



UNIVERSITY OF MIAMI
MILLER SCHOOL
of MEDICINE

University of Miami offers Popular Pain Self-Treatment Workshop Online for the First Time

Zoom course is open to everyone, with continuing education credits available

MIAMI, Florida --For over a decade, the University of Miami has offered integrative medicine courses for healthcare professionals and the local community. Ilana Newman M.D., a palliative medicine physician, teaches her workshop, Korean Hand Therapy for Pain, twice a year. As many courses are now being offered virtually, the Osher Center for Integrative Medicine at University of Miami Miller School of Medicine is offering the workshop via Zoom from 11 a.m. to 2:45 p.m. on Sunday, August 23, allowing anyone to attend from anywhere around the world. To register for the online workshop, go to <http://www.osher.med.miami.edu/acupuncture/medical-acupuncture-for-physicians/korean-hand-therapy>.

Korean Hand Therapy for Pain is an acupuncture microsystem, where the entire body is represented on the hands in a logical map. Dr. Newman's half-day workshop is easy to learn, no needles are used, and it works in just minutes. Pain or problems in the body appear as small, tender points in the corresponding areas of the hand. Applying pressure to these precise points on the hand can rapidly reduce pain or increase range of motion in the body. "If you can read a map and can write your name, you can find and stimulate these points to treat your own pain," said Dr. Newman. "Anyone who doesn't like taking pain medication or wants a natural way to relieve their pain should learn this technique. Korean Hand Therapy is truly the best kept secret in pain management."

"We are excited to offer this course via Zoom for the first time," said Donna Franklin, Senior Manager of Business Operations at the Osher Center. "And we are happy to be able to provide continuing education credits for nurses, acupuncturists, other healthcare professionals, and massage therapists for the first time."

Dr. Newman's book, *Take Pain Control Into Your Own Hands*, is available at Amazon and other bookstores. A Spanish version of the book will be released on August 24. For more information about Korean Hand Therapy, go to TakePainControl.com.

The Miller School is one of seven academic centers that make up the Osher Collaborative for Integrative Medicine. Through the partnership represented by the Osher Collaborative, these seven centers work together to maximize the success and impact of their evidence-base care, teaching innovations, and scientific research.

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