
Keynote Address: Cultures of Healing
Keynote Workshop: Sampling of Deliciousness: Naturopathic
Integration of Asian Traditional Healing Practices

Mami Ishii (Naturopathic Doctor, Board-Certified Music Therapist, Reiki Master)



Bio Mami Ishii, is a Naturopathic doctor, a board-certified music therapist and a reiki master with a long-standing passion in mental health and traditional healing. Coming from Japan where the diet and life style are heavily valued in health care, she is especially interested in connecting the medicinal property of food with its role in the mind-body-spirit health-promotion, maintenance, and prevention. She loves to inspire, motivate and encourage others to explore the "Delicious Life & Beautiful Health."

Keynote Address Abstract: The nature is healing is socially constructed, and defined by its cultural context. Comparisons of the differences and commonalities between traditional healing and contemporary counselling practice will be explored. Practices along several broad themes will be discussed with examples. These might indicate potential trends for the future of the mental health delivery system if we are to learn from our traditions.

Keynote Workshop Abstract: Are you enjoying the deliciousness in your life? Deliciousness in Japanese means embracing all beauties in everything using all senses. Healing is optimized and health is best maintained when those qualities are in harmony both within and outside of our being. In this workshop, deliciousness is further defined from the perspective of Naturopathic Medicine, an ultimate form of integrative medicine of traditional healing and modern sciences. Participants will be also invited to sample and learn concepts and experiences of deliciousness through the modern formulation of traditional East Asian healing in counseling and psychotherapy.

Samples

- Oral & Nutrition: Use of words and food
- Visual: Use of colors and lights
- Kinesthetic : Use of touch and movement
- Olfactory: Use of herbs and incense
- Auditory: Use of sound, instrument, and music