



SAMARITAN CENTER



Change Lives

Integrative Medicine Through Telehealth

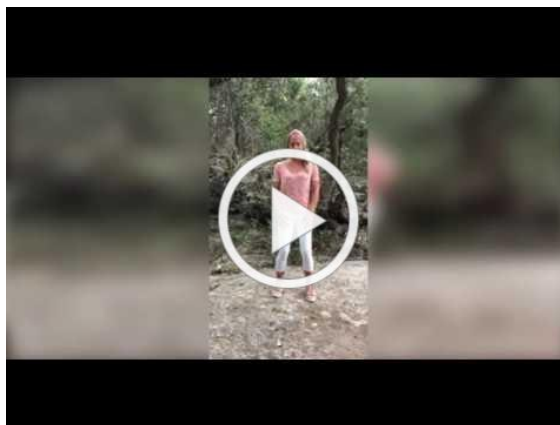
[Dispatch from the Integrative Medicine Department at the Samaritan Center](#)

We are now in who-knows-what week of the COVID-19 pandemic, and since deciding to move all Samaritan Center services online, **every single one of us has had to adapt to the challenges and gifts of telehealth.** We in the Integrative Medicine (IM) Department have had a particularly challenging challenge:

[How DO We Provide Acupuncture Treatments Through The Computer?](#)

Since 2011, the Samaritan Center has hired Licensed Acupuncturists (L.Ac's) who provide acupuncture, bodywork, and many other treatments and services as part of our integrative approach to treating the whole person.

While we cannot administer acupuncture and bodywork via telehealth, **we CAN instruct our patients in acupressure and self-massage techniques.** In the past month, we have met with our patients via the online platform Doxy.me or Zoom to teach them acupuncture points and massage techniques for **reducing their anxiety**, improving their digestion, relieving their headaches and jaw pain, and easing symptoms of PMS.



Samaritan Center acupuncturist, Natalie Knight, demonstrates Tai chi on [IGTV](#)

That said, the “**many other treatments and services**” have come into considerable play for us since our transition online in March. L.Ac's at the Samaritan Center have training and, in some cases, additional certifications in Chinese Herbal Medicine and Nutrition, Applied Clinical Nutrition, Qi Gong, **Tai chi, and Pilates.** One of the gifts of telehealth is the opportunity to spend more face time with our patients, which allows us more time to pull from our diverse training and experience...

[Read the rest of Kim's blog post here](#)



Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

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