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Mind-Body System

National Cancer Institute

Source

National Cancer Institute. *Mind-Body System*. NCI Thesaurus. Code C15885.

This sub-category of CAM contains numerous specific modalities used in mind-body approaches to health. Examples are meditation, hypnosis, biofeedback, support groups, etc. These are often considered conventional practice and become CAM related when applied to conditions for which they are not usually used, such as hypnosis for genetic problems, support groups for cancer survival, meditation to slow aging. Included are: Psychotherapy, Meditation, Imagery, Hypnosis, Biofeedback, Support groups, Art therapy, Music therapy, Dance therapy, Journalizing, Humor, Body Psychotherapy, Yoga, Qi Gong, and Tai Chi.