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CECT L!brary

Reader's Digest

Greetings, cadre,

This month, we're going outside of our comfort zones to discuss alternative therapies and medicines than those typically practiced or advocated for in modern medicine and psychology. Over the last few decades, we've seen a rise in positive viewing of yoga and acupuncture in the physical medical community, with research that clearly shows the benefits these practices have for the body—things that the communities from which they come from have been talking about for over a thousand years, though modern medicine, coming out of European cultures, has taken a while to catch up on.

But what about the benefits of non-European traditional healing practices on the mind? More than the calm and peace that regular yoga practice can provide, but also stark changes to serious mental health conditions like PTSD, cPTSD, mood disorders, or other conditions? Well, some recent research has shown that there may be something to protocols that stimulate acupuncture points while discussing traumatic events.

The research into this is relatively new and understudied, without a lot of scientifically rigorous work done. It's important, though, to regularly check our biases, expand our beliefs, and consider things outside our modern perspectives and understandings. At the very least, we hope these articles give you something new to think about.

With care,

Crisis Emotional Care Team

Latest Additions

Feinstein, D. (2019). Energy psychology: Efficacy, speed, mechanisms. *Explore*, 15(5), 340-351. <https://doi.org/10.1016/j.explore.2018.11.003>

Feinstein lays out the case for “energy psychology”, which combines psychotherapy and traditional healing medicines found in many non-European cultures, such as yoga and acupuncture. He goes over arguments set out by both advocates and dissenters, overall making the case for more research and training to be done into these mechanisms. An excellent, interesting primer into this concept!

Kennard, A., Low Dog, T., Clinkenbeard, J., Pachman, D., & Iozzi, D. (2024). Contemplative medicine: A practical approach to “Well-Being 2.0” in medicine. *Explore*, 20(3), 439-442. <https://doi.org/10.1016/j.explore.2023.11.002>

Different from the other two featured articles here, this article goes over a one-year training program conducted with clinicians on the concept of “Contemplative Medicine”. This framework involves getting physicians to understand the importance of maintaining their own mental and physical health, which can help mitigate burnout, cultivate well-being, and develop the skills to sustainably practice compassionate medicine. As with the concepts and practices of energy psychology outlined in the other articles, this one shows just how important it is for medical professionals to actively practice self-compassion so that they can continue helping their patients.

Livneh, H. (2022). Can the concepts of energy and psychological energy enrich our understanding of psychosocial adaptation to traumatic experiences, chronic illnesses and disabilities?. *Frontiers in Psychology*, 13, 768664. <https://doi.org/10.3389/fpsyg.2022.768664>

This article goes over the basic concepts of energy psychology, including its history and meanings, as well as how it can be applied to health issues like trauma and chronic illness. While it doesn’t spell out clear solutions, it does provide a fresh take on how to include concepts of energy and attitude in treating and living with chronic illnesses.

Open Access Reads

Barber, C., Van der Vleuten, C., Leppink, J., & Chahine, S. (2020). Social accountability frameworks and their implications for medical education and program evaluation: A narrative review. *Academic Medicine*, 95(12), 1945-1954. DOI: [10.1097/ACM.0000000000003731](https://doi.org/10.1097/ACM.0000000000003731)

Goniewicz, K., Khorram-Manesh, A., & Burkle, F. M. (2024). Empowering communities in geopolitical crises: a role for disaster medicine and public health preparedness. *Disaster Medicine and Public Health Preparedness*, 18, e90.

Paywalled Articles

Bell, S. E. (2024). Bringing the global into medical sociology: Medicalization, narrative, and global health. *Journal of Health and Social Behavior*, 1-14. <https://doi.org/10.1177/00221465241249701>

Craig, A. K., Hamm, J. A., Steuer, P., & Leonhardt, B. L. (2024). Navigating client deaths in the community mental health center: A humanistic approach to clinical supervision. *Journal of Humanistic Psychology*, 0(0). <https://doi.org/10.1177/00221678241>

<https://doi.org/10.1017/dmp.2024.87>

Gunn III, J. F. (2017). The social pain model: Understanding suicide through evolutionary psychology. *Crisis*, 38(5), 281-286.

<https://doi.org/10.1027/0227-5910/a000510>

Livneh, H. (2023). Eight key areas in need of in-depth examination in the field of psychosocial adaptation to chronic illness and disability.

Rehabilitation Counselors and Educators Journal, 12(2).

<https://doi.org/10.52017/001c.74780>

Thomas, D. & O'Connor, G. (2024). Exploring near death experiences with children post intensive care: A case series. *Explore*, 20(3), 443-449.

<https://doi.org/10.1016/j.explore.2023.11.003>

[252961](https://doi.org/10.1037/int0000283)

Feinstein, D. (2023). Integrating manual stimulation of acupuncture points into psychotherapy: A systematic review with clinical recommendations. *Journal of Psychotherapy Integration*, 33(1), 47-67.

<https://doi.org/10.1037/int0000283>

McCleary, J. S. & Horn, T. L. (2023). Processes for culturally adapting behavioral health interventions for people with refugee backgrounds: A scoping review. *American Journal of Community Psychology*, 73(1-2), 250-266.

<https://doi.org/10.1002/ajcp.12709>

International Reads

Fernandes, P., Rhodes, P., & Buus, N. (2023). What do trauma workers experience when assisting refugee survivors of torture and trauma? A narrative inquiry. *Professional Psychology: Research and Practice*, 54(6), 451–460.

<https://doi.org/10.1037/pro0000534>

Kim, J., Kim, Y., Cho, S., & Lee, J. (2024). The experience of stress-related growth associated with COVID-19 among older Korean immigrants. *Journal of Humanistic Psychology*, 0(0), 1-19. <https://doi.org/10.1177/00221678241244526>

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If you haven't yet, don't forget to check out Vibrant's 2024 Conference! You can find information on it, including how to register, at <https://vibrantdbhcon.org/>.

And don't forget that if you're going to be in the New York, NY, area June 12th, we'll be hosting a live Orientation Module training at Vibrant's New York offices! This training takes place 8:30AM - 4:00PM ET, followed by a Networking Event from 4:00PM to 6:00PM ET. There are only twenty-five spots for the Orientation Module, so be sure to sign up soon by [clicking here](#). And if you can't make the Orientation Module, don't worry—you can also join us for just the [Networking](#)

[Event at this link!](#)



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