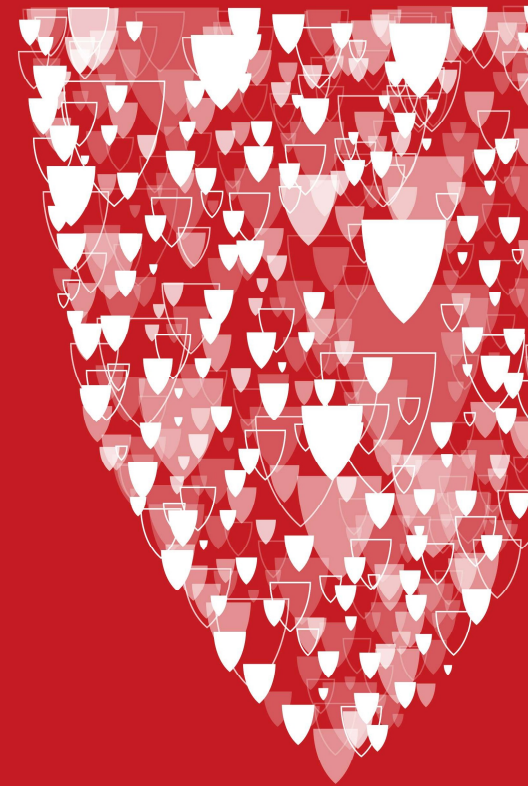
“Over 50% of adolescents aged 9–19 years old with insomnia have a comorbid psychiatric disorder, such as depression or anxiety.” (Shochat, T, et al)



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Anxiety

 **University Hospitals**
Connor Whole Health



disclosures

one

What does Anxiety represent?

Support to stay safe:

physically

mentally

emotionally

spiritually

socially



Multiple patterns – not one pathway

Specific fears – Mimulus Flower Essence

General fears – Aspen Flower Essence

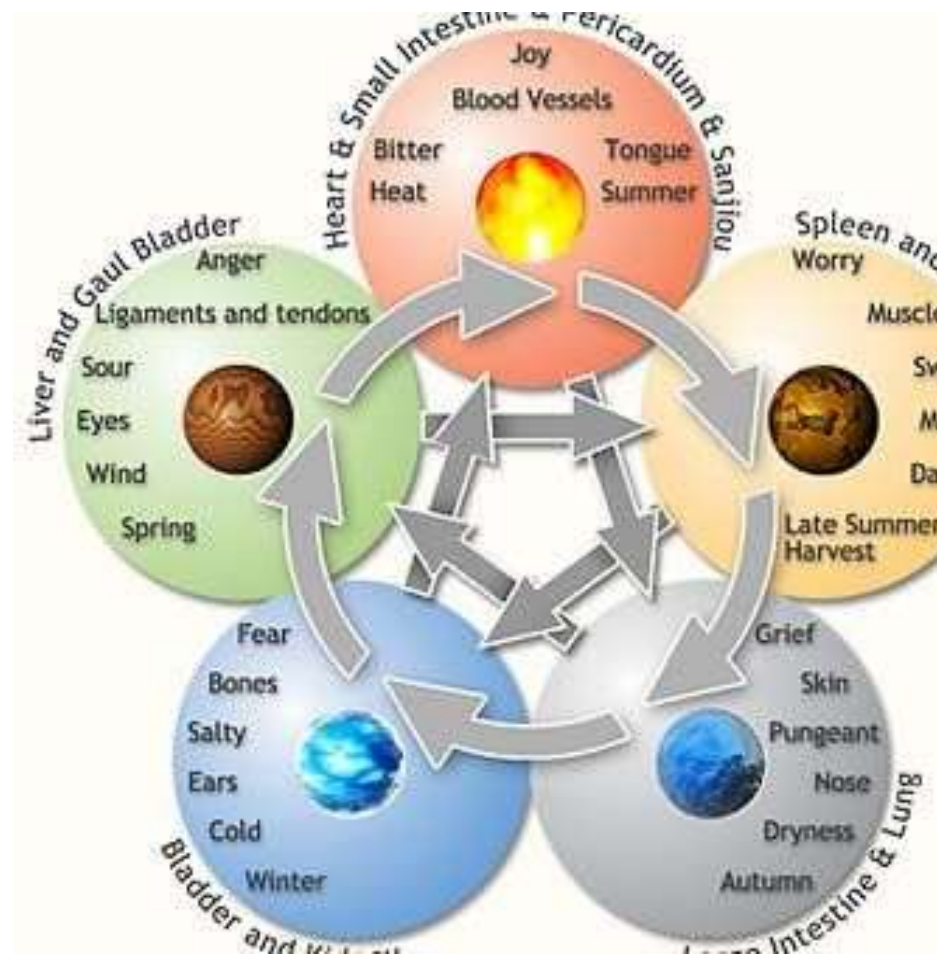
Excessive worry/rumination – serotonin, gaba

Excessive fear – fight, flight, freeze – excess epinephrine/norepinephrine (amygdala)

Excessive mania – excess beta adrenergic

Excessive irritability – excess cortisol

Excessive grief/fear of loss – lack of dopamine, oxytocin



Regardless – anxiety is a neurobiologic circuit

Adolescents frequently appreciate “a” science of anxiety
Explanation – destigmatize

Neocortex – responds to cognitive interventions

Limbic system – responds to emotional modulators

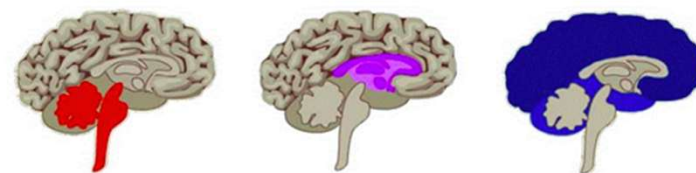
Brainstem – responds to physical signals

Autopilot – reflects anxiety in body postures and muscle tone

Levels interrelate!!!

Triune Brain Theory

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



The Triune Brain in Evolution, Paul MacLean, 1960

NOTE: Triune brain theory is known to be limited!

Steffen PR, Hedges D, Matheson R. The Brain Is Adaptive Not Triune: How the Brain Responds to Threat, Challenge, and Change. *Front Psychiatry*. 2022 Apr 1;13:802606. doi: 10.3389/fpsy.2022.802606. PMID: 35432041; PMCID: PMC9010774.

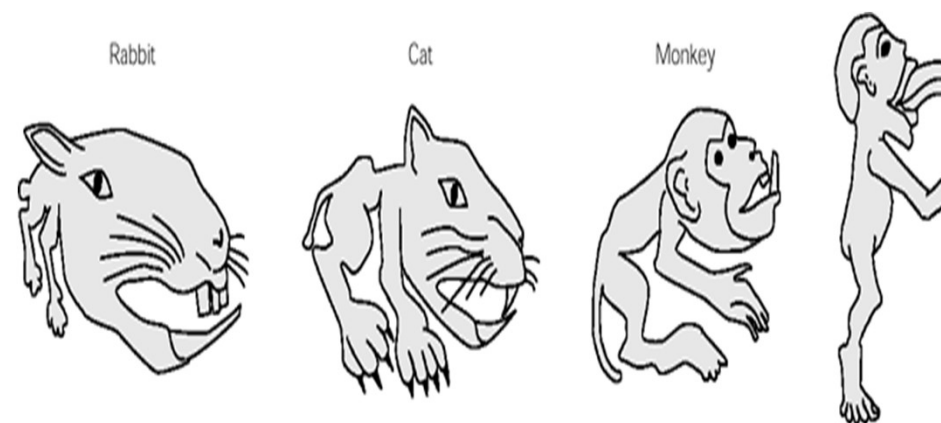
Psychiatry. 2019 May-Jun; 41(3): 261–269.

Published online 2018 Dec 6. doi: [10.1590/1516-4446-2018-0183](https://doi.org/10.1590/1516-4446-2018-0183)

From anatomy to function: the role of the somatosensory cortex in emotional regulation

A converging body of literature has shown that **the somatosensory cortex also plays an important role in each stage of emotional processing**, including identification of emotional significance in a stimulus, generation of emotional states, and regulation of emotion.

Importantly, studies conducted in **individuals suffering from mental disorders associated with abnormal emotional regulation**, such as major depression, bipolar disorder, schizophrenia, post-traumatic stress disorder, anxiety and panic disorders, specific phobia, obesity, and obsessive-compulsive disorder, have **found structural and functional changes in the somatosensory cortex**.



Nonetheless – this is a useful structure



Neocortex – cognitive reframing, visualization of different outcomes, mindfulness/metacognition, distraction, management of internal dialogs

Limbic System – music, art, positive emotional c

Brainstem -- breathwork, warming

Body – management of posture

In reality, many of these are complex interventions also acupuncture, massage, yoga, tai chi, others

Internal Dialogs

only and longitudinally described –

self-talk is a ubiquitous human phenomenon.”

Chinese Medicine describes this well via the “Po
spirits” and “Po Demons”.

PK, Brinthaup TM, Dier R, Polak D. Types of Inner Dialogues and Functions of
Self-Talk: Comparisons and Implications. *Front Psychol.* 2020 Mar 6;11:227. doi:
10.3389/fpsyg.2020.00227. PMID: 32210864; PMCID: PMC7067977.



Figure 2.90. The Po's Seven Turbid Demon Natures (Source: *Taishang Chu Sanshi Jiuchong Baoshu*
Highest Scripture of the Great One and the True One)

FALLEN ARROW --

spirit further creates anxiety and fear of
being discredited, dishonored, or disgraced
then immediately generates the feeling
attempting to correct the situation is fruitless
It also manifests in addictions and con-
ditions.

Management – Fallen Arrow

Regulate the breathing

- Cognitively ‘step back’

Identify the dialog

- Note stereotypy
- Build insight and metacognition

Reframe and identify a counter dialog

- Perspective set
- Appreciate effort to protect

Find humor where possible

These dialogues can be activated through negative life experiences (consider epigenetic upregulation) – if possible, identify origins or connect to family history



You can't fly
You will fail
You should



Strategies for Internal Dialog Management

Take it to the full conclusion.

Visualize multiple possible outcomes.

Take it to absurd conclusions.

Identify origins.

Reframe for personal strengths.

Appreciate your wanting to take care of you.

Perspective set.

Identify the counter dialog

Make a plan.

Make a plan



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St. Luke's-**Presbyterian** Kids
Columbia Children's Hospital



Multi-Modal Integrative Approaches to Sleep with Adolescents and Young Adults

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DISCLOSURES

Speaker – Consultant, Nonproduct-Related Speaker

Point App – Consultant

The Tapping Solution LLC and The Tapping Solution Foundation – Consultant March to August 2024

The Tapping Solution, Scientific Advisory Board member 2020-Present (Uncompensated)

Policy and Research Group - Consultant

Sleep in Adolescents and Young Adults (AYA)

AYA **have poor sleep.** Poor sleep hygiene, shorter sleep duration, and lower sleep quality, including sleep disruptions, are prevalent.

• hygiene education interventions

• Improve sleep quality in younger children and college students

• None focus on high school students, who have specific developmental needs

(Image credit: Westend61/Zerocreative)

• Body Integrative Health (MBIH)

• Mindfulness, yoga, self-hypnosis, acupressure

• Improve sleep quality in adults by reducing stress

• Rarely applied to adolescent sleep, despite being shown to reduce stress in adolescents



Multi-Modal Integrative Approaches to Sleep

Research Interventions and Initiatives

Sleeping Healthy, Living Healthy (SHLH)

Resident Education in Sleep Techniques (REST) for adolescents and young adults

Comfort Box

Aroma Acupoint Therapy with Stress Relief Kit

Settings

School Based Health Centers (SBHCs) in NYC Public Schools

Inpatient at a Tertiary Care Children's Hospital in NYC

Multi-Modal Integrative Approaches to Sleep

Acupressure

Aromatherapy

Aroma Acupoint Therapy (AAT)

Breathing techniques (4:7:8, square, 3-part yogic breathing, alternate nostril breathing, Sitali, Sitkari)

Emotional Freedom Techniques (EFT) Tapping

Mindfulness: Mindful breathing, Body awareness, Letting go

Self Hypnosis

Self Massage

Research on MBIH Approaches to Sleep

Needs assessment on providing Integrative Therapies at SBHCs



Assess SBHC patients' sleep quality & interest in participating in a Mind-Body Integrative Health Sleep Intervention



Develop & pilot test ***Sleeping Healthy/Living Healthy*** (SHLH) intervention at 2 SBHC using acupressure, tapping, and mindfulness (R21 NIMHD)



Modify SHLH curriculum for pediatric Resident Education in Sleep Techniques (REST) Program Evaluation Study

Sleeping Healthy Living Healthy (SHLH)



Development & Pilot Testing
of a Sleep Hygiene and Mind-
Body Integrative Health (MBI)
Intervention for Adolescents

Specific Aims

Develop and test feasibility of a novel intervention combining evidence-based sleep education with mind-body integrative health (MBIH) approaches to improve sleep quality among adolescents with poor sleep quality at urban school-based health centers (SBHCs)

Assess intervention efficacy in a **two-arm pilot randomized controlled trial**, with half receiving:

Sleeping Healthy Living Healthy (SHLH), the MBIH & sleep hygiene education intervention [intervention arm]

Sleep for Teens (SFT), a health education program of equal intensity and duration [control arm]

SHLH MBIH Sleep Practices

Mindful Breathing

Acupressure

Emotional Freedom Techniques (EFT) Tapping

Body Awareness

Letting Go Techniques and Mindful Attention



Sleeping H
LIVING HEA

Mindful Breathing

What is Mindful Breathing?

It is a type of mindfulness where you pay attention to your breathing. The aim of Mindful Breathing is not to focus on your breath and block everything else out. Instead, use breathing as a way of bringing your attention back to the present moment each time you notice that your attention has drifted away. Do this as many times as you need it.

How does Mindful Breathing help me sleep?

Mindful Breathing helps calm your mind and relax your body. When your mind is calm and your body is relaxed, it can be easier to go to sleep and stay asleep, and to get good quality sleep. Whenever you find yourself lying in bed unable to relax or worrying about sleep or other things, you can use Mindful Breathing to guide your attention to the present moment. Sleep will come naturally when you are not struggling with it.

How long should I practice?

You can practice Mindful Breathing for anywhere from 3 minutes to an hour at any time during the day.

What is mindfulness?

It is paying attention in a particular way, on purpose, in the present moment and nonjudgmentally.

Mindfulness is being aware of what you are thinking, feeling, doing, and experiencing right now, in the present moment.

Mindful Breathing

Why should I practice Mindful Breathing every day?

Mindful Breathing is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep, relaxation, and stress reduction. We invite you to practice Mindful Breathing every day - even 5 minutes can be very beneficial.

When is the best time for me to practice Mindful Breathing?

You are the best judge of when in your day is the best time to practice. You may choose to practice Mindful Breathing right before bed or after you come home from school. You may even want to experiment with practicing Mindful Breathing at different times in the day to see when you find it to be most helpful.

How do I practice Mindful Breathing?

When you are first learning Mindful Breathing, it is helpful to listen to an audio recording to guide you through the practice. There are 2 ways you can listen:

- Download the free app called Breathr and play the 5 minute guided meditation called "Mindful Breathing." You can also explore other short guided meditations and mindfulness practices on the same Breathr app.
- Go to the website using the QR code to the left or go to <http://mindfulnessforteens.com/guided-meditations/> and click on the audio link for the 5 minute "Mindful Breathing" guided meditation. You can also explore the other mindfulness meditations at the same website.

Mindful Breathing

Acupressure for Sleep

What is acupressure and how does it work?

Acupressure is part of an ancient Traditional Chinese Medicine system. "Qi" (pronounced as "Chee") is a form of bio-energy that naturally flows smoothly through energy channels in the body called meridians. Along these energy channels or meridians are specific points called "acupoints."

When there is an imbalance or interruption of flow of Qi or bio-energy in the channels, this causes symptoms such as difficulty sleeping, anxiety, or pain. When you stimulate specific acupoints, energy flow improves, leading to balance, healing, and symptoms get better. Acupressure involves stimulating these Ancient Traditional Chinese acupoints by applying medium to firm pressure with your thumbs or fingers.

How does acupressure help me with sleep?

Acupressure regulates levels of brain chemicals and hormones which play a major role in regulating sleep.

How do I do Acupressure for Sleep?

Before you start, make sure your nails are short and trim, not long, ragged, or sharp. Use your thumbs or index fingers to apply pressure, lightly at first and then more deeply on each acupoint. Back off on pressure if an acupoint is very tender or hurts until you can comfortably press it, then gradually increase pressure.

Massage or hold firm pressure on each acupoint; press continuously or in circles or pulsing directly into the acupoint. When you are massaging acupoints, sit comfortably or lie down, close your eyes and breathe slowly, deeply, and mindfully. As you press each acupoint, it can be helpful to imagine your bio-energy, in any color you like, flowing smoothly around your body and clearing any blockages that are in the way.

You may want to imagine breathing comfort into each acupoint as you press it and imagine exhaling any discomfort as you release the acupoint. **BREATHE IN COMFORT ...EXHALE DISCOMFORT!!!** As you press each acupoint, imagine how lovely it will feel to wake up each morning feeling energized, refreshed, surprised and happy to have gotten a good night's sleep.



Why should I do Acupressure for Sleep every day?

Acupressure is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep, relaxation, and stress reduction. Aim to practice every day for best results (4 nights a week minimum).

When is the best time of day for me to do Acupressure for Sleep?

Acupressure for Sleep works best when you do it before going to bed as part of a bedtime routine. You can experiment with combining it with other mind-body techniques such as Mindful Breathing and the other breathing techniques and discover what is most helpful for you.



How long should I do Acupressure for Sleep?

If you do acupressure for 2 minutes per point on each of the 8 acupoints, you will be finished in 16 minutes.

What are the four acupressure points for sleep, how do I find them, and in what order do I press them?

1. Inner Pass

3 finger widths from your wrist crease located in between two tendons that run up and down the center of the lower inner forearm



2. Spirit Gate

In a small depression on the pinky side of the inner wrists, below the pisiform bone on the thumb side of the tendon.



3. Three Yin Intersection

4 finger widths up from the highest point of the inner ankle bone in a slight depression



4. Gushing Spring

on the bottom of the foot in the middle, about 1/3 the distance between the base of 2nd toe and the heel



For sleep, press each point on both sides for 2 minutes per point in the following order:

1. Inner Pass
2. Spirit Gate
3. Three Yin Intersection
4. Gushing Spring



Tapping for Sleep



What is Tapping?

Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system, and body all at once. It is a type of vibrational acupressure where you tap lightly, 5 to 7 times, with your fingertips on Chinese acupoints on the side of your hands, face, chest, side of your trunk, and top of your head. Tapping is paired with focusing statements on an issue or symptom you want to decrease like worries, discomfort, frustration, or on a goal like falling asleep, staying asleep, going back to sleep, or relaxing. When you combine Tapping with identifying and accepting a problem without judging it, the problem is neutralized and released from your body.

How does Tapping help me sleep?

Tapping decreases cortisol and adrenaline, which are natural stress hormones made by your body. Stress is linked to many problems including poor sleep. Tapping decreases stress, lowers cortisol levels, improves sleep, reduces anxiety, relieves pain, improves your immune system, and increases your energy and productivity.

What are the 9 tapping points and in what order do I tap them?

1. Karate Chop	6. Chin
2. Eyebrow	7. Collarbone
3. Side of Eye	8. Under Arm
4. Under Eye	9. Top of Head
5. Under Nose	

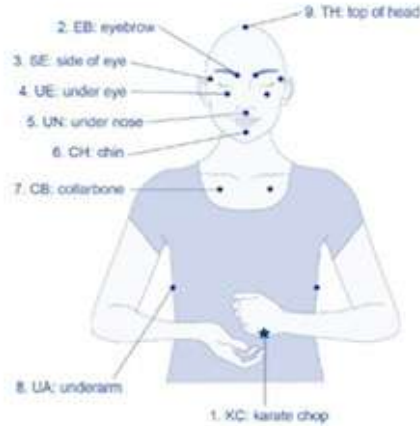
How do I do Tapping for Sleep?

First, wash or sanitize your hands with hand sanitizer since you will be tapping points on your face. Use the script provided or listen to a recording on tapping as you tap each point in the order listed on the next page.



Where are the 9 tapping points and how do I tap them?

- Start with the **1st point** called the **Karate Chop** point on the outer edge of the hand, on the pinky side of the hand. Gently tap this point with the fingertips of your index, middle, ring, and pinky fingers on the left side or the right side of your hand, whichever feels best. It is fine to alternate left and right sides as you tap.
- Then tap the **2nd point** which is on the face called the **Eyebrow** point where the eyebrow begins, closest to the bridge of the nose. You can gently tap the **Eyebrow** point on one or both sides with the tips of your index and middle fingers.
- Then tap the **3rd point** called the **Side of the Eye** point on the bone directly along the outside of either eye. You can find it by sliding your fingertips around the bone from the eyebrow to the outside of the eye and tap gently with the tips of your index and middle fingers.
- Then tap the **4th point** called the **Under the Eye** point on the bone directly under either eye. You can find it by sliding your fingertips around the bone from the outside of the eye to underneath the eye and tap gently with the tips of your index and middle fingers.
- Then tap the **5th point** called the **Under the Nose** point in the area directly beneath the nose and above the upper lip. It is 1/3 of the way between the nose and the upper lip. Gently tap the area with the tips of your index and middle fingers.
- Then tap the **6th point** called the **Chin** or under the mouth point in the area just below your bottom lip and above the chin, right in the crease. Gently tap the area with the tips of your index and middle fingers.
- Then tap the **7th point** called the **Collarbone** Point. Starting from where your collar bones meet in the center, find the notch and then go down an inch and out an inch on either side. Gently tap the area with the tips of your index, middle and ring fingers on both sides or use your entire palm to tap or pat the area on your chest to cover both points. Do what feels right to you.
- Then tap the **8th point** called the **Under the Arm** Point on your sides, about four inches beneath the armpit on either side. Gently tap the area with the tips of your index, middle and ring fingers on one side. Or you can tap both sides like you are giving yourself a bear hug.
- Finally tap the last **9th point** called the **Top of the Head** Point. It is directly on the crown or top of your head. Gently tap the area with the tips of your index, middle and ring fingers.



Why should I do Tapping every day?

Tapping is a skill, and like any skill, the more you practice it, the better you become at it and the more helpful you will find it for sleep. It may also help with relaxation, reducing stress, and decreasing physical discomfort or pain. We invite you to practice Tapping every day – it takes less than 10 minutes. Even 4 times a week can be very beneficial.

When is the best time of day for me to practice Tapping?

Tapping for Sleep works best for sleep when you practice before going to bed as part of a bedtime routine.



How do I practice Tapping for Sleep at home?

When you are first learning tapping for sleep, it can also be helpful to listen to an audio recording that guides you through the steps. There are 2 ways you can listen:

1. Download the free app called the Tapping Solution and play the 10 minute free tapping meditation called "Sleep Support – Quiet my Racing Mind." You can also explore other free tapping meditations on the same Tapping Solution app.
2. Go to the website using the QR code to the left or go to <https://www.thetappingsolution.com/blog/sleep-support-quiet-racing-mind-tapping-meditation/> and click on the audio link for the 10 minute "Sleep Support – Quiet my Racing Mind" guided meditation.

Sleeping Healthy / Living Healthy (SHLH)



Development & Pilot Testing of a Sleep Hygiene and Mind-Body Integrative Health (MBIH) Intervention for Adolescents

Funding
MD013991 (Garbers & Bruzzese)

Resident Education in Sleep Techniques (REST)



Funding

Lerner Grant
FY23

REST Program Weekly Curriculum

- Sleep topics
- Integrative sleep technique videos
- Patient resources and handouts

REST MBIH Sleep Practices

Mindful Breathing

Letting Go Techniques

Body Awareness

Aromatherapy

Acupressure

Self Hypnosis

7. EFT Tapping

8. Introduction to Sleep Kit

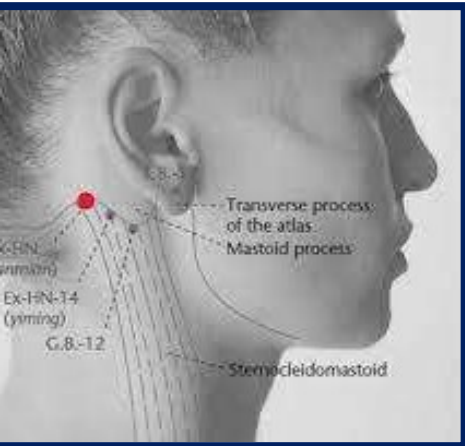
9. 4-7-8, Square, and 3 Part
Yogic Breathing

10. Alternate Nostril Breathing,
Sitali, and Sitkari Breathing

11. Sleep Ergonomics

12. Self Massage

Acupressure



Aromatherapy



EFT Tapping

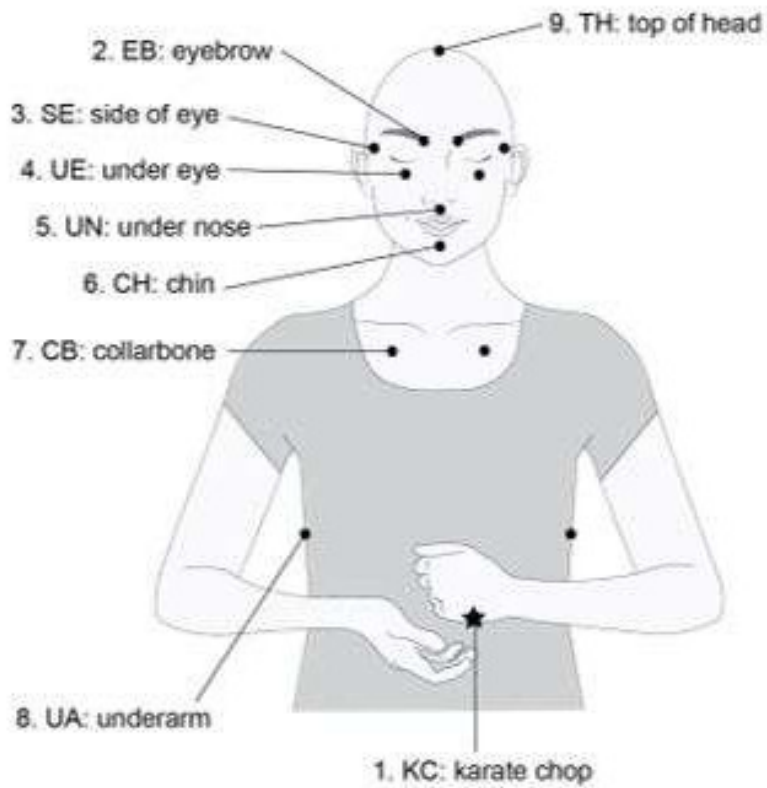


Fig. 1. EFT tapping points



REST Sleep Topics & Tips

Benefits of a good night's sleep

Shift Work

Sleep Environment

Clapping

Progressive Muscle Relaxation

Deep Belly Breathing

7. Calming Your Body for a Restful Night's Sleep

8. Reading & Journaling

9. Technology Break

10. Bedtime Foods

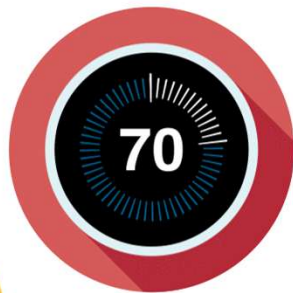
11. Exercise

12. Quiet Mind

Sleep Topics & Tips

QUALITY SHUTEYE STARTS WITH YOUR SLEEP SPACE

Set up the perfect environment to help sleep through the night.



#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY

COMFORT IS KEY TO A GOOD NIGHT'S SLEEP

Hot tea, warm socks, and a soothing bath can do wonders.



#DeStressMonday

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Patient Handouts & Resources: Weeks 1-6

Mindful Breathing

Mindful Breathing Benefits of
Good Sleep

Letting Go

Sleep Wake Routines

Body Awareness

Sleep Environment

4) Aromatherapy

5) Acupressure
Progressive Muscle
Relaxation

6) Deep Belly Breathing
ImaginAction QR Code Flyer

Patient Handouts & Resources

EFT Tapping

Gorilla Thumps and Bear Hugs

Sleep Helpers

Sleep Busters

4-7-8 Breath for Patient

4-7-8 Breath for Parent

Square Breathing

3 Part Yogic Breathing

10) Alternate Nostril Breathing

Sitali

Sikari

11) Sleep Ergonomics

12) Facial Self Massage

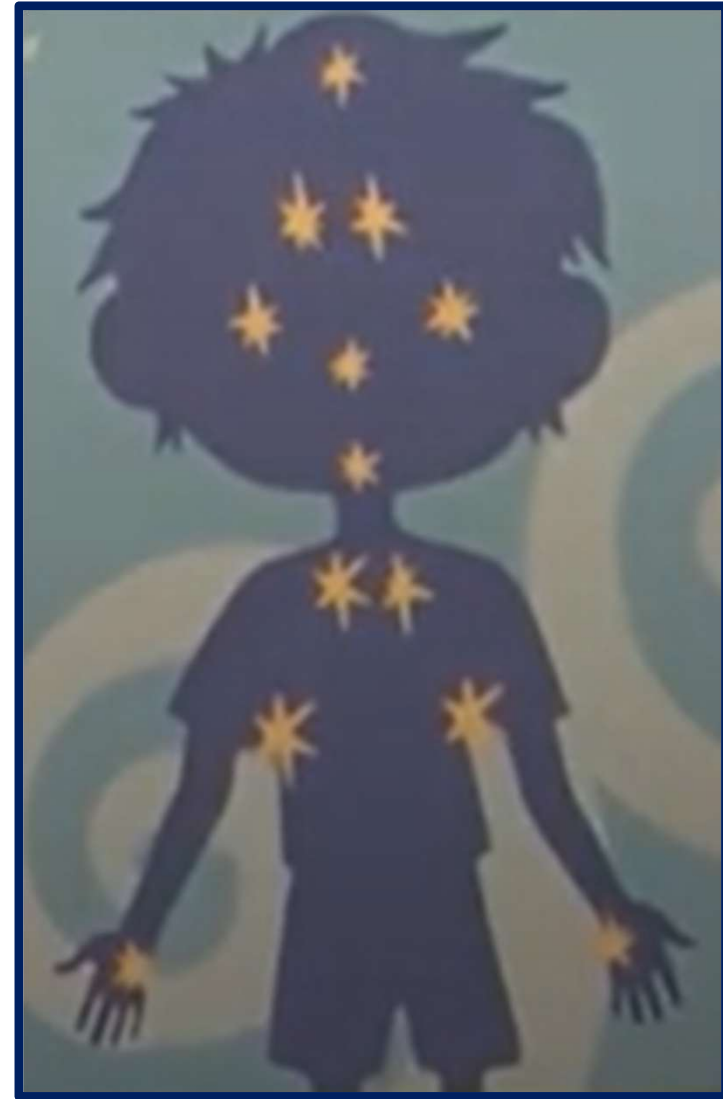
Body Self Massage

Gorilla Thumps & Bear Hugs

A Tapping Solution Children's Story



by Alex Orther ★ Illustrations by Erin Mariano



4-7-8 Breathing

2

Hold your breath for a 7-second count.

3

Exhale completely through your mouth for an 8-second count.

1

Close your mouth and inhale through your nose for a 4-second count.



4

Repeat three more times.

Do 4-7-8 breathing four times in a row twice a day!

HEALTHY
MONDAY

#HealthyMonday



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4 - 7 - 8 Breath Relaxation Exercise

A patient handout from Dr. Andrew Weil. This is a very simple and useful tool to achieve general relaxation and to manage stress.

BEGINNER TIPS

- Ideally, sit with your back straight.
- Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.
- Exhale through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

STEPS

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of **4**.
- Hold your breath for a count of **7**.
- Exhale completely through your mouth, making a whoosh sound to a count of **8**.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

ANYONE CAN DO IT...

- Simple
- Quick
- No Equipment needed
- Do it Anywhere

ARE THE NUMBERS IMPORTANT?

The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling

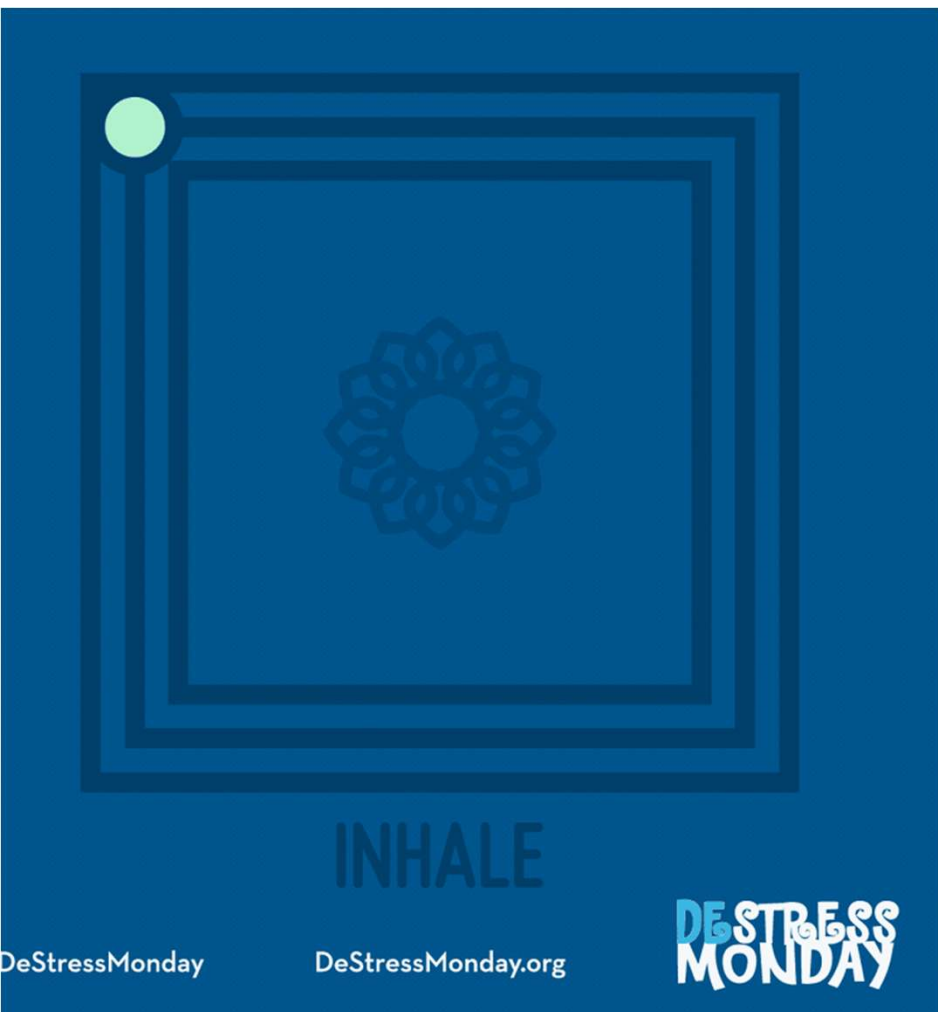
WHY SHOULD I DO IT?

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Use this new skill whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep.

HOW OFTEN?

Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned - it will pass.

Updated July 2014



3 Part Breath

Practice for 5 minutes or longer if comfortable.



STEP 1

Inhale through the nose, bringing the air into the belly.



STEP 2

Then, bring air into the ribcage.



STEP 3

Finally, bring the air into the upper chest. Then exhale through the nose, going from chest to ribcage to belly.

**HEALTHY
MONDAY**

#HealthyMonday

Alternate Nostril Breathing



STEP 1

Cover your right nostril with your right thumb and inhale slowly through your left nostril.



STEP 2

Release your thumb from your right nostril, cover your left nostril with your ring and little finger, and exhale slowly through your right nostril.



STEP 3

Inhale slowly through your right nostril.



STEP 4

Cover your right nostril with your right thumb, lift your ring and little finger from your left nostril, and exhale slowly through your left nostril.

Then repeat Steps 1-4 two more times

**HEALTHY
MONDAY**

#HealthyMonday

Sitali Breath



1. Curling your tongue and stretching it out, inhale through the tunnel of the tongue. Allow your attention to come to the cooling effect in the mouth, down the throat and into the belly.
2. Bring the tongue in, close the mouth and exhale through the nose.
3. Repeat steps 1 and 2 for 5 to 10 minutes.

HEALTHY
MONDAY

#HealthyMonday

Sitkari Breath



1. Put the tip of your tongue behind the upper front teeth and partially close the mouth, keeping your lips slightly apart and then inhale through the partially closed mouth making a soft hissing sound.
2. Release the tongue, close the mouth and exhale through the nose.
3. Repeat steps 1 and 2 for 5 to 10 minutes.

HEALTHY
MONDAY

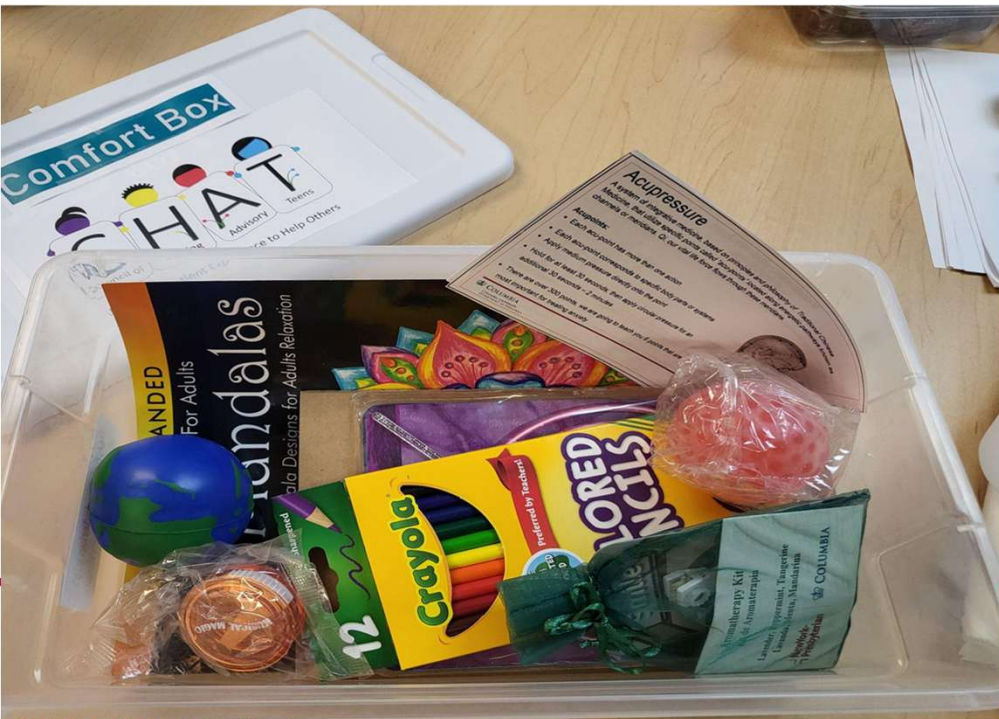
#HealthyMonday

Resident Education in Sleep Techniques (REST) Curriculum with Sleep Topics, BIH Sleep Techniques Videos, and Patient Handouts and Resources



Comfort Box

Items to provide self-care for relief of symptoms commonly experienced by children and adolescents in inpatient and outpatient settings, including **sleep**



COMFORT BOX CHECKLIST



AROMATHERAPY KIT

improve sleep + reduce pain and discomfort through scent



CARD DECK WITH QR CODE

tapping + mindful breathing + acupressure + guided imagery



FINGER LABYRINTHS

calm your busy mind traveling through the maze



JOURNAL

write about your thoughts, feelings, dreams, and questions or concerns



MANDALA COLORING BOOK + DRAWING SUPPLIES

make your own healing art piece, for relaxation



POP FIDGET SPINNER

calm anxious thoughts with your fingers while on the go



2 STRESS BALLS

focus your thoughts + release your stress through your hands or feet

Explore each item yourself, with friends, and with family. Be creative, mix and match different ones to find what works best for you.

Aromatherapy kit: Lavender, Peppermint

Aromatherapy Kit Kit de Aromaterapia

Lavender, Peppermint, Tangerine
Lavanda, Menta, Mandarina

NewYork-
Presbyterian

COLUMBIA

Mentha x piperita): *Common Uses*: Energizing for the mind and aids ability to focus. Soothing for indigestion, motion sickness, nausea, headaches, muscle aches, feeling faint. For pain relief add 1-2 drops of Peppermint oil to 2-4 teaspoons of oil and rub into skin. Rub on stomach, neck, or temples. **Warnings: Do not use during pregnancy and avoid skin irritation especially in children. Always dilute and avoid the eyes and nose.**

Citrus reticulata): *Common Uses*: Uplifting, boosts energy, decreases pain and anxiety, refreshing for the mind. Acts as a tonic to the digestive and circulatory systems, helps with nausea. Place 1-3 drops of Tangerine oil on a cotton ball, tissue or diffuser. **Warnings: Avoid direct sun, may cause photosensitivity. Always dilute and patch test for sensitivity before using on skin.**

Chamaecyparis nana): *Common Uses*: Calming, balancing and uplifting. Decreases headaches, pain, burns, wounds, skin infections, stress, anxiety, and insomnia. Place 1-2 drops on a cotton ball, tissue, or diffuser; Add several drops to lotion or massage oil. **Warnings: Avoid direct sun, may cause photosensitivity. Always dilute and avoid the eyes and nose. Do not ingest. For external use only. Dilute before use on skin. Avoid contact with eyes. Always patch test.**

Mentha piperita): *Usos Comunes*: Energizante para la mente y ayuda a la capacidad de concentración para la indigestión, el mareo, las náuseas, los dolores de cabeza, los dolores musculares, el mal aliento y la sensación de desmayo. Para aliviar el dolor, agregue 1-2 gotas de aceite de menta a 2-4 cucharaditas de loción y masajee la piel. Frotee en la piel del pecho o las sienes. **Advertencias: No usar durante el embarazo. Para evitar la irritación de la piel, haga una prueba en la piel, especialmente en niños. Siempre diluya y evite los ojos y la nariz.**

Citrus reticulata): *Usos comunes*: Edificante, aumenta la energía, disminuye el dolor y la ansiedad, refresca la mente. Actúa como un tónico para los sistemas digestivos y circulatorios, ayuda a la indigestión y las náuseas. Coloque 1-3 gotas en una bola de algodón, pañuelo o difusor. **Advertencias: Evite el sol directo, puede causar fotosensibilidad. Siempre diluya y haga una prueba de sensibilidad antes de usar en la piel.**

Chamaecyparis nana): *Usos comunes*: Calmante, equilibrante y edificante. Disminuye los dolores de cabeza, dolores, quemaduras, heridas, infecciones de la piel, estrés, ansiedad e insomnio. Coloque 1-3 gotas en una bola de algodón, pañuelo o difusor; Agregue varias gotas al aceite de masaje. **Advertencias: Prueba de irritación de la piel especialmente en niños. Siempre diluya y evite los ojos y la nariz.**

Seguridad: No ingerir. Sólo para uso externo. Diluir antes de usar en la piel. Evite el contacto con los ojos y la nariz. Evite el contacto con los ojos y la nariz. Siempre realice una prueba de sensibilidad sobre la piel.



MINDFUL AVOCADO



SCAN ME TO
EXPLORE MINDFUL
BREATHING



www.mindfulnessforteens.co/guided-meditations

WHAT IS MINDFUL BREATHING?

Mindful breathing can help calm your mind and relax your body. When you find yourself lying in bed and unable to sleep or relax, you can use mindful breathing to guide your attention and stay away from concentrating on **bothersome thoughts or emotions**. Meditating might not work immediately because guiding your attention is not easy when you have never done it before. The more you practice, the better you will become at meditating. Keep practicing at bedtime; sleep tends to come naturally when you are not struggling with it.

You can check out mindful breathing by downloading a **free app** called **Breathr** or by **scanning the QR code**. You can use guided meditations on your own, with your friends, or family. Here is a list of guided meditations from the website Mindfulness for Teens:

- 5 minute mindful breathing
- 5 minute eating a raisin mindfully
- 10 minute body scan
- Seated meditation
- Walking meditation
- Mindfulness: Youth Voice

Comfort Box, Powered by Canva



WHAT IS TAPPING?

Tapping is using your fingertips to tap on different points on your body while thinking about or saying statements about how you feel to reduce anxiety, worries, frustration, discomfort, pain, and help you relax and sleep.

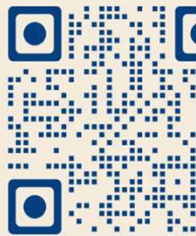
It is a type of vibrational acupressure where you tap lightly, 5 to 7 times, with your fingertips on Chinese acupoints on the side of your hands, face, chest, side of your trunk, and top of your head.

When you combine tapping with identifying and accepting something that is bothering you without judging it, the issue is neutralized and released from your body. **Explore tapping** by scanning the **QR code** to play the **10 minutes** of free-tapping meditation.

Comfort Box, Powered by Canva



SCAN ME
EXPLORE TAPPING



<https://www.thetapping.com/free-tapping-meditation>

Imagination (Self Hypnosis)

It to be able
to sleep.



Having a hard time
to get some rest, [click here.](#)



BE MORE IN CONTROL



SCAN ME TO
EXPLORE
imaginAction



<http://imagination.stanford.edu/>

WHAT IS ImaginAction

ImaginAction is using your natural ability to focus and be absorbed in something to help you feel better in some situations. It uses your imagination and part action, something you do in your brain, to use your creativity and natural ability, which brings change in your body and mind.

If you would like to:

- be more relaxed
- feel OK not knowing what will happen next
- be more in control of your body
- be more energized
- be able to sleep
- feel less nauseous
- be less anxious
- make your body more comfortable
- better manage chronic pain
- feel calm during procedures and pokes

Explore **ImaginAction** by scanning the **QR code** to explore the audio. Learn how to be the boss of your body and your experiences.

Comfort Box, Powered by

STANFORD
LUMBIA

STANFORD UNIVERSITY
DEPARTMENT OF PEDIATRICS

Hall of Impression

Uses:

Anxiety, insomnia, restlessness, dizziness, frontal headache, nose, or sinus problems. Calming point.

Instructions:

Find the acupoint using one finger.
Press with medium to firm pressure.
Hold and then massage in circles continuously for one to two minutes.

Location: In between the eyebrows



Gushing Spring

Uses:

Anxiety, irritability, insomnia, dizziness, headache, cough, throat pain, constipation

Instructions:

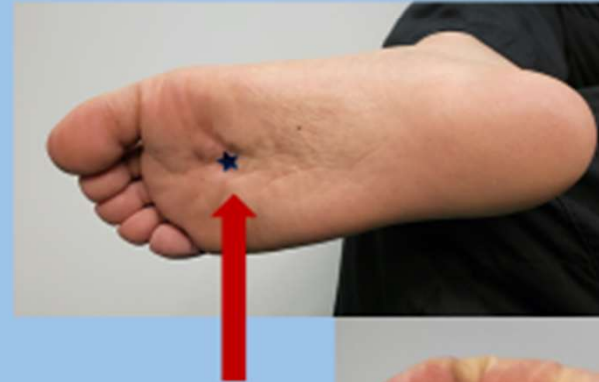
Find the acupoint using one finger.

Press with medium to firm pressure.

Hold and then massage in circles continuously for one to two minutes.

Repeat on other foot.

Location: On the bottom of the foot in the middle, in-between the ball and arch



Inner Pass

Uses:

Hiccups, anxiety, palpitations,
insomnia, nausea and vomiting,
fever

Instructions:

Find the acupoint using one finger.

Press with medium to firm
pressure.

Hold and then massage in circles
continuously for one to two
minutes.

Repeat on other wrist.

Location: 3 finger widths from your inner wrist crease located in between two tendons that run up and down the center of the inner forearm



MariPOSSA Acupoint Therapy (AAT): Stress Relief Kit



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

Aroma Acupoint Therapy Research in SBHCs Using Stress Relief Kit for Pain, Anxiety, Sleep, etc,

MEDICAL ACUPUNCTURE

Volume 32, Number 5, 2020

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Aroma Acupoint Therapy for Symptom Management with Adolescent Patients: Early Experiences from School-Based Health Centers

Avital M. Fischer, MD,^{1,2} Peter Holmes, LAc, MH,³ Yasmin Z. Bahar, DNP, FNP-BC,⁴ Susan Vacca, PhD, NP,⁴ Sarah Goldberg, NP,⁴ and Melanie A. Gold, DO, DMQ^{1,2,4}

Stress Relief Kit: Calming Therapy

CALMING THERAPY

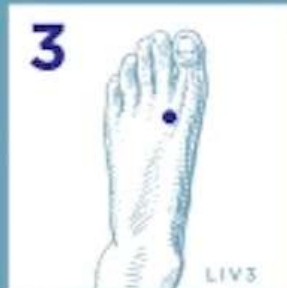
Please follow steps 1-5 to relieve tension symptoms associated with general pain, menstrual cramps, poor digestion, tense muscles, muscle spasms, tense behavior, nervousness, mood swings, etc.



BERGAMOT:



LAVENDER



CHAMOMILE



LAVENDER



CEDARWOOD

INSTRUCTIONS Place 1 drop of essential oil on the tip your left index or middle finger and lightly touch to your right index or middle finger. Then lightly place each fingertip on each acupoint for 90 seconds or until you feel an energetic shift. Then wipe off finger and repeat on the next acupoint. No pressure is needed, just a very light touch. Repeat for all 5 points sequentially with corresponding essential oil. Treatment done once a day, once on each point following the sequence.

CAUTION

*Do not use LI4 if pregnant, as activating LI4 can cause preterm labor.

†Bergamot can cause a skin reaction when skin is exposed to sunlight with bergamot on it. Wash off before going outside in the sun!

Stress Relief Kit: Calming and Strengthening Therapy

CALMING & STRENGTHENING THERAPY

Please follow steps 1-5 to relieve tension symptoms associated with average functional imbalance, moodiness, depression, anxiety, dysfunctional emotions in general, mental dysregulation.



BERGAMOT:

BERGAMOT

LAVENDER

LAVENDER

CEDARWOOD

INSTRUCTIONS Place 1 drop of essential oil on the tip your left index or middle finger and lightly touch to your right index or middle finger. Then lightly place each fingertip on each acupoint for 90 seconds or until you feel an energetic shift. Then wipe off finger and repeat on the next acupoint. No pressure is needed, just a very light touch. Repeat for all 5 points sequentially with corresponding essential oil. Treatment done once a day, once on each point following the sequence.

CAUTION

*Do not use LI4 if pregnant, as activating LI4 can cause preterm labor.

!Bergamot can cause a skin reaction when skin is exposed to sunlight with bergamot on it. Wash off before going outside in the sun!

Multi-Modal Integrative Approaches to Sleep

• Sleeping Healthy, Living Healthy (SHLH)

• Resident Education in Sleep Techniques (REST)
for adolescents and young adults

• Comfort Box

• Aroma Acupoint Therapy with Stress Relief Kit



Disordered Eating

Maria R Mascarenhas, MBBS
Children's Hospital of Philadelphia



Disclosure

have co-authored a cookbook and will not mention it in this presentation

Disordered Eating: Background

Types

- Anorexia Nervosa (AN)
- Bulemia Nervosa (BN)
- Atypical Anorexia Nervosa
- Binge Eating Disorder (BED)
- Avoidant/Restrictive Food Intake Disorder

Goals

Children and adolescents are nourished back to their full healthy weight and growth trajectory.

Eating patterns and behaviors are normalized.

Establish a health relationship with food and their body weight, shape, and size as well as a healthy sense of self.

Treatment is focused on nutritional repletion and psychological therapy.

Psychotropic medication can be a useful adjunct in select circumstances.

Treatment

AN

- Collaborative Outpatient Care
- Family-Based Treatment and Parent Focused Therapy
- Day-Treatment Program
- Residential Treatment
- Hospital-Based Stabilization
- Pharmacotherapy

BN and BED

- Collaborative Outpatient Care
- Family-Based Treatment
- Pharmacotherapy

Avoidant/Restrictive Food Intake Disorder (ARFID)



Prevalence among children/adolescents in eating disorder day treatment and inpatient treatment settings: 1.5- 23%

Compared with AN

- younger, greater proportion of boys (although still predominantly girls)
- longer duration of illness
- greater likelihood of comorbid medical and/or psychiatric illness: anxiety, ADHD, ASD

No empirically validated treatments

- Self-regulation and treatment of anxiety, family-based interventions; ?EMDR

Global Proportion of Disordered Eating in Children and Adolescents: A Systematic Review and Meta-analysis

Isabel López-Gil, PhD; Antonio García-Hermoso, PhD; Lee Smith, PhD; Joseph Firth, PhD; Arthur Eumann Mesas, PhD; Estela Jiménez-López, PhD; Héctor Gutiérrez-Espinoza, PhD; María Traga-López, PhD; Desirée Victoria-Montesinos, PhD

In this systematic review and meta-analysis, the available evidence from 32 studies comprising large samples from 16 countries showed that 22% of children and adolescents showed disordered eating according to the SCOFF tool. Proportion of disordered eating was further elevated among girls, as well as with increasing age and body mass index. These high figures are concerning from a public health perspective and highlight the need to implement strategies for preventing eating disorders.

Emergency Department Visits and Hospitalizations for Eating Disorders During the COVID-19 Pandemic

Carly E. Milliren, MPH,^a Tracy K. Richmond, MD, MPH,^{b,d} Joel D. Hudgins, MD, MPH^{c,e}

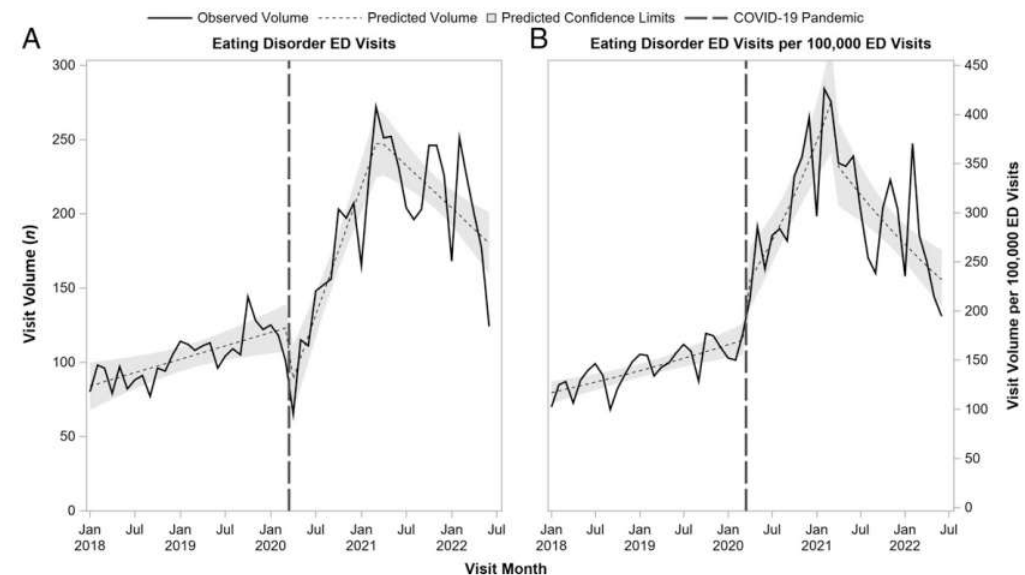


FIGURE 1

Pre- and post-COVID-19 onset trend in monthly ED visits for patients with eating disorders discharged from 38 PHIS hospitals ($N = 8010$ visits over 54 months). Reference line corresponds to March 15, 2020, as the approximate onset date of the COVID-19 pandemic and related restrictions (eg, school closures, stay-at-home orders) in the United States.



Canadian Practice Guidelines for the Treatment of Children and Adolescents with Eating Disorders

Methods: Using systematic review, the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) system, and the assembly of a panel of diverse stakeholders from across the country, we developed high quality treatment guidelines that are focused on interventions for children and adolescents with eating disorders.

Results:

- Strong recommendations were supported specifically in favour of Family-Based Treatment, and more generally in terms of least intensive treatment environment.
- **Weak recommendations** in favor of Multi-Family Therapy, Cognitive Behavioral Therapy, Adolescent Focused Psychotherapy, **adjunctive Yoga** and atypical antipsychotics were confirmed.

Conclusions: Several gaps for future work were identified including enhanced research efforts on new primary and adjunctive treatments in order to address severe eating disorders and complex comorbidities.

What about Integrative Therapies?

o medications or supplements treat the core symptoms of ED (except lisdexamfetamine for binge eating disorder) and olanzapine for ARFID.

edications primarily to treat comorbid disorders and do not address core symptoms.

eatments are primarily therapy-based and require a multidisciplinary approach

omplementary and integrative medicine should be considered part of a comprehensive clinical protocol

- Yoga
- Technology-based interventions like virtual reality
- EMDR, biofeedback/neurofeedback
- Music therapy
- Relaxation: Spirituality/religious, massage, acupuncture, energy psychologies (EMDR and EFT), and art therapies (art, music, dance/movement and drama therapy)
- Circadian rhythm balance: Bright light therapy
- Medications: Ketamine and Ayahuasca

Integrative Therapies: Summary of Evidence

Treatment	Level of certainty	Strength of recommendation based on benefit and safety
Yoga	Low to moderate	B to C
Virtual reality	Low to moderate	B to C
Feedback based treatments	Low to moderate	B to C
Acupuncture	Low	C
Expressive therapies (Art, Music, Dance)	Low to moderate	B to C
Massage	Low	C, not risky
Movement (PT)	Moderate	C
Bright Light therapy	Moderate	B, but must be followed to see if effect persists
Spirituality and religion	Low	I to C, not risky
Energy Psychology (EMDR, EFT)	Low	C
Nutrition and the Microbiome	Moderate	B

A: recommend strongly, B: recommend, C: neutral, I: insufficient

Zakers 2023

Yoga



Improved binge eating frequency, emotional regulation, self-criticism, and self-compassion

Moderate/large effect on binge eating and bulimia symptoms, and small effect on body image concerns than controls. Overall effective for prevention and treatment

Mindfulness-based programs more effective than controls in reducing body image concerns, negative affect and promoting body appreciation

Greater decreases in eating symptoms, maintained on 12-wk f/ u. No negative effects on BMI in the yoga group

Significant benefit on “drive for thinness and body dissatisfaction compared to usual care (RCTs only). No negative effects on BMI.

“Traditional yoga can affect positive change toward the prevention and treatment of EDs in youth. It is essential to understand that yoga is a way of life, not a temporary “fix” to a problem. In utilizing yoga for therapeutic purposes, the goal is to change behaviors through balance, acceptance, and knowledge of one’s true self.”

Virtual Reality



Decreased negative emotional responses to virtual food and body shape.

Significantly more attractive therapy to young adults and teens; decreased to f/u.

Large decrease in frequency of binges and situationally induced body dissatisfaction compared to controls

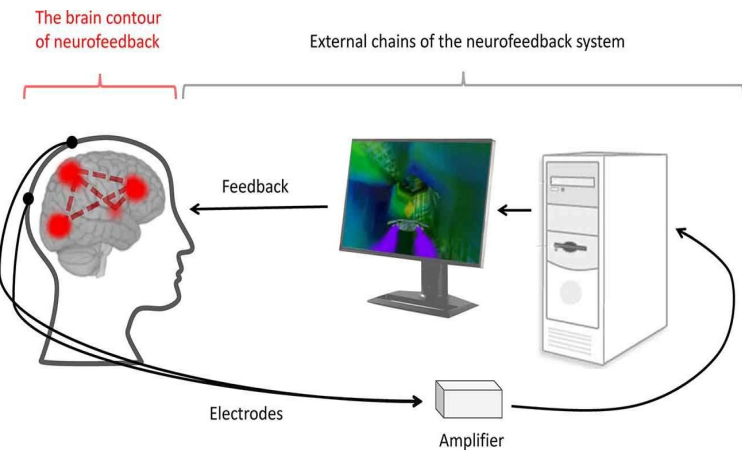
BE: Abstinence from binge eating episodes 53% in VR and 25% in CBT group
Abstinence from purging 75% of in VR group and 31.5% of CBT group

Can enhance assessment, psychometric testing, identification of triggers, and exposure, experiential and/or CBT treatment.

Improved efficacy in treating fear of gaining weight and reducing body image disturbances in AN.

“VR seems to be a new approach to the treatment of ED that should be considered in any multifaceted ED treatment program.”

Biofeedback (BF), Neurofeedback (NF), Massage



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Biofeedback and Neurofeedback

- Imperatori 2018: BF and NF could help with food cravings, rumination; no changes in body image perception
- Kohl 2019: fMRI and neurofeedback: Increase in dorsolateral prefrontal cortex activity. Positive effects on eating behaviors a single day.

Massage

- Field 1998, Hart 2001: Immediate effects - improved mood, less anxiety and cortisol level. Long-term - improved eating disorder attitudes on the EDI (eating disorder inventory)
- Zakers 2023: ***“Interventions that allow a strong therapeutic alliance to form, could be a beneficial healing adjunct therapy for patients with AN, especially in an inpatient setting, where the necessity of enforcing behavioral change makes the relationship between the medical practitioners and the sufferers of AN particularly challenging and complex.”***

Expressive Therapies



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Music Therapy and Music Medicine

Testa 2020: Recommend listening to classical music, group singing, vodcasts, songwriting, sessions with a Body Monochord. Avoid music videos - reinforces preoccupation with physical appearance. Songwriting with music therapists is the most helpful due to its ability to elicit issues not revealed to the therapeutic team

Art Therapy

Griffin 2021: No RCT in support

Music, Art Therapy and CBT

Wang 2021: Improved depression and anxiety, helped establish correct cognition regarding food, body shape, weight. Promising results but unclear if can separate the effects of CBT and Arts

Dance therapy

Savidacki 2020: Improved mood states and body image. No difference in alexithymia

Movement

Vancamfort 2013: Aerobic and resistance training increased muscle strength, BMI, body fat. AN. Aerobic exercise improved eating pathology. Recommend with caution. PT supervision could diminish exercise related risks in certain ED patients

Acupuncture, Bright Light Therapy, Spirituality and Religion



Acupuncture

- Fogarty 2010: Improves QoL, decreases anxiety (consider use pre-meals) and expression of perfectionism. No difference in empathy and therapeutic relationship with acupuncture plus light massage

Bright light therapy

- Beauchamp 2016: Significant improvement in eating pathology and comorbid depressive symptoms for the treatment period regardless of type of ED. Unclear if effects persist once treatment ceases

Spirituality and Religion

- Akrawi 2015: Lower levels of disordered eating, psychopathology and body image concerns with strong religious beliefs. Prayers and body-affirming religious readings effective as coping strategies.
- Richards 2007: Significantly lower psychological disturbance, ED symptoms and higher spiritual wellbeing in the spirituality group

ther Therapies

EMDR: Balboa 2017: Positive effects even 1 year after follow up, but not enough evidence to support the efficacy of EMDR

T vs CBT

– Stapleton 2016

- Outcome data collected at baseline, post-intervention (8 week), and 6- and 12-mo follow-up. Overall, EFT and CBT demonstrated comparable efficacy in reducing food cravings, one's responsiveness to food in the environment (power of food), and dietary restraint, with Cohen's effect size values suggesting moderate to high practical significance for both interventions.
- BMI did not change. F/U study- Anxiety and depression scores significantly decreased from pre-to post-intervention for the EFT group, only depression scores did the same for CBT. Both were maintained at 6- and 12-mo follow-up. Somatoform scores significantly decreased from pre-intervention to all follow-up points for the CBT group. EFT did not have this effect. Recommend as adjunct for BED.

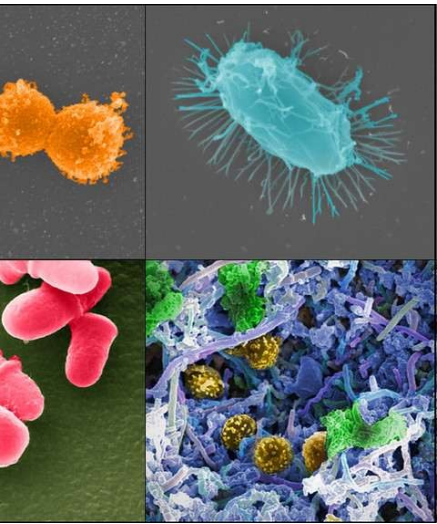
mindfulness:

– Grohman 2021: Reduced binge eating severity at the end of trials. Benefits not maintained at follow-up

crition and Microbiome

Carbone 2020

- 16 studies were included, mostly regarding AN.
- AN: Alpha diversity (lower diversity) and lower short chain fatty acid (SCFA) levels
- Lower alpha diversity and SCFAs causes dysbiosis this promotes intestinal inflammation, alters gut permeability, and triggers immune reactions in the hunger/satiety regulation center contributing to the pathophysiological development of EDs.
- Microbial richness increased in AN after weight regain on fecal microbiota transplantation



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AN inpatient stay: high calorie diet includes cow's milk foods. Animal-based foods contribute to an abundance of particular microbial species resulting in an increase in certain inflammation-inducing bacteria and a "leaky gut", which could aggravate chronic grade inflammation

?AN is an autoimmune disease caused by changes in the microbiome where autoantibodies to appetite-regulating neuropeptides, neurotransmitters, and hypothalamic neurons disturb appetite, result in decreased intake of food

BEfree: A New Psychological Program for Binge Eating that Integrates Psychoeducation, Mindfulness, and Compassion

12-month postintervention program based on psychoeducation, mindfulness, and self-compassion for obese/overweight women +BED.

BEfree (n = 19), wait list group (WL; n = 17)

Results

- Effective in eliminating BED; in diminishing eating psychopathology, depression, shame and self-criticism, body-image psychological inflexibility, and body-image cognitive fusion; and in improving obesity-related quality of life and self-compassion
- Results maintained at 3- and 6-month follow-up.
- helpful for dealing with impulses and negative internal experiences.

Conclusions: These results seem to suggest the efficacy of BEfree and the benefit of integrating different components such as psychoeducation, mindfulness, and self-compassion when treating BED in obese or overweight women.

Introducing a Smart Toy in Eating Disorder Treatment: A Pilot Study



Novel technology-enabled smart toy, Purrble, designed for immediate assistance in emotion regulation

Mixed-method approach involving workshops, diaries, and focus groups was employed to examine the feasibility of Purrble as a therapeutic tool and its impact on participants' daily routines, sensory experiences, and emotional states

Results demonstrate the engagement and acceptability of the device

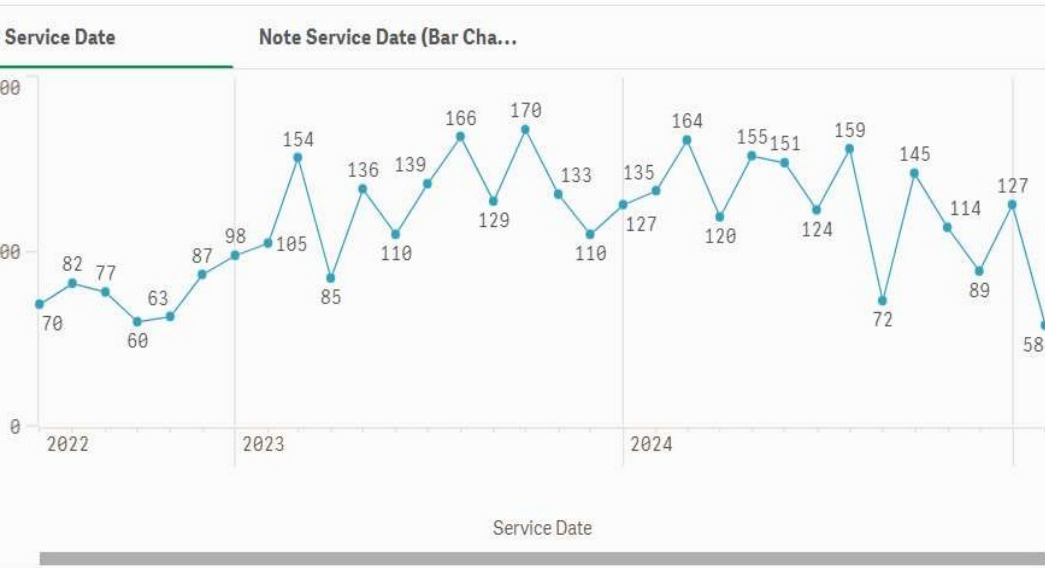
Qualitative analysis: independently used and integrated Purrble into their emotional and sensory regulation practices

IOP Experience

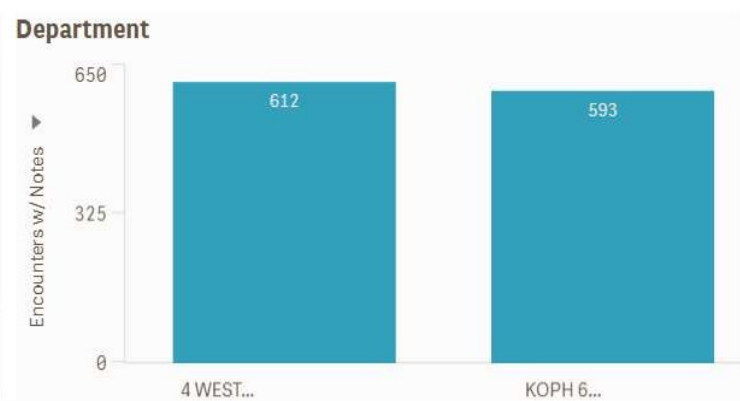
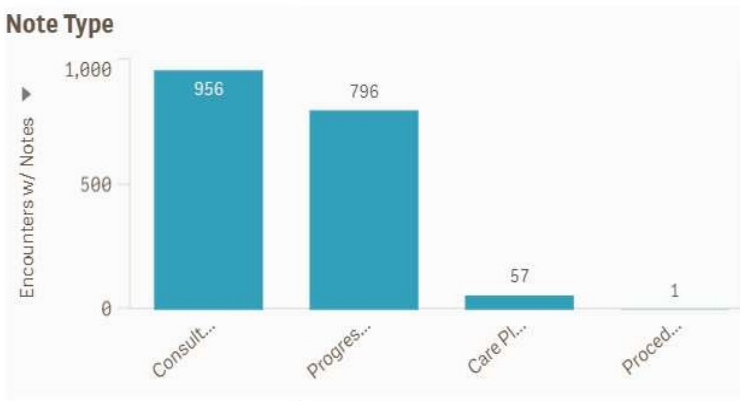
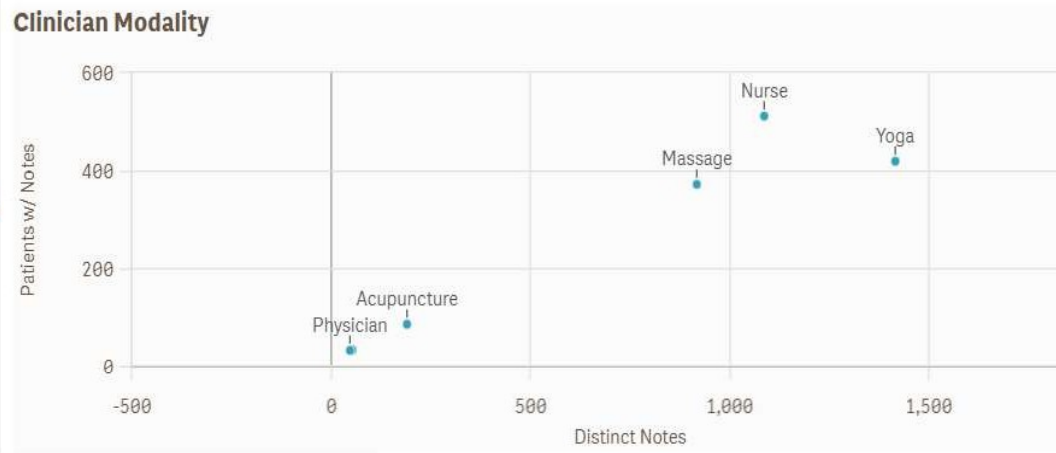
Majority of the adolescent inpatient admissions are for ED, severe malnutrition and monitoring for refeeding syndrome. Many have ARFID and some have AN and are on a vigorous refeeding protocol. Majority have anxiety and stress. Approach is compassion for their situation and acknowledge the stress they are experiencing as well as nausea and abdominal pain from suddenly refeeding their bodies. We address the physical and emotional symptoms with aromatherapy, (lavender, mandarin, and/or peppermint ginger), acupuncture- acu bands and seeds, breathwork/yoga practices that are less about physical postures (asana); with more focus on mindfulness, relaxation, self compassion and acceptance. These techniques at their core help alleviate anxiety and help the GI system restart. Many of the patients appreciate our interventions and get relief. These are tools they can take with them after they leave the hospital environment."

PH and Adolescent medicine have formed a great relationship! We've fostered an integrative and collaborative approach between all disciplines from physicians, APP's, nursing, child life services, chaplain services and art and music therapy. The patients even share with each other the benefits of the modalities they've received! This includes the use of aromatherapy, massage therapy, as well as the group I lead every week where they learn relaxation through mind-body based techniques. It is truly a fully collaborative and supportive environment and culture.

Integrative Health in Adolescent Medicine at CHOP: FY22-Pres



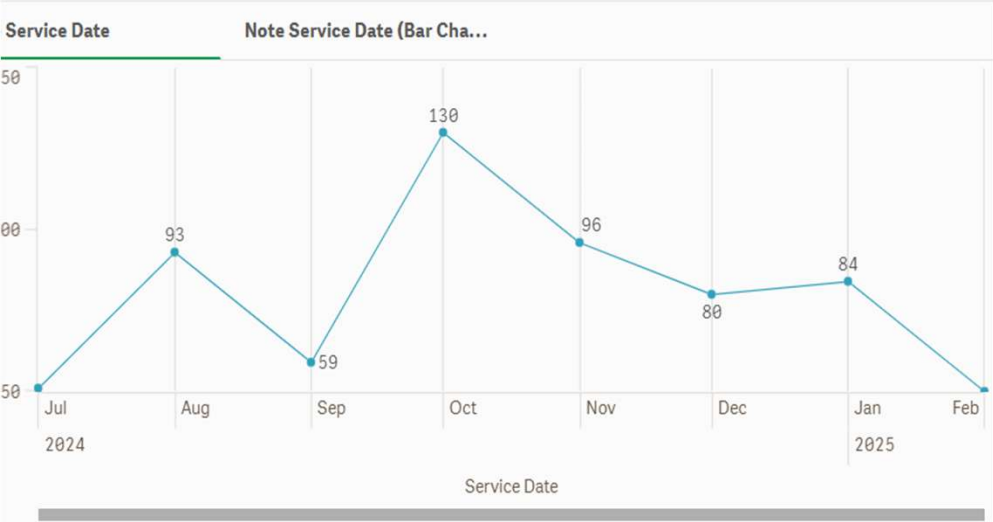
Distinct Notes	Patients w/ Notes	Encounters w/ Notes
3,714	971	1,205



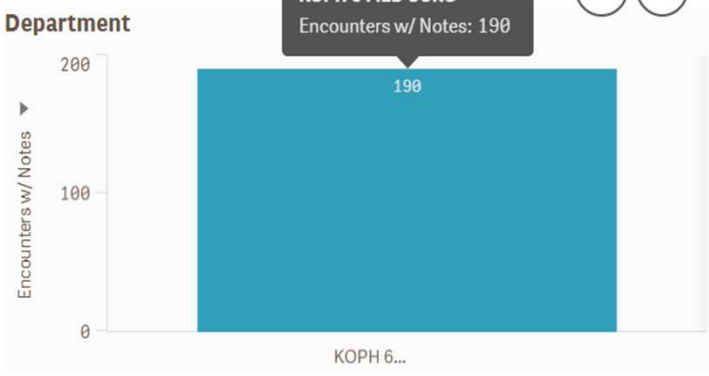
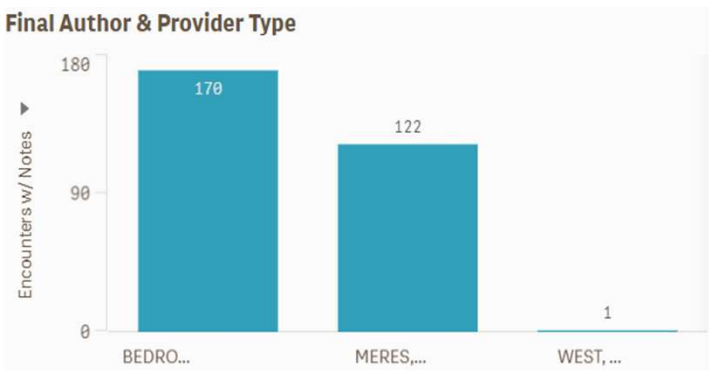
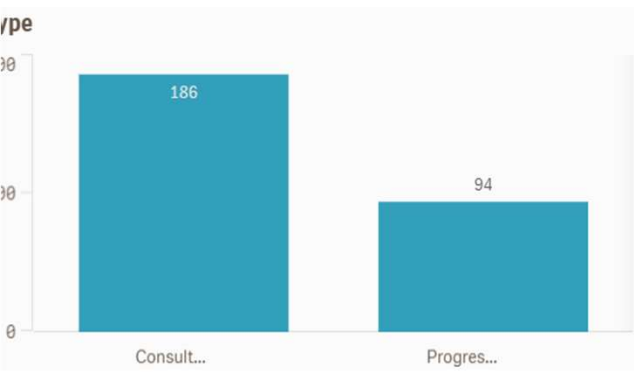
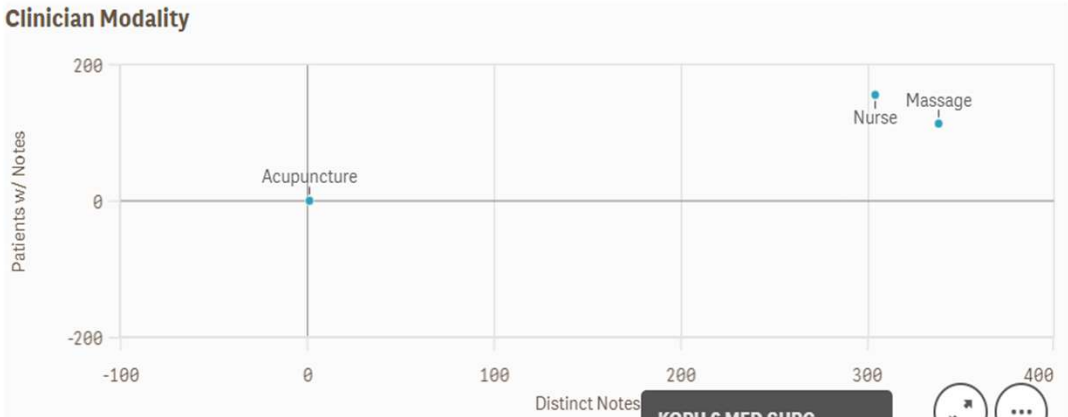
Preventive Health in Adolescent Medicine at King of Prussia: F

Note Documentation

Year Select date range **Note Modality** Patient Class Note Departm... Final Author Final Author P... **Note Type** Service Type Visit Type **Note Table**

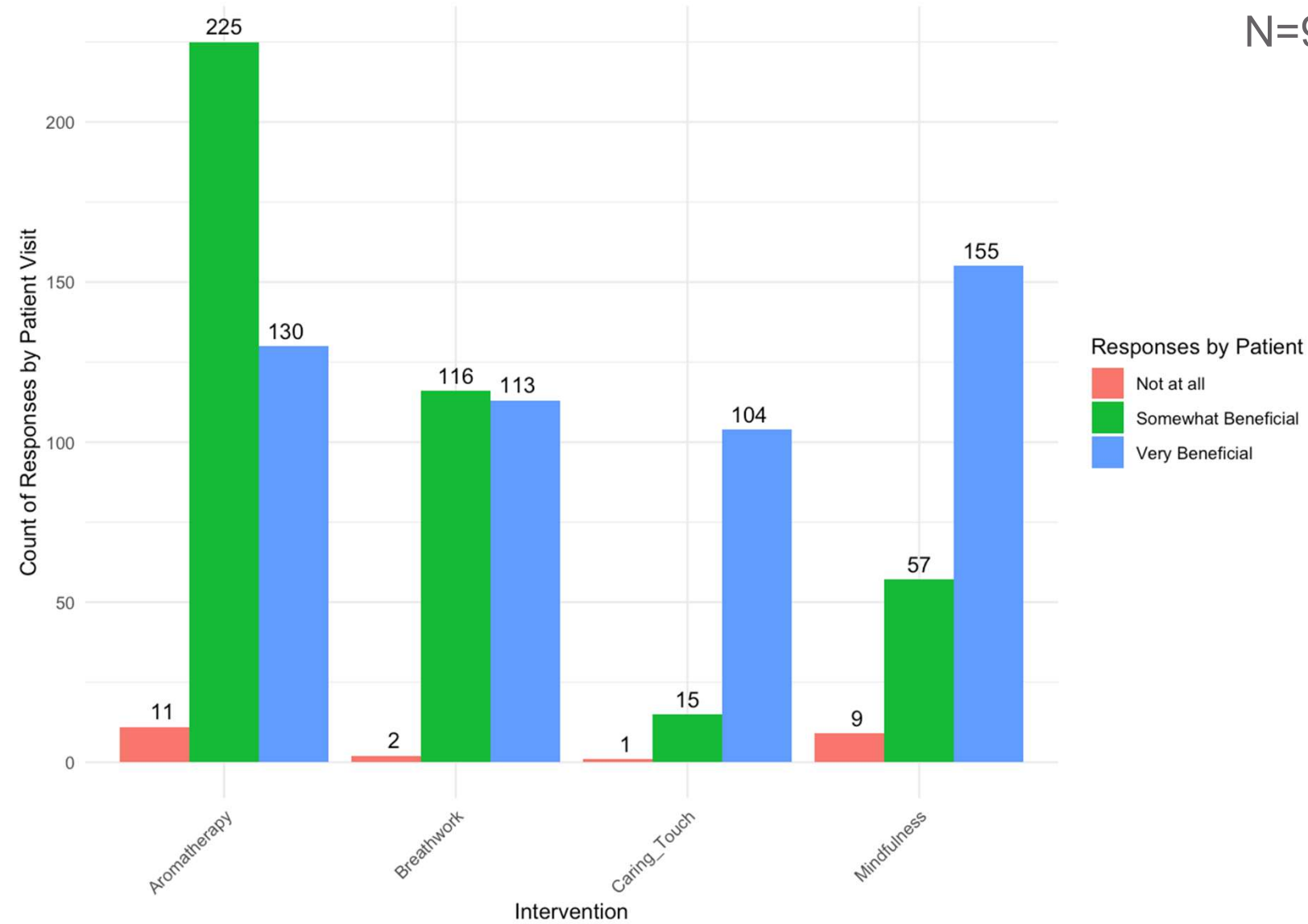


Distinct Notes **643** Patients w/ Notes **174** Encounters w/ Notes **190**



Patient Responses to Various Interventions (KOPH 6 Med Surge)

N=938



al world story



“A 17-year-old patient explained to me that they had learned breathwork and mindfulness at school as well as at therapy. We had built a good rapport; yet he would kindly decline to go to my group or try any of my offerings. He was open to massage therapy consults and shared that he found them very relaxing. He was admitted multiple times, and early into his second admission he opened up that he did not believe things such as breathwork or mind-body practices could be helpful for his anxiety and stress. I was able to learn from his past experiences and reframe the potential applications of the practices. Through building a trusting relationship he felt safe to give them a try, and after that he joined most of my groups as well as working one-on-one multiple times. He always would smile and remind me that he had never believed in these practices until we started working together.”

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Another real world story....



“A mother and her 12 yo daughter felt a lot of stress related to hospitalization and her course of treatment. The patient was very anxious related to meals and would sometimes need an ng tube placed. I was able to work with her using aromatherapy and gentle, guided breathing techniques to help her through the stressors. The nursing team and I would coordinate care, especially during uncomfortable interventions. Other times she would fall asleep for the first time that day during guided relaxations. I would also consult with the art and music therapists. It was of great benefit to both child and family.”

ANK YOU!



References and Resources

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