CPD EVENT RECORD

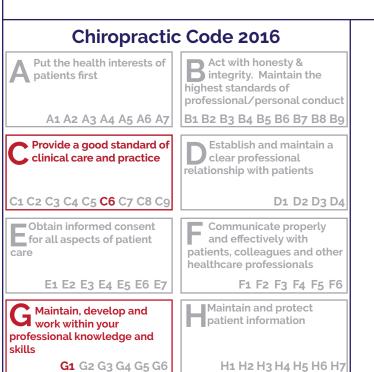
EMOTIONS, STRESS POSTURE AND PATIENTS

with Dr Anne Jensen DC, DPhil

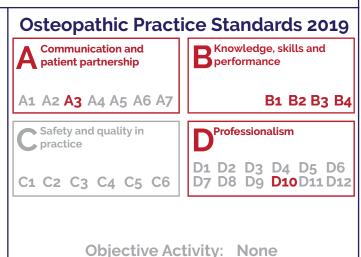
Recording: Learning by Oneself

Summary

This discussion examined the role of muscle response testing (MRT) in connection with health problems in patients. The speaker had conducted significant research into the validity of MRT and had considerable experience of its success in clinic as part of a protocol she had entitled "HeartSpeak". The main purpose of this was to determine whether emotions were playing a significant part in hampering recovery and to address those problems either separately or in conjunction with manual therapy. Part of the process involved asking patients to invoke sensations of fear or anger, and the potential for this to exacerbate conditions such as PTSD was considered. The risk was felt to be very low.







Evaluation, Reflection and Impact on Practice

I undertook this CPD to further my knowledge of alternative approaches to treatment. It was interesting to hear about the research behind MRT and this will help me communicate the effectiveness of treatments such as Applied Kinesiology to patients.

Confirmation

Communication & Consent: No

I confirm that this is an accurate reflection of my learning during this event.

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