

## Complementary and Alternative Medicine Webquest

**WebQuest Description:** Mind-Body-Energy Therapies ~ Explore Meditation, Yoga, and Reiki

**Grade Level:** College / Adult

**Curriculum:** Health / PE

**Keywords:** meditation yoga reiki evidence based complementary alternative therapy medicine

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### Introduction

The connections between mind, body, and the energy that animates life have been considered by the world's greatest philosophers, the Buddha, Plato, Aristotle, Descartes, and more, resulting in widely ranging theories and consensus. Modern science seeks answers to the same question through neuroscience and new fields of study including neurophilosophy. The relationship between emotional well-being and physical well-being is also understood on a personal level. When our body is injured most of us feel emotional stress, the fight or flight response for example in the short term; many people experience anxiety or depression when faced with chronic injury or illness. The way each person responds to stress is unique and determined by innumerable variables. Complementary and alternative medicine therapies (CAM) enter into the equation at this phase, the goal of each practice being to return the whole person to a state of physical and emotional balance or well-being. What do you need to know as a health professional about CAM therapies for the well-being of your clients? What are some of the cultural, economic, and ethical issues at the root of these ancient vet modern practices?

### Evaluation

You will be evaluating your own knowledge of the quest content based on the answers to quiz questions at the end of this quest...you will be able to return to your resources if you feel you need more information to understand the content. You will not be graded by your instructor on this quiz...you will decide the length of your yard stick. At the end of the quest, please take a moment to evaluate the webquest by using the "Evaluate Webquest" tab on lower portion of the navigation bar. All responses are anonymous and feedback is welcomed!

Category and Score	1	2	3	4	Score
Content, Clarity & Mechanics	Missing either the description of the case or the therapy.	Posts long, unorganized or rude content that may contain multiple errors or may be inappropriate. Posts information that is off-topic, incorrect, or irrelevant to discussion.	Communicates in friendly, courteous and helpful manner with some errors in clarity or mechanics. Posts information that is factually correct; lacks full development of concept or thought.	Contributes to discussion with clear, concise comments formatted in an easy to read style that is free of grammatical or spelling errors. Posts factually correct, reflective and substantive contribution; advances discussion.	1-4
Frequency and Timeliness of Participation	Does not participate.	Participates minimum times (initial post and 2 comments) on the final day of the discussion.	Participates 3-4 times but postings not distributed throughout week.	Contributes to discussion with clear, concise comments formatted in an easy to read style that is free of grammatical or spelling errors. Posts factually correct, reflective and substantive contribution; advances discussion.	1-4
				Total Score	

### Tasks

After today's webquest ...You will be able to describe three CAM therapies: meditation, yoga, and reiki. You will become aware of potential cultural issues of which you, as a healthcare provider may want to integrate within your practice. You will explore the economic impact of integrative health approaches on the U.S. healthcare system. Select the "CAM Quest" tab on the navigation bar to begin your quest. When you have finished browsing through the resources, open the "Quiz" tab on the leftside navigation

bar.&nbsp;Take&nbsp;the related quiz. Did you learn something new about CAM? If you need to return to your quest for more information you may do so at anytime.

## Process

There is so much great information available, from anecdotal evidence to RCT studies on mind-body energy therapies! Use the resources provided in this quest, and then please continue your search. Get lost in the right direction! In order to complete your quest you will need begin by reading Chapters 9, 10, and 14 in your textbook, &nbsp;Fundamentals of complementary and alternative medicine &nbsp;(Micozzi, 2015).&nbsp;Topics include:&nbsp;&nbsp;9.&nbsp;Mind-Body Sciences and the Placebo Effect10.&nbsp;Mind-Body Therapies, Stress Reduction, and Pyschometrics14. Energy Medicine&nbsp;Find the link below to another resource available for you through the ASU online library. Chapter 2 of&nbsp;Guide to Culturally Competent Health Care (3rd Edition)(Purnell, L., 2014) is linked in PDF form below. Browse the whole chapter, but you will find the first section of Chapter 2 particularly useful in understanding a cultural model, and the final section which covers spirituality and healthcare providers. After completing the readings (especially the Purnell chapter) continue the quest by watching the video clips below. The videos will provide a brief look into these topics. Please continue to broaden your search on your own based on your own interests and your own practice. Use your knowledge of evidence based practice as you explore these topics.&nbsp;When you have finished exploring the resources, select the Quiz tab from the navigation bar on the left and check your learning. If you have questions about a quiz, return to your text and other resources for a second look. Micozzi, M. (2015). Fundamentals of complementary and alternative medicine.&nbsp;(5th ed.) Sudbury, MA: Elsevier. Purnell, L. D., & ebrary., I. (2014).&nbsp;Guide to culturally competent health care&nbsp;(Third Edition). Philadelphia, Pennsylvania: F. A. Davis Company.

## Conclusion

Congratulations on completing your CAM quest, but there is no final destination to our journey. Please continue to research the topics on today's quest that interested you or that will benefit your patient population.&nbsp;Did you answer your questions about meditation, yoga, and reiki? How did you do on the quiz? Did you find anything on your own search that you would like to share with our learning community? Share it on the Blackboard course website discussion board!

## Teacher Page

### Standards

#### Credits

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<http://ajcc.aacnjournals.org/content/23/5/404.full.pdf+html?sid=52e98059-d9cb-46f9-a4a3-9f6ee4cde80c>

<https://youtu.be/Ammo6-Vje6s>

<https://www.youtube.com/watch?v=NxYFjZBqHg>

<https://www.youtube.com/watch?v=r-YFdJSnGI0>

[https://www.youtube.com/watch?v=uGAAYt8\\_AEW](https://www.youtube.com/watch?v=uGAAYt8_AEW)

<https://www.youtube.com/watch?v=-smLDVTOeHM>

<https://www.youtube.com/watch?v=-2lcOOUqNgI>

<https://www.youtube.com/watch?v=ebzkKD78Q6c>

Purnell, L. D., & ebrary., I. (2014). Guide to culturally competent health care (Thirdition.,;3; ed.). Philadelphia, Pennsylvania: F. A. Davis Company.

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#### Other

