Questions Asked During Live Webinar Broadcast on 7/12/2023

Health, Wellness, and Balance
Presenter: Tricia Chandler, PhD, MA, LPC, MAC and Tara Matthews, PhD, LPC, MAC

Many people including those with addiction challenges or survivors of parents living with e.g. AUD / SUDs are LONELY which increases their risks of difficulties in recovery and sustaining that recovery, surviving and thriving. Any thoughts please?
A: Community support is needed to find people working with the same concerns to support one another and to alleviate some of that loneliness. There is a gym that opened in Denver specifically for people to meet up in a sober environment and they organize group events to attend together. If there is nothing like that in your community it might be worth considering the creation of.

What education/training do you have to have in order to practice in somatic/creative therapies?
A: I have a master’s degree in art therapy and have studied trauma informed care through Peter Levine, Bessel van der Kolk and others’ work.

With regard to energies and EFT, are you aware of any research being done in quantum coupling or quantum entanglement as it relates to the body's energy system?
A: Not off hand but the Association for Comprehensive Energy Psychology has all of the published research available in their library. Energypsych.org

Would deprivation chambers this be therapy for some clients with addiction or trauma?
A: I am not knowledgeable of this approach.

What is the name of the researcher who did projects on how prayer and intention effect the brain?
A: There have been several. Larry Dossey has written books on the power of prayer to heal. I mentioned my mentor Jeanne Achterberg who’s last work prior to her death was:

Do you know if this test would be covered by insurance?
A: I am not sure what test is being asked about. Insurance only covers medical necessity as far as I know and it would depend on the insurance carrier what they choose to cover.

If someone is using medication aided recovery for substance use disorder and is struggling with the lagging serotonin levels, would it be better for that individual to seek mental health treatment with pharmacotherapy or is it better for them to just give their brain time to relevel? Would taking medication keep the brain from being able to releve it self and cause a dependency on the medication?
A: Nutrition and nutritional supplements or orthomolecular medicine that uses massive doses of vitamins, amino acids, and minerals is better long term for the support of the brain healing than use of psychotropic medications. Each case is unique and the importance of a wellness approach is to support each client in the way that will empower them to work with recovery of all issues. There are some people who may need medication but these should be developed on a case-by-case basis.
Does what we put into our brains as far as ideas (i.e. self-talk) also impact our brain health?
A: Absolutely! Our neurotransmitters are affected by our thoughts, our attitudes, our negative or positive self-talk, our nutrition, our stressors, and pretty much everything in-between.

Do you know if insurance covers these labs?
A: PCPs can order labs to determine levels of vitamins and amino acids in our brain chemistry that most insurance companies will pay for along with how one’s thyroid is functioning, hormonal levels and anything else they are checking blood chemistry for.

CGM devices are also an emerging technology that gives you a live feed on how glucose, sleep, and eating habits affect your physiology. have you used these devices in a clinical setting?
A: No.

What are ideas on how to get better sleep dealing with chronic pain?
A: Emotional Freedom Technique can be used to reduce chronic pain. Warm bathes, sleep hygiene yoga, are also some suggestions. Working with each client individually can help to focus on what that person needs to improve sleep when dealing with chronic pain.

Do processed foods include artificial sweeteners?
A: Yes.

I am a coffee drinker. What will be recommended cups of coffee per day?
A: That would depend on what coffee does to your metabolism. If caffeine adversely affects sleep then the time of day and how much is used should be monitored. As someone who has a bit of an overactive mind, I drink a couple of cups of coffee in the morning and no caffeine after noon. I do not drink sodas and minimal tea. But chocolate also has caffeine in it, so paying attention to the level of consumption of all of these things may be needed.