

Healing Tradition	Chief Characteristics
Traditional Chinese Medicine (TCM)	Belief in the idea of balance as the root of health; based on concepts of qi and yin and yang; practices include acupuncture, cupping, herbs, tai chi
Ayurveda	Hindu form of medicine from India, based on the idea that disease is caused by imbalance; seeks to cure imbalances using Ayurvedic medicine, including diet, herbal medicines, yoga, and meditation
African Traditional Healing	Extremely diverse and varies by tribe; belief that ancestral spirits are closely involved in the lives of the living, offer spiritual education and care, and function as counselors and social workers
American Indian Traditions	Belief in spiritual and physical health as intertwined; the healer's role is to help the individual as they help themselves; ritual and ceremony have key roles in healing
Hispanic Traditions	Curanderismo is a holistic practice rooted in beliefs that health is achieved through the right balance of mind, body, and spirit; healers focus not only on the individual's physical health, but also on their mental health, diet, personal/social relationships, and more; use various healing methods, including prayer, oils, herbs, special diets, massage, and other spiritual rituals
Western European Traditions	Role of client at the center of the client-healer relationship is crucial; strong foundation in using medicines created from natural elements, including herbs, plants, minerals, and animals