

Title:

Achieving Calmness in the Midst of Chaos: Auricular Acupuncture and Meditation Sessions for Methadone Patients

Session description:

Both auricular acupuncture and meditation have been increasingly used to treat substance use disorders (SUD), alone or as adjunct therapy. A new program using both therapies in a single session was created to help OTP patients to achieve sobriety at the Denver Recovery Group.

Come and get acquainted with research studying these forms of treatment to help substance use disorders and other comorbid disorders. This informative session will also give you the chance to experience the peacefulness of a meditation exercise usually performed with patients. It is like finding calmness, on demand, in the midst of the all-too-often chaos. Enjoy it!

Objectives:

You will be able to:

1. List conditions helped by the use of acupuncture and meditation
2. Describe research that studied these complementary alternative medicine treatment modalities in regard to SUDs and common co-morbidities
3. Experience a short meditation session usually performed with patients, giving you the chance to evaluate how useful this could be for you and your patients' care

Presenter: Dr. Analice Hoffenberg, MD, MSPH

Dr. Ana, as she likes to be called, is Board-certified in Preventive Medicine and Addiction Medicine, and has completed a Master in Science of Public Health. Her research involved addiction epidemiology, and her passion has become to help her patients to overcome the suffering of addiction and achieve recovery.

While treating her patients for substance use disorders and psychiatric conditions in the last 10 years, she came to realize that allopathic medicine often overlooks the spiritual needs of patients. She, then, started looking for other forms of treatment to support her patients' efforts to recovery. In this process, she became a Reiki Master, acudetox specialist, and was trained in Compassion Meditation Cultivation by Stanford University's protocol. She used her experiences with meditation and auricular acupuncture to create this new program for her patients.