

OUR CLINICAL STAFF

Medical Care

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Neurology, Headache

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Psychiatry, Mind-Body

Acupuncture

Xiao Ming Cheng, LicAc

Chiropractic

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Thomas Mecke, DC

Craniosacral Therapy

Jie Fan-Roche, PT

Lifestyle Management

Meredith Beaton-Starr, OT

Massage

Lynda Danzig, LMT, LicAc
Thomas Jacobson, MT

Mindfulness Based Stress Reduction

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Movement Based Therapies

Arthur Madore, LMT
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Integrative Approaches to Headache Relief

The Osher Clinical Center offers a number of medical and non-pharmaceutical approaches to headache management. We have a unique environment where clinicians of multiple specialties can work side-by-side to collaborate and individualize care plans for a patient's specific needs. We also have unique team of clinicians who are open to investigating various treatment approaches that are not often part of conventional medical headache management.



Many of our patients have benefitted from the following therapies, which are available at the Osher Clinical Center:

- **Acupuncture** is commonly used to reduce both the acute and chronic pain of migraines and tension-type headaches.
- **Craniosacral therapy** is a very gentle form of therapeutic touch intended to relieve pain and tension by gentle manipulations of the craniosacral system in the body which includes bones, nerves, fluids and connective tissues of the cranium and spinal areas.
- **Movement Therapies**— Movement therapists use direct one-on-one instruction in exercise to restore healthy function, improve posture, reduce stress and relieve headache pain caused or aggravated by muscle and joint strain. Our approaches emphasize yoga-based, core integration, and Feldendrais methods and are highly individualized.
- **Massage and soft tissue therapies** that include a wide spectrum of hands-on approaches, from very gentle to deep tissue massage techniques. Some approaches combine movement and manual techniques.
- **Nutritional support** to avoid headache triggers and learn about the rational use of dietary supplements.
- **Chiropractic care** that includes spinal mobilization / manipulation, soft tissue techniques and restorative exercises to improve spinal function, relax tight muscles and promote a neutral posture.
- **Mindfulness based stress reduction** workshops and counseling to help promote relaxation, resilience and a sense of well-being.
- **Lifestyle management** to help establish healthy routines, organize and find balance in one's life.

If you would like to learn more about any of the therapies offered at the OCC, please inquire at the front desk or discuss your interests with your clinician.

Carolyn Bernstein, MD, FAHS is a neurologist with a subspecialty certification in Headache Medicine and is Fellow of the American Headache Society. She is a faculty member of the Brigham and Women's Hospital Division of Neurology, and is an Assistant Professor of Neurology at Harvard Medical School. She is a member of the American Academy of Neurology and North American Menopause Society.

Doctor Bernstein's interests include migraine disorders, hormonal headache and the use of integrative therapies in the treatment of headaches and pain, with a focus on lifestyle and wellness.



"I am delighted and feel honored to be a member of the Osher Clinical Center team to provide comprehensive holistic care. I frequently collaborate with the integrative medicine colleagues for treatments such as acupuncture, massage, craniosacral therapy, chiropractic care, yoga therapy, nutrition, occupational therapy and mindfulness as well as comprehensive integrative medicine consults. Being able to closely collaborate with these disciplines to help headache patients is bringing one of my professional goals to reality."

Doctor Bernstein is the author of ***The Migraine Brain: Your Breakthrough Guide to Fewer Headaches, Better Health*** (Free Press 2008). She has edited and co-written two textbooks: ***Pain in Women*** (Springer 2012) and ***Medical Complications of Pregnancy*** (Springer, in press). She has lectured on headache and migraine locally, nationally and internationally.

