



# Complementary Therapies and Wellness

*Jodi Carlson MS OTR/L*

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## **Complementary Therapies and Wellness** Jodi Carlson MS OTR/L

This book provides practical information about complementary care and wellness in addition to specific information about many therapeutic approaches that therapists use. Legal Aspects of Practice. Utilization, Reimbursement, Legislative, Fraud and Abuse, and Documentation Issues. Researching Alternative Therapies. Creating and Integrative Clinic. Developing Therapeutic Presence. Introduction to Asian Medical Systems. Introduction to Energy Therapies. Introduction to Manual and Body Based Approaches. Introduction to Mind/Body Therapies. Introduction to Wellness and Health Promotion. Biofeedback. Craniosacral Therapy. The Feldenkrais Method™. Imagery. Myofascial Release. Non-Contact Therapeutic Touch. Reflexology. Reiki. Relaxation, Meditation, and Breath. Shiatsu. Structural Integration (Rolfing). Tai Chi. Yoga. Stress Management. Pain Control. Women's Health. AIDS. Smoking Cessation. For anyone interested in Alternative Healing.

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