



Alternative HealthCare Solutions

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CLINICAL PEARL

GETTING EMOTIONAL AGAIN . . .

Last Holiday season I presented an "emotional" Clinical Pearl concerning a wonderful technique to help your patients heal at the very core of their pain. It is called EFT. This year I revisit this Clinical Pearl with some great bits of news.

- #1 As of May of 2012, EFT has met level 12 approval for evidence based by the American Psychological Association (APA). Links to this information can be found on the [research page of www.eftuniverse.com](http://www.eftuniverse.com).
- #2 What is even more exciting is this technique works extremely well on chronic pain and research is underway to establish the same level of evidence based outcome.
- #3 Look for evidence based, one day seminars I will offer this year on this simple and effective way of treating one of the largest contributors to chronic pain.

Now here is the Clinical Pearl from last Holiday season for you to review and hopefully renew your interest:

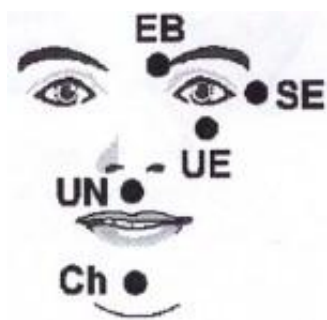
CLINICAL PEARL

I HATE TO GET EMOTIONAL AROUND THE HOLIDAYS BUT...

As a year-end Holiday Gift to you all, here is a Clinical Pearl that is different from any other I have given so far. It's part commentary, part essay, part editorial and above all, designed to make you think.

One of the very first things I learned in my introductory Physical Therapy Class, 35 years ago was the definition of Physical Therapy: The "art and science" of using physical modalities and exercise protocols to get a patient as normal and pain free as possible in as little time as possible. The other definition I distinctly remember was the definition of pain: An emotional response to an unpleasant stimulus or sensation. Tuck these away for further reference in this pearl.

Several months ago I was contacted online by a very well-known PT who is authoring a textbook on chronic pain treatment. She wanted to know if I would be willing to write a chapter on Muscle Energy Technique, something that, as you well know, I have a little experience with. Anyway, I was honored to be included in this project and said yes. I spoke to the author and asked if I might write an additional chapter, this one on a very alternative way to treat chronic pain; by treating the emotions that cause and perpetuate the pain even though the original organic reasons for the pain may have long vanished. To my complete surprise and delight, she was ecstatic to have me write about this “fringy” treatment technique. The Technique is called EFT which stands for Emotional Freedom Technique.



This technique is part acupressure and part emotional recall. It involves taping on 15 acupuncture points while thinking and speaking about the pain issues you have (be they physical pain or emotional pain.) I have used it every day since I learned it 6 years ago. I also try to introduce it in every Muscle Energy Techniques course that I teach. The basic nuts and bolts of the technique take about 10-15 minutes to learn and as little as 1-2 minutes to use. And

the best part is, the clinical studies show it is 80-85 % effective even in the hands of first time users.

I know of no profession that is better suited to treat and cure chronic pain than Physical and Occupational Therapy. But, it requires that we must delve into our patient's emotions -- something that we are often discouraged from venturing too close to. So I'll leave you with the link to the website and one of my famous food-for-thought endings.

If our profession requires artistic input (in other words, intuition, insight and a good deal of experienced-based hunches), and if pain is an emotional response; doesn't it stand to reason that treating the emotions is probably the best way to approach chronic pain?

And are we not the best profession in the world to be using a technique so powerful that it works 85% of the time, even in the hands of a novice . . . even if it is a little FRINGY????

Apparently, the author of the chronic pain treatment textbook thinks so. www.eftuniverse.com Click on the link, read, research and learn, and as always, write if you have questions.

Happy Holidays to all.
Tom Ockler, PT