

PP066. Health coaching and EFT (emotional freedom therapy) one case of a patient with complicated pain and depression

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INTRODUCTION:

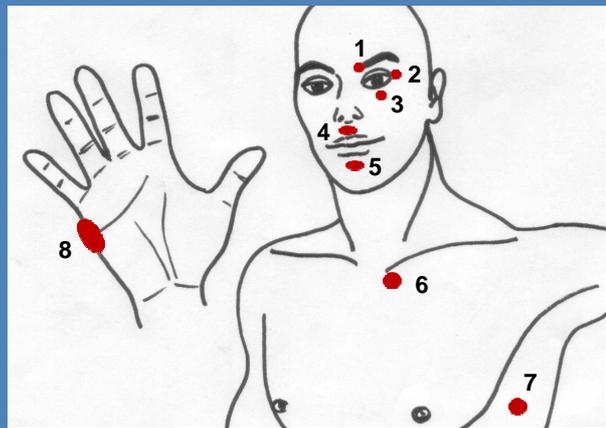
When the complex pain gets complicated with a depression and other social circumstances it's difficult to treat. Sometimes the classical treatments of rehabilitation are not enough.

The Emotional Freedom Therapy (E.F.T.) is an alternative therapy that is based on the stimulation of points of acupuncture throbbing softly with the fingers ("tapping") while the individual kept concentrate in the concrete matter that wants to treat. It is used to treat the pain and the emotions associates (1), fears, phobias, anxiety, feelings of fault or frustration, compulsions, improvement of the professional performance or as tool of meditation.

Coaching is a changing process to get aims which can also be applied to health. (2,3,4). It helps to go from an actual situation to a wished one, of a more rapid and efficient form. When it is applied to aspects related to the health we call it "coaching for the health", and one of his applications is help to improve the fidelity to the treatments (5).

HOW TO APPLY EFT STEP BY STEP: shortcut version

- 1.- Contact the problem .
- 2.- On a scale of 0-10 rate the intensity of the problem (0: no physical or emotional discomfort, 10: maximum physical or emotional pain).
- 3.- Perform the Setup Statement – The set up statement is a description of your problem followed by an affirmation or choice statement. Tapping the "Karate Chop" (8) repeat the set statement 3 times.
- 4.- Tap the Shortcut Sequence – Tap the points 1 to 7, five-seven times while saying a "Reminder Phrase" (that summarizes the matter or problem).
- 5.- Continue tapping the points for 2 or more rounds. Take a deep breath.
- 6.- Focus back on the original problem and where you felt it physically. On a scale of 0-10 rate the intensity of the issue now.



MATERIAL AND METHOD:

We describe one case of complex pain in a 55 years old male patient with bilateral frozen shoulder. The patient has depression for some personal problems related with his family and his job. After several months of classic treatment in rehabilitation (fysical therapy, medication...) with poor results, we aply another alternative therapy.

1- Application of the coaching methodology (change's enabling conversation steps: priorities, objectives, options, obstacles, commitments and monitoring) and communication skills (empathy, active listening, questions and feed-back).

2- Teach the EFT to the patient at the clinic office.

3-EVA pain score 0-10 scanned before-during-after E.F.T .

4-The patient was encouraged to apply at least three times a day E.F.T. at home.

5-Follow-up four weeks later.

RESULTS:

In the first visit visual analogic scale of pain (VAS) before-during-after EFT: was 9-2-6. Right shoulder range of movement (ROM): Flexion (F) 150°, external rotation (ER) to nape, internal rotation (IR) to L5; ROM left shoulder: F 45°, ER to ear homolateral, IR to buttock. The patient practiced three times a day the EFT at home , and after 4 weeks was recounting an improvement of the mental condition, VAS pain 6, and there was targeted, in addition, an improvement of the mobility of both shoulders: right shoulder ROM: F 170°, ER to counter lateral ear, IR to L1; left shoulder: F 110°, ER to nape, IR to sacrum.

CONCLUSIONS:

EFT therapy is a good alternative treatment in this case and improves the pain and other parameters. Coaching is used to get goals and fidelity.

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