

**Resources for Poster Session:
Complementary and Integrative Health Practices in Occupational Therapy are Here to Stay**

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American Occupational Therapy Association Conference – April 4, 2019



Integrative Health Websites

Academy of Integrative Health and Medicine – aihm.org

American Holistic Nurses Association – ahna.org

American Massage Therapy Association – amtamassage.org

American Reflexology Certification Board – arcb.net

Andrew Weil Center for Integrative Medicine Fellowship – integrativemedicine.arizona.edu/education/fellowship

Ayurveda Academy – ayurvedaacademy.com

Ayurveda Medical Association – ayurvedanama.org

Betsy Shandalov's courses – vyne.com, pesi.com (put Betsy Shandalov's name in the search box) also, YogaOT.com

Burnout, Stress, and Compassion Fatigue in Occupational Therapy Practice and Education: A Call for Mindful, Self-Care Protocols – nam.edu/burnout-stress-and-compassion-fatigue-in-occupational-therapy-practice-and-education-a-call-for-mindful-self-care-protocols

The Bravewell Collaborative – bravewell.org

Center for Mind Body Medicine – cmbm.org

Holistic OT Community – holisticot.org

Holistic Therapies 4 Life – holistictherapies4life.com

International Journal of Professional Holistic Aromatherapy – ijpha.com

International Association of Yoga Therapists – iayt.org

Joyful Belly – joyfulbelly.com

Live Spa – Mindfulness Interventions in Physical Rehabilitation: A Scoping Review – ncbi.nlm.nih.gov/pubmed/27089297

National Center for Complementary and Integrative Health – nccih.nih.gov

National QiGong Association – nqa.org

Presenters

Michelle Bradshaw, DC, OTR/L MB is an Associate Professor and acting Graduate Chair in the Department of Occupational Therapy at Ithaca College. She earned her BS in occupational therapy from Boston University and her Doctor of Chiropractic degree from New York Chiropractic College. She brings clinical expertise from both occupational therapy and chiropractic practice with her into the classroom, offering a unique perspective on health and the healthcare system. She considers herself to be a generalist who is able to work with most any occupational therapy clients in most any practice setting. Prior to entering academia, she worked with adults in various hospital settings as an occupational therapist and in private practice as a chiropractor. She teaches courses focusing on the human body as a system, clinical application of occupational therapy with adult populations, diversity, research, and the inclusion of complementary health approaches in education and practice. Her research focuses on the integration of complementary health approaches and integrative health content in occupational therapy education.

Location: Ithaca, NY Website: <https://faculty.ithaca.edu/mbradshaw/> Email: mbradshaw@ithaca.edu

Mandy Lubas, OTR/L, C-IAYT, AWC is a Holistic Occupational Therapist who is graduate of Quinnipiac University in 2001. She has been in the field of medicine since 2001 working with people of all ages. She is one of the co-owners of Holistic Therapies 4 Life an integrative wellness and yoga center North of Boston. Mandy is certified in Sensory Integration, trained in Craniosacral Therapy, a Registered Yoga Therapist and graduate of Kerala Academy as an Ayurvedic Wellness Counselor. Her certification as a Panchakarma Technician allows her to provide 5 therapeutic Ayurvedic manual therapies for specific pathologies, for the reduction of pain, for overall stress reduction, and to manage orthopedic injuries for any given athlete. In addition to being an owner of an integrative center she is also a mentor and educator for occupational therapy students and professors in holistic therapies. She teaches yoga, co-teaches workshops, provides counseling to emotionally support her clients and students, and assists in building community of conscious living. She has presented at conferences for MAOT and at local colleges throughout the Boston area to educate practitioners, students, teachers, and colleagues on her passion of merging Yoga and Ayurveda into the medical community. She has been published in Advance for OT Practitioners Magazine where she has written about her personal experiences in her own healing journey and the work she provides with her clients using these holistic approaches.

Location: Beverly, MA Website: HolisticTherapies4Life.com Email: mandylubas10@gmail.com

Betsy Shandalov, OTR/L, C-IAYT has been an Occupational Therapist since 1992. She received her Bachelor of Science degree in Occupational Therapy from Boston University. She has worked in all aspects of OT from acute care, rehab and home health as a therapist and supervisor. Betsy has been an OT in Integrative Medicine for the last 11 years. She earned her 200-hour adult yoga teacher training with a focus on Iyengar yoga and became certified as a yoga kids' teacher and trainer by Yoga Kids International. She trained as a yoga therapist through Niroga Institute in Oakland, CA. She then became a member of their yoga therapy staff at Niroga. Betsy became a Certified yoga therapist through the International Association of Yoga Therapists with over 1000 hours of yoga training and teaching. Betsy has advanced training through The Center for Mind-Body Medicine on healing trauma and she is also a Level I Reiki practitioner. Betsy teaches a 6-hour nationwide continuing education course to healthcare professionals on Therapeutic Yoga, meditation and mindfulness. In her private practice Betsy treats adults and kids in Integrative Medicine and works in 2 school systems training students and teachers. She loves breathing with her clients and helping them heal one breath at a time. She is so excited by the growth in Integrative Medicine over the last 10 years and looks forward to continued research and advancement in IH.

Location: San Francisco Bay Area, CA Website: YogaOT.com Email: betsy@yogaot.com

Emmy Vадnais, OTR/L, BCTMB, ARCB is a Holistic Occupational therapist, who is Board Certified in Therapeutic Massage and Bodywork, an American Board Certified Reflexologist, and Intuitive Healer who specializes in integrative health, wellness and prevention. She graduated with her B.S. in occupational therapy and psychology from St. Catherine University in 1996. She is the co-founder, with Mandy Lubas, OTR/L, and director of the Holistic OT Community that supports OTs interested in or practicing integrative health, wellness and prevention. She has a deep understanding of the mind-body-spirit connection having provided care as an OT and integrative health practitioner in the hospital setting, nursing homes, clinics, and private practice. She is trained in medical qigong energy healing, meditation, mindfulness, relaxation techniques, intuitive development and healing, guided imagery, massage therapy, acupressure, reflexology, aromatherapy, myofascial release, craniosacral therapy, emotional freedom technique (EFT), and yoga. She has been studying and practicing holistic and integrative health for 20 years. She teaches continuing education and provides consultation to health care professionals about how to incorporate holistic and integrative health approaches into their practice and for self-care. She is in private practice serving children and adults.

Location: St. Paul, MN Websites: EmmyVадnais.com and HolisticOT.org Email: emmy@emmyvадnais.com