



Exploring Alternative Medicine

***"We are living in a sea of energy."
-Kathy France, Energy Medicine Therapist***

Following diagnosis, many mental health consumers search for effective treatment to help them live a normal life. The writers of **A Mental Health Perspective** have concentrated on writing about the more traditional aspects of treatment found in mainstream medicine. Devoting an issue to investigating some of the alternative forms of medicine available makes for an optimistic beginning to a new year. These are not so much alternatives but additions or complements to a more traditional treatment regime.



Energy Healing

The general Principles of Pranic Healing rest on the fact that Prana [a self-energizing force that is the principle of life and consciousness] may be transferred or transmitted from one person to another, in many ways. The usual method, and the most effective way, is to use the hands and make passes over the sick person, and at the same time directing a current of Prana to the affected part.

*Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 6, Page 37*

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Kathy France is an energy medicine therapist or pranic healer who is beginning to practice in a local spa. She recently introduced herself to me, offering to give me a trial fifteen minute treatment. I agreed and spent the entire treatment feeling relaxed as Kathy proceeded to concentrate energy on certain parts of my body. In addition to cranial massage, Kathy's hands hovered over me, channeling energy, as she later explained, through herself to me.

"There are nine energy systems in the energy body working in balance with each other. I work with the usual energy systems of the body: the aura (field of subtle, luminous radiation surrounding a person or object), the chakras (seven vortices of energy on the body) and the meridian (including acupuncture points)." She added, "The idea behind energy medicine is that our physical body is a manifestation of what's happening in our energy body. A disturbance in your energy body trickles down to your physical body. A therapist tries to correct the disturbance."

In a later interview, Kathy said she aims to teach a client to focus on their energy system themselves as it may be at risk in them. Part of her treatment involves providing her clients with the tools they can use to improve themselves at home such as self-care exercises, tracing meridians, applying acupressure (not puncture), and reprogramming one's habit field.

Kathy pointed out that the body is very good at healing itself and, in a state of relaxation, the body can heal. "Holistic medicine, holistic health or energy medicine is practiced through yoga, meditation, acupuncture, massage, reiki and osteopathy (bones, viscera and deep tissue are manipulated)," she said. Kathy believes these treatments are suited to the treatment of mental illness. In a stress-free environment such as one induced by reiki, for example, healing starts.

When a pranic healer feels a disturbance in a client's energy, a negative energy, they clear it out and replace it with a more positive energy targeted to the issue the person is dealing with.

"The ability to do energy work is a gift," Kathy admitted, "Even as a young woman, I could feel the energy in my body. As a healer, I open myself to channelling universal energy."

By Heather Frenette



Look for this sticker to be displayed this winter at VLT Free locations



Canadian Mental Health Association
Kings County

See our Updated Website at

<http://kingsns.cmha.ca/>

Find Information about the services Kings CMHA offers and access the most recent issues of **A Mental Health Perspective** online as well as back issues of the publication.

A Listing of Some Associations of Providers Alternative Medicine and Therapy

Acupuncture & Naturopath Association of Nova Scotia

<http://www.weblocal.ca/acupuncture-naturopath-association-of-nova-scotia-halifax-ns-1.html>

The Acupuncture and Traditional Chinese Medicine Association of Nova Scotia (ATCMANS)

<http://atcmans.ca/>

Association of Naturopathic Doctors

<http://nsand.ca/>

Canadian Pranic Healers Association

<http://www.healthexcite.com/detail/12444/canadian-pranic-healers-association.html>

The Herbalist Association of Nova Scotia

<http://herbalns.org/>

Nova Scotia Association of Acupuncturists

<http://www.nsacupuncture.ca/members/index.php>

Nova Scotia Osteopaths

<http://novascotiaosteopaths.ca/pages/association-members.php>

Nova Scotia Physiotherapy Association

<http://www.physiotherapyns.ca/index.php/site/find-a-physio/>

Compiled by Melinda Cadarette



Omission

The source for Melinda Cadarette's article, **Magnetic Seizure Therapy: A New Treatment for Depression**, was omitted in error last month. Please accept our apologies for any problems this may have caused. The source was: Leung, Wency. (2012, November 13). A new brain therapy targets depression. *The Globe and Mail*, p. L6

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Music Therapy: Good for Your Mental Health



A qualified music therapist uses music to bring about healing mentally, physically, emotionally, and spiritually. According to Entrepreneur.Pro, it can be used to “facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.” Music therapy is recognized as an official health service having similarities to occupational therapy and physical therapy. It is therapeutic, helping patients heal physically, psychologically, cognitively, and socially. According to research it helps those who will not consent to other types of treatment. The purpose of therapy is to treat musically what words alone cannot do.

Most people cannot afford to hire a music therapist. There are things you can do to treat yourself using music therapy. To know if what you are listening to is working, the music should elevate your mood. Basically, the music should make you feel a lot better. Listening to music fosters motivation and inspiration. Start with music that you really like and then branch out to other types of music that you think you might like as well. Do not listen to music that makes you sad or has a negative effect on you. This will not improve your mental health. Take your listening seriously realizing it’s not simply entertainment but is a form of treatment to improve your mental health.

I practice my own music therapy and find it very beneficial to my own recovery. I don’t limit myself to one genre but listen to different types depending on my mood. I personally suggest giving music therapy a try. It will help with your recovery in ways you never thought possible. Music is good for the soul.

By Tony Legere

References:

Constantine Giorgio Roussos. “Music Therapy – Can Music Cure Illness, Disease, and Disorders? Is Music Therapeutic Medicine for Improving Health?” *Entrepreneur.Pro*. 18 August 2008. 16 December 2012.

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http://www.musictherapy.org/assets/1/7/MT_Mental_Health_2006.pdf

Rebecca Zamon. “Music And Health: What Can Music Do for Your Mental Health?”. *Huffpost Living Canada*. 19 November 2012. 16 December 2012. http://www.huffingtonpost.ca/2012/11/19/music-and-health_n_2160571.html

A Mental Health Perspective Mission Statement:

The purpose of this newsletter is to bring faith, hope and courage to members of the local mental health community of Kings County, Nova Scotia, as well as others who are involved with a mental, emotional or psychological condition.

Donations to support this newsletter and other important programs and services can be made to CMHA, 11 Opportunity Lane Suite 3 Box 10 Coldbrook NS B4R 0A5 (Cheque or money order will be accepted).



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