Review for Exam 2 (Chapters 5, 9, 14)

Mind-Body Medicine

- What is the physiological connection between the body and the mind?
- What is psychoneuroimmunology?
  - Know the diseases associated to psychosomatic factors
  - Know what research is showing in the field of PNI?
- We discussed the background of mind-body medicine
  - Know a little about the timeline of its development
  - Know some key individuals in its development: Hippocrates, Hahnemann, Mesmer, Braid, Jacobsen, the Greens, Pert, Cannon
    - What were some of their contributions to this practice?
- What are some of the practices that are used today in Western society?

Bodywork

- What is the basic concept behind Bodywork?
- Know the types of Bodywork discussed in class
  - Therapeutic massage
    - Swedish, Deep-tissue, Sports
  - Structural bodywork
    - Rolfing, Hellerwork, myofascial release
  - Pressure point techniques
    - Acupressure, Myotherapy
  - Movement reduction therapies
    - Alexander technique, Feldenkrais
  - Bioenergetic healing
    - Therapeutic touch, Reiki
  - Somatic Psychology
    - Rubenfeld synergy method, bioenergetics
  - Applied Kinesiology
  - Polarity therapy
- What is the future of Bodywork practices? What are some of the apprehensions or roadblocks in Western society?

Yoga

- Eastern versus Western Yoga practices.
- Know the basics of the various types of Yoga discussed
  - Hatha, Karma, Bhakti, Jnana, Kundalini, Mantra, Tantra, Raja
- Know how the eight limbs of Raja Yoga create a complete way of life
  - Explain how Raja yoga works
  - Use terminology in the explanation
  - What forms are mostly practiced in the West and why?
- What are some benefits to regularly practicing Yoga?
- Be able to explain a few conditions that benefit from Yoga