

Note: Susanne Kobel dictated this translation from German to Linda Tellington-Jones. It is not a complete text, but will give you an idea of the study. Linda suggests that you look at the graphs and images in the German version.

The Therapeutic Use of Tellington TTouch for Fibromyalgia
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A final paper for graduation from a 4-year Bachelor degree.

The idea of the study is that fibromyalgia generates fear. You can react on three types: fight, flight, or freeze (according to Skinner). Susanne Kobel thought Tellington TTouch® could be a beginning to reduce the stress of fibromyalgia through the respectful, gentle caring Tellington TTouch that could improve the self-image.

Where there is fear and you can't flee, the cells contract, waiting for other traumatic experience. Therefore the circulation is restricted to the larger vessels and inhibited in the extremities that causes chronic pain because there is not enough exchange of oxygen to refresh the blood and that means the end product is left in the cells or between the cells.

The question: Is Tellington TTouch able to release pain from the cells?

Participants:

Each person was required to have a medical diagnosis of Fibromyalgia.

Each person was required to:

- answer a questionnaire
- keep a daily diary
- come 10 times for eight sessions, an interview and a follow-up three weeks after the eighth session.

There were eight women and one man between the ages of 25 and 64.

The average age was 53.

The duration of the FM Syndrome was between 1 and 27 years with an average of 27 years.

Each person:

- reported all physical problems
 - filled out a temperament questionnaire for the Traditional European Medicine
- All remained on their standard medication and continued any other therapy,

There was one dropout after three sessions.

Two Pain Scales of 1–10 without numbers were used.

- One pain scale was for general pain.
- The second pain scale was for a particular painful area.

A Well-Being Scale was filled out twice a day - before and after each session.

The form was turned in each week so participants could not compare their weekly reports.

A HeartMath Institute emWave, to measure heart rate variability, was used during each session for three minutes each time: at the beginning of the session, twenty minutes into the session, and at the end of each session.

The sessions were in Susanne's office in her home.

Ambience included a candle and background music.

Each TTouch treatment started with a review of the week before.

Then the heart coherence (Heart rate variability HRV) was measured for three minutes with an emWave.

The person sat on a chair so they stayed present with the whole body.

They learned to relax while sitting.

Each session was 30 to 40 minutes and began with a TTouch Heart Hug. Many had difficulty sending positive emotion to someone they loved. So Susanne suggested they find a pleasant place in nature and visualize smelling, feeling, seeing, and hearing. After two sessions they could all imagine sending a positive emotional shower of light and love to another person.

In the fourth or fifth session Susanne had them greet each organ – the belly, the liver, the pancreas, spleen, small & large intestine. She gave them a chart she had made of the organs and they also drew in the organs. Each time they did the Heart Hugs and the guided appreciation and gratitude to themselves the emWave turned green, indicating an ideal state of heart coherence (HRV).

When they began with a Noah's March to show the body the beginning and end, most of the time the emWave remained red.

Susanne then TTouched the areas of pain using:

- Raccoon TTouch for the hand, outlining the fingernails

- Clouded Leopard TTouch on the back in the beginning sessions

- Later many requested the comforting Abalone TTouch

- The Laser TTouch for acute pain

- The Sponge TTouch for hard or tense areas

- The Tiger TTouch on the head with pressures ranging from 3–6

- Lick of the Cow's Tongue to connect left and right

- Coiled Python with Abalone and Turtle TTouces

- Shoulder lift

- Ear and Mouth TTouces were self-applied and recommended for sessions at home.

- Each subject was guided, in the sitting position, to feel his or her body movement.

Observation:

The breathing of most participants tended to be flat and only in the upper chest.

From Naturopathy it is known there is oxygen deprivation in the whole body from inadequate breathing, stress and poor nutrition. With awareness and improved breathing, stress and pain can be reduced.

The study has three Sections: the Brain, the Heart Intelligence & the “Belly Brain”.

PAGES 26/48 ACUTE PAIN

PAGE 31 REACTION OF EACH PARTICIPANT AFTER ALL TREATMENTS

PAGE 31 WELLBEING & PAIN SCALE 4.1.2.1

PAGE 33 Scale of the journal

Page 40 4.5 Ausblick

Five out of nine participants reduced pain medication markedly.

In one case the person switched sleeping aid to a plant-based product.

Susanne used an upper **body wrap** for either hypo or hyper activity.

Diplomarbeit TEN hfnh

Studie über den therapeutischen Einsatz der Tellington-TTouch[®]-Methode bei Fibromyalgie



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