

MEET THE INSTRUCTOR



Alaine D. Duncan, M.Ac.
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Questions – Call 301-806-4003



Ms. Duncan, is a charter member of the DC VA's Integrative Health & Wellness Program. She received her Acupuncture Master's Degree in 1990 and her Somatic Experiencing Certification in 2007. She founded Integrative Healing, LLC to bring together the wisdom of Chinese medicine and the neurobiology of traumatic stress in the treatment room and the classroom.

RESTORATION & BALANCE:

Chinese Medicine's Gift to
Survivors of Trauma

Hosted by:

*The DC VAMC
Integrative Health and Wellness
Program*



A Monthly Workshop Series for Clinicians

Washington, DC
VA Medical Center

50 Irving Street, NW
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A Monthly Workshop Series for Clinicians

Instructor:
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SERIES DESCRIPTION*

Many Veterans suffer from complex multi-symptom illness. Traumatic stress can have a devastating impact on metabolic, digestive and endocrine function, pain, sleep, spiritual and mental health.

This series of monthly workshops rests on 3 principles:

- ◆ Providers from all disciplines have a role to play in understanding and treating trauma's impact.
- ◆ Chinese medicine interfaces smoothly, enriches and informs study of the autonomic nervous system
- ◆ Engaging the body is essential to healing experiences held in tissue-memory

It integrates three clinical foundations:

Chinese Medicine's Five-Phase Theory

The Neurobiology of the Self-Protective Response

Stephen Porges' PolyVagal Theory

Each workshop both stands alone and is connected to the series. You are welcome to come to one or all.

CALENDAR OF WORKSHOPS 2016

Restoring The Mobilization Response

March 4, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring The Orientation System

April 1, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Capacity for Connection

May 6, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Infrastructure for Connection

June 3, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Balance in the Fluid System After Toxic Exposure

August 5, 2016, 9a -12p
Nursing Conference Room - BL 105U

Digesting Traumatic Stress

September 9, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Somatic Mindfulness After Trauma

October 7, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Vitality in the Breath After Trauma

November 4, 2016, 9a -12p
Nursing Conference Room - BL 105U

Restoring Capacity for Safety After Trauma

December 2, 2016, 9a -12p
Nursing Conference Room - BL 105U

CALENDAR OF WORKSHOPS 2017

Restoring Safety in the Brain Stem After Trauma

January 6, 2017, 9a -12p
Nursing Conference Room - BL 105U

REGISTRATION

VA Providers via Intranet at:

<https://vawww.visn5.portal.va.gov/sites/WAS/Registration-for-Integrative-Health-Care-Team/Lists/Courses/calendar.aspx>

Other providers serving military families may register at:

<http://integrativehealingworks.net/va-course-registration/>

“Today’s Veterans are fortunate to live in a time and place where the best of Western medicine and the gifts of Eastern medicine can come together in service to their healing.”

~ Alaine Duncan, M.Ac., L.Ac., SEP

Licensed Acupuncturists eligible to receive
3 PDA's from NCCAOM