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Increasing emotional resilience through acupuncture intervention

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Over the last 40 years, acupuncture intervention has been synonymous with pain management in clinical care as the scientific evidence base revealed its neurophysiological basis. Acupuncture modalities being investigated also expanded from needle puncture to needle free low intensity therapeutic laser application on both body and ear acupuncture points. With the advent of neuroimaging in acupuncture research, in particular functional magnetic resonance imaging, the central mechanisms (brain effects) of acupuncture have been better understood. Its modulation of brain information flow efficiency and the maintenance of the individual's sense of self at the medial frontal gyrus are contributory to the positive effect on emotional resilience. This paper presents the fMRI evidence and clinical evidence for acupuncture's place in increasing emotional resilience.

Biography

Joo Im Quah-Smith works in wellness and is a strong supporter of preventative medicine and facilitating the individual to achieve higher emotional and physical resilience. Her doctoral body of work was on the biological and clinical evidence base for laser acupuncture in depression. She is involved in international acupuncture research projects and mind-body medicine. She regularly reviews for international peer reviewed journals and is on the editorial committees for Medical Acupuncture and Acupuncture and Related Therapies.

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