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Use of Non-Contact Therapeutic Touch and Acupressure to Ease Pain in Occupational Therapy Practice

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Workshop Proposal

Use of Non-Contact Therapeutic Touch and Acupressure as Adjunctive Modalities to Ease Pain

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Introduction:

Occupational therapy is a client centered profession that treats the whole person and designs interventions to meet the needs and desires of the client. Pain can interfere with daily occupations and the quality of life. This workshop review evidence and will teach the audience two methods to alleviate pain and reclaim the ability to perform the occupations that are meaningful to them. The methods are Non-contact Therapeutic Touch and Acupressure. Non-contact therapeutic touch will be taught in four phases, centering, assessment, smoothing the field, and intervention. Participants will learn about evidence of NCTT as an adjunctive method for reducing pain and discomfort (McCormack, (2009), Aghabati et al. (2008); Eckes Peck (1997).

Acupressure as another adjunctive method that can be used in used in occupational therapy intervention. The audience will learn the location of master acupoints, perform hands-on practice sessions on each other to demonstrate how to reduce stress, pain, and for participation in daily activities. Twelve master acupoints will be discussed . Studies show that acupressure stimulates nerve endings in soft tissue which transmit impulses that inhibit pain transmission (McCormack, 2007; Hsieh, Kuo, Lee et al, 2006; Ma, Ma, Cho, 2005; Han, 2004).

Learning Objectives:

1. Discuss evidence to supports the use of NCTT and Acupressure within the scope of occupational therapy.
2. Provide case studies and examples of how adjunctive methods can be used in occupational therapy practice.
3. Provide demonstration and practice sessions on Non-contact Therapeutic touch.
4. Provide handouts and visual aids to learn the location and benefit of 12 master Acupoints for pain modulation.
5. Provide hands on practice sessions on the use of acupressure.

Teaching Methods:

- 1. Lecture from Power Point presentation.
- 2. Demonstration of technique on members of the audience.
- 3. Hand-on practice sessions
- 4. Question and answer sessions and review