

3RD GLOBAL SUMMIT ON

HERBALS & TRADITIONAL MEDICINE

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Psychological health and holistic initiatives**Mary Bemker**

Touro University Nevada, USA

Holistic perspective in psychological treatment offers clients diverse methodologies, minimizes the need for traditional medications (in many instances) and offers clients a means to feel in control of their psychological health and well-being. Methods such as Reiki, EMDR, meditation, yoga, herbal and nutritional support are just a few of the ways that holistic health can be included into a practitioner's interventions for psychological support. These and other means will be presented along with a meta-analysis of the current literature related to such.

Biography

Mary Bemker has completed her PhD in community mental health nursing from the University of Alabama at Birmingham and her PsyS in Counseling Psychology from Spalding University. She is an associate professor in nursing at Touro University Nevada where she teaches in the DNP program. She has presented at a variety of national and international conferences and has co-edited her second nursing textbook. She sits on three editorial boards for international journals.

psychedr@gmail.com

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