Rebeca Davila
As the owner and lead practitioner of Vida Acupuncture & Wellness, Rebeca integrates two distinct disciplines, Psychotherapy and Acupuncture, within her sessions to address mental health issues. Her unique treatment model is the only one of its kind in the State of Michigan. Combining talk therapy with body-centered therapies such as full-body acupuncture, acupressure, along with guided meditations has shown significant results in mental wellness. The body keeps memories of past traumas even if the mind blocks them. Thus, an integrated approach heals the mind, body, and spirit to address the root cause of an ailment so that persons can live their fullest Vida. Rebeca Davila is a Licensed Clinical Social Worker (LCSW) in Michigan and Illinois, and a Licensed Acupuncturist (L.Ac) in Michigan where she currently resides. She enjoys urban farming with her husband and son and believes in the importance of having a personal connection to food as part of a healthy lifestyle. She also loves to travel nationally and internationally and has visited over a dozen different countries.

SPEAKER

This workshop provides an overview of Traditional Chinese Medicine’s philosophy in addressing ailments of the body, mind, and spirit along with several hands-on strategies to treat pain.

AT A GLANCE

This workshop provides an overview of Traditional Chinese Medicine’s philosophy in addressing ailments of the body, mind, and spirit along with several hands-on strategies to treat pain.

OBJECTIVES

- Basic knowledge of Traditional Chinese Medicine’s philosophy and principles
- An overview of auricular acupuncture and hands-on learning of one ear seed point for pain management, stress, anxiety, and depression
- Knowledge of acupressure points for pain management

REGISTER

Visit www.gvsu.edu/swce

CE Credit
2.0

Cost
$49

Location
GVSU - Bicycle Factory Room: BIK 230
201 Front SW
Grand Rapids, MI 49504

Date
Friday, April 14, 2023
10:00am - 12:00pm

Cost
$49

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.