

The NICoE's integrative health care program provides service members with access to skills and complementary alternative therapies such as acupuncture, biofeedback, nutritional medicine and mind-body practices that complement the conventional medical care found in most large health care institutions. The program introduces service members to a variety of modalities in their first week that focus on pain mitigation and prevention techniques. Following this, the service member participates in group sessions such as mind-body skills, and individual interventions such as acupuncture.

### Piecing the Program Together

Each service member's experience with the integrative health care modalities offered at the NICoE will vary, based on personal preference, desired outcomes and perceived results. They are encouraged to try as many of the modalities as they can before working with their providers to customize the remainder of their four-week stay. Not every treatment or therapy modality works for every patient, but the variety of programs encourages them to keep trying. Throughout their time at the NICoE, each service member is taught skills that they can take back to their referring duty station to continue their trajectory of recovery after leaving the program.

### Available Treatments, Modalities & Educational Experiences

- Acupuncture
- Canine Therapy (see *Warrior Canine Connection Fact Sheet*)
- Comprehensive Soldier Fitness (CSF-Prep)
- Gua sha (also known as cupping and scraping)
- Healing arts (see *Healing Arts Program Fact Sheet*)
  - Art
  - Creative Writing
  - Music
- Labyrinth Experience
- Microcurrent therapies
  - Cranial Electrical Stimulation (CES)
  - Frequency Specific Microcurrent (FSM)
  - Microcurrent Electric Therapy (MET)
- Mind-body skills
  - Biofeedback
  - Breathing
  - Imagery
  - Meditation
  - Mindful movement
- Nutrition
- Tai chi
- Trauma Release Exercises
- Recreational Therapy
- Yoga

### Results and Benefits

Three of the five most frequently referenced treatments and interventions that service members look forward to continuing upon discharge from the NICoE come from the integrative health care program: nutrition, acupuncture and mind-body skills.

Service members who take advantage of integrative health care have more control of their pain. They are able to decrease or stop their medications. They are less anxious, less irritable, more relaxed and sleeping better, and they exhibit better interpersonal skills.