

Title: Unblock Physical Pain and Reveal Emotional Wellness

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Acupuncture, as part of Traditional Chinese Medicine, is an energy medicine with deep roots in Taoist beliefs and spirituality. This presentation educates acupuncturists on using the regular and eight extra meridians from a different perspective, in conjunction with massage, to unblock physical pain and promote emotional wellness.

The approach is twofold: examining and treating the physical body and the emotional body. First, practitioners will learn the importance of addressing physical blockages that impede qi and blood flow. Physical blockages such as scars, shock, cold invasion and/or structural imbalances will be addressed. Next, emotional blockages will be described and how they cause physical pain will be explored.

A review of meridians and their emotional connection will provide context for how treatments of the emotional body are designed. Eight extra meridians and the chakra system will be presented to illustrate their importance on the energy flow in the body and how it relates to the connection between physical and emotional wellness.

Unblocking the physical body through the use of specific acupuncture needling, massage, and essential oils will be presented. Case studies with clients' clinical history and treatment protocols will demonstrate how effective acupuncture is at unblocking the physical body promoting emotional release and emotional wellness as a whole.

People usually seek acupuncture treatments due to physical pain or illness. Thus, it becomes important for practitioners to educate clients on the links between the emotional and the physical bodies. Strategies to do so will be discussed.

Biography: Carine Camara obtained her Master's Degree of Chinese Medicine from American College of Traditional Chinese Medicine. Over the last 10 years Carine has focused her practice on how to treat emotional imbalances. She has studied with Dr. Mikio Sankey who developed Esoteric Acupuncture, and Heather Bruce, whose signature technique of Moving Blockages has greatly influenced her style and approach to acupuncture. Carine currently works in the Rehab and Recovery industry, working with people that have a primary diagnosis of mental illness and secondary diagnosis of addiction. Carine is an integrative practitioner who combines her intuition with a practical approach that provides transformative changes in her clients' lives.

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