

Title: Alternative Interventions for Chronic Pain and Stress Management: Rehabilitative Yoga, Rehabilitative Martial Arts and Psychological Therapy

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Chronic pain management is a growing concern worldwide. Traditional treatments have included evidenced based therapeutic interventions, strategic life planning and procedural and medication based management to cope with chronic pain. Despite this, there is an epidemic of opioid use, death, and a resulting inability to manage pain effectively. Studies have suggested a reduction of symptoms and improved quality of life for individuals who have engaged in complimentary approaches such as yoga and martial arts in conjunction with therapy. Therapy is a time that can allow individuals to tap into their abilities to constructively work on, restore, heal and evolve to their aspirations. In conjunction with such therapy, utilizing Rehabilitative Yoga and Rehabilitative Martial Arts, both programs with curricula specifically built for pain and stress management, can therefore produce long lasting results for individuals suffering from chronic pain and stress. Consequently, individuals who undergo such a multidisciplinary approach to managing pain and stress are able to build a repertoire of skills for more effective self-management tools and overall improvement in quality of life.

Biography

A graduate of The University of Michigan and Wayne State University, Dr. Malasri Chaudhery-Malgeri (Dr. Mala), specializes in the integration of Western psychology and Eastern philosophy bringing together the best of both worlds in her work. Dr. Mala has been practicing therapy and teaching for over twelve years. Her therapies combine cognitive behavioral, behavioral, empathic and mindfulness based thought processes/approaches. As an expert in marriage and family therapy, rehabilitative therapy, and more, Dr. Mala's expertise has helped a cross section of the community from business professionals and political figures to athletes, families, couples, and youth. Dr. Mala is the CEO of The Synergy Center, Chronic Pain Psychologist & Holistic Health Management Specialist at Joint Base Elmendorf Richardson, USAF and Assistant Professor of Psychology at Alaska Pacific University.

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