

Wisdom Healing Qigong

Healing Retreat at IONS 8/27/15 – 9/9/15

Pilot Study Measuring the Effects of WHQ on:
Chronic Pain; Well-being; Global Distress
including Depression and Anxiety

Session 1 - Healing Retreat

Session 2 - Sound Healing Retreat

- Session 1 – 29 participants
- Session 2 – 29 participants
- Session 1 & 2 – 18 participants
- 12 participants presented with chronic pain.
- 19 participants presented with global distress including depression and / or anxiety.
- Participants completed two self-report questionnaires at the beginning and end of the retreat.
- Participants staying for both sessions completed the questionnaires at the beginning, middle and end of the retreat.
- Questionnaires focused on chronic pain, well-being / global distress including depression and anxiety, as well as a description of the changes in symptoms.
- Data was scored by an outside organization – Psychoutcomes.org.

Results

Graphs showing changes in:

Chronic pain levels

Well-being / Global Distress Scores

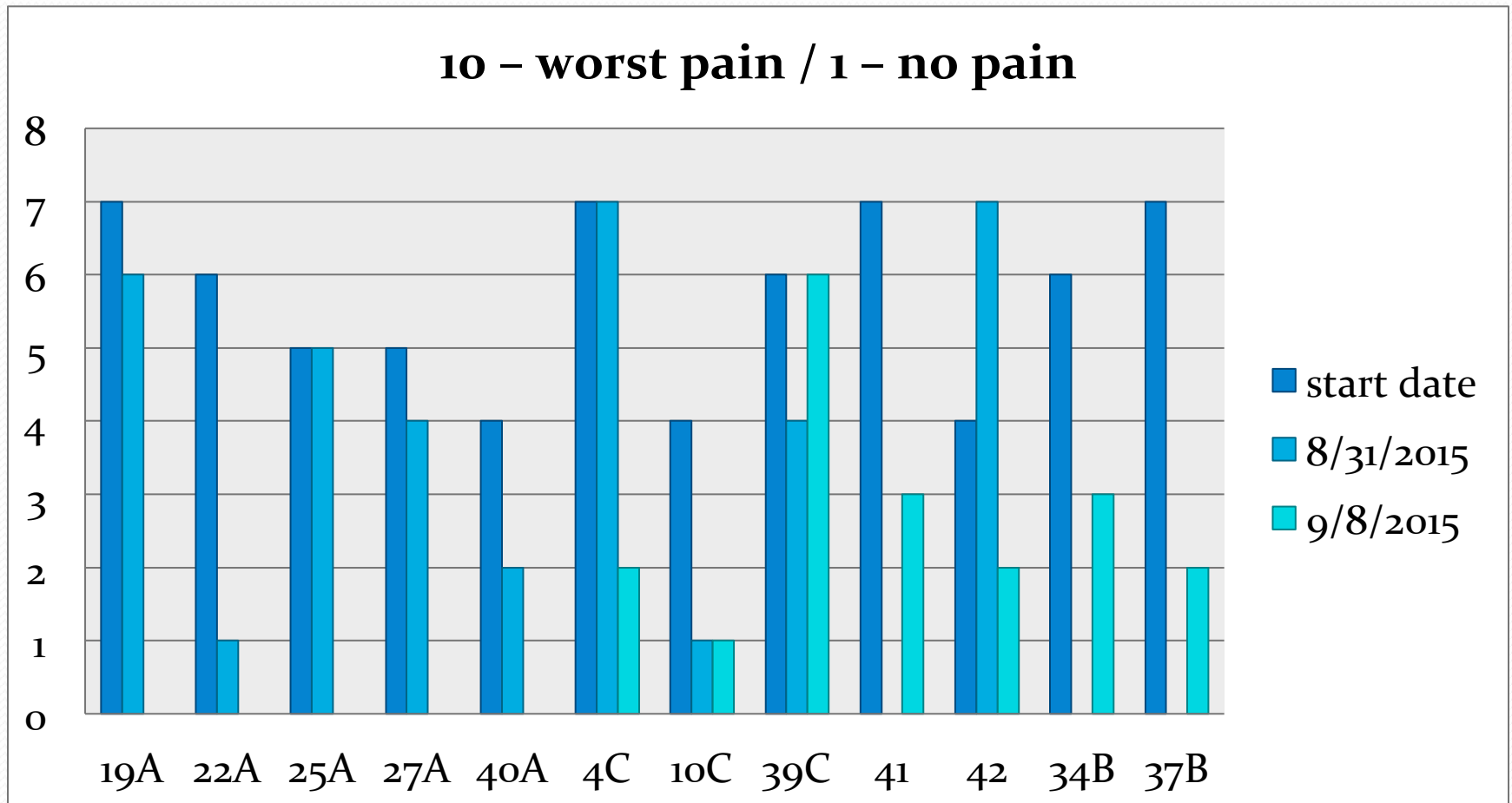
Including Depression and Anxiety

Chronic Pain

- Two change graphs (three slides):
- First graph is based on the question:
How would you rate your pain right now?
- Second graph is based on the average of four questions:
Pain level right now?
Usual pain level during past week?
Best pain level during past week?
Worst pain level during past week?

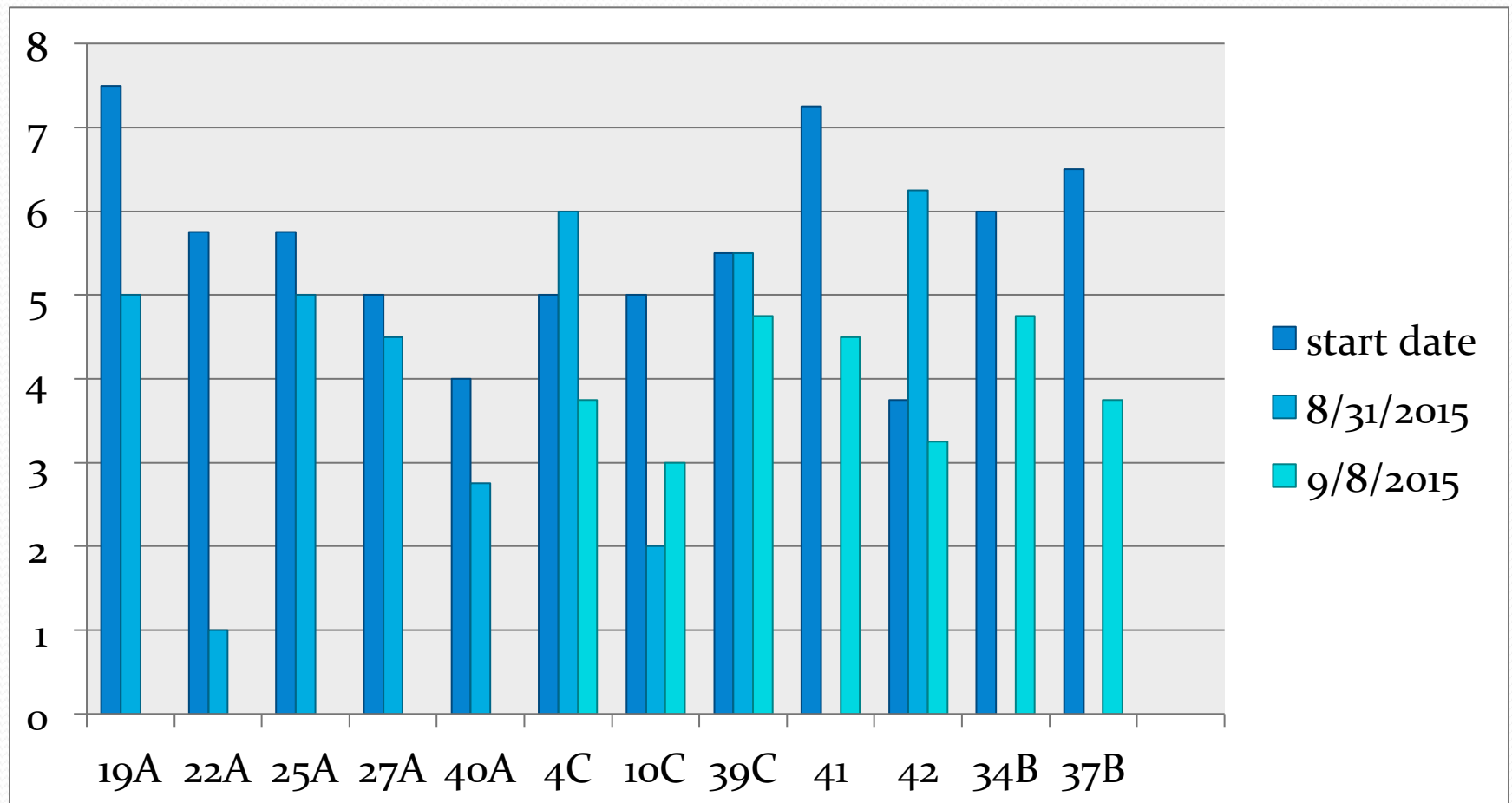
Pain right now

Question: How would you rate your pain right now?



Global Pain Score

Average of 4 pain questions on questionnaire

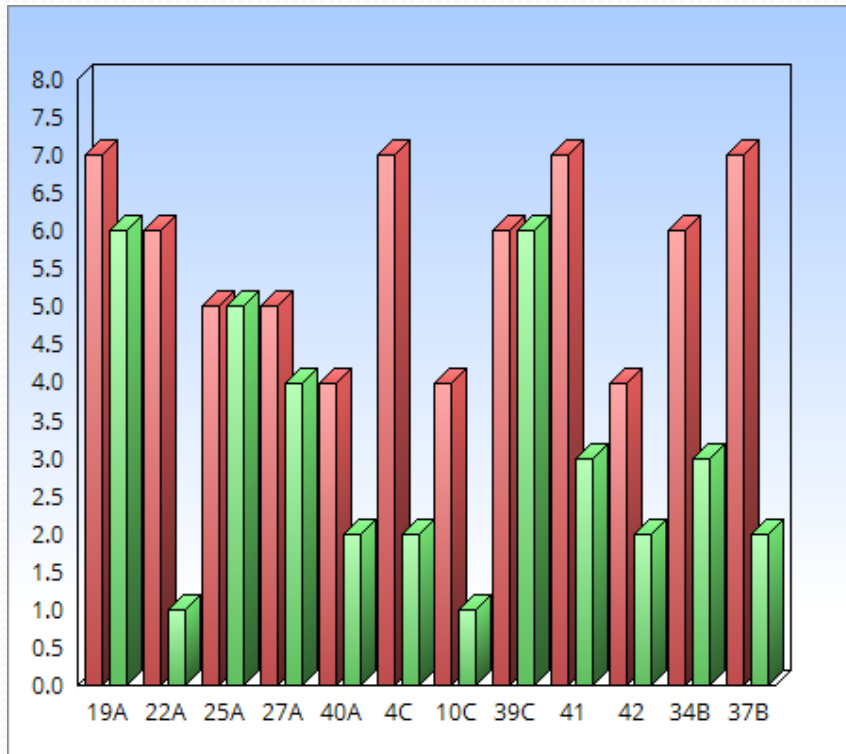


Chronic pain

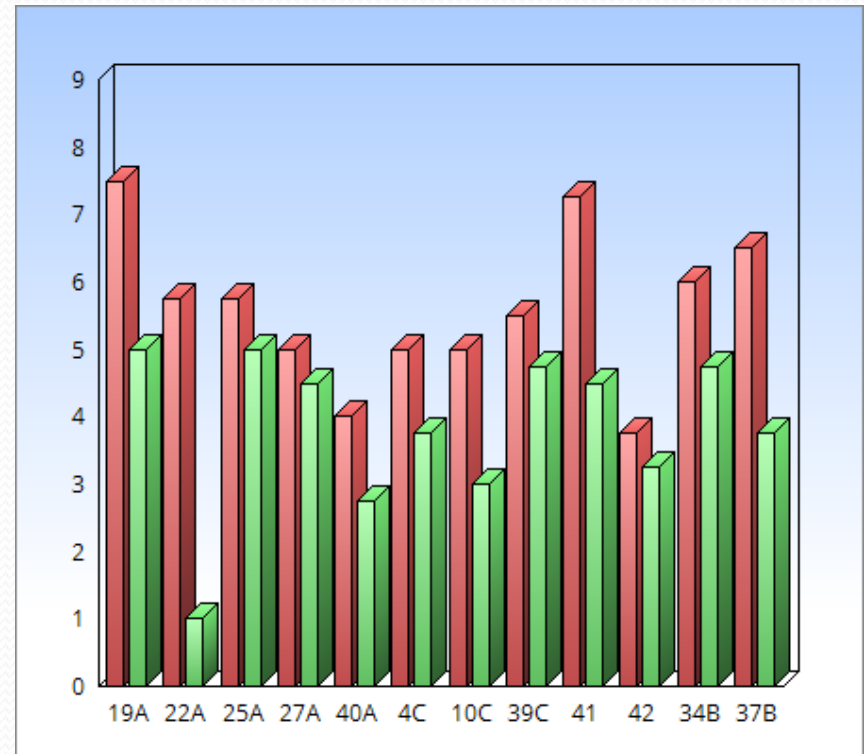
red – pain rating at start of retreat

green – pain rating at end of retreat

Pain right now



Global pain score

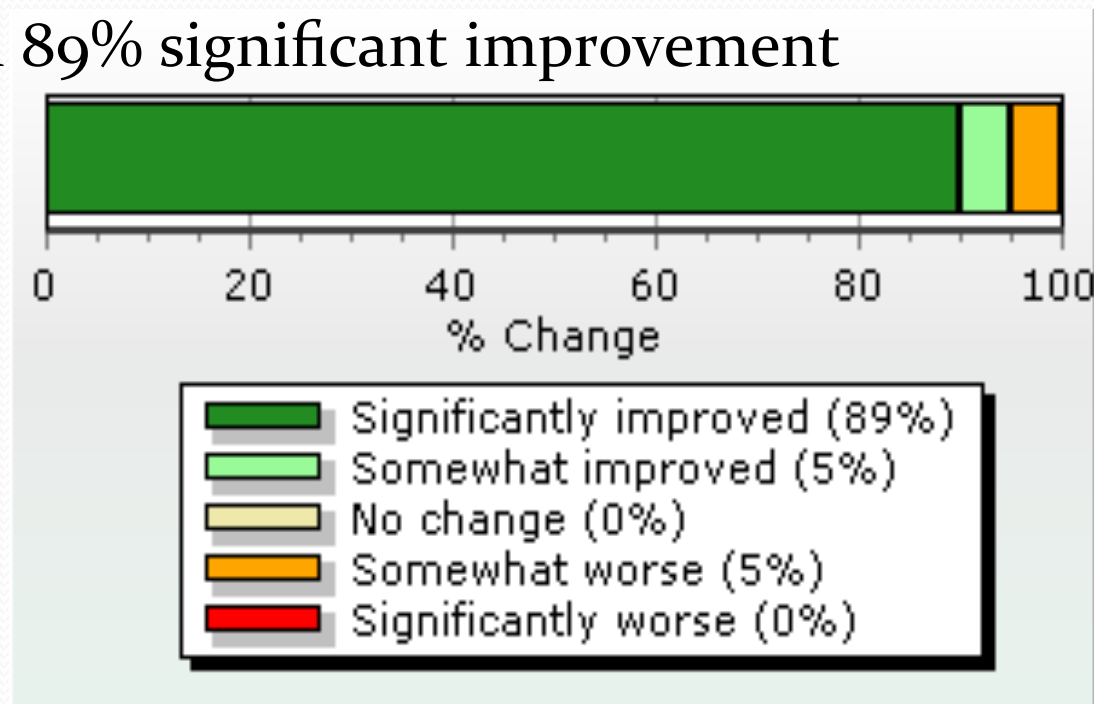


Well-being and Global Distress including Depression and Anxiety

- Two change graphs:
- Both graphs are based on cases with intake scores in the clinical range with 2 or more assessments. The sample size is 19 cases.

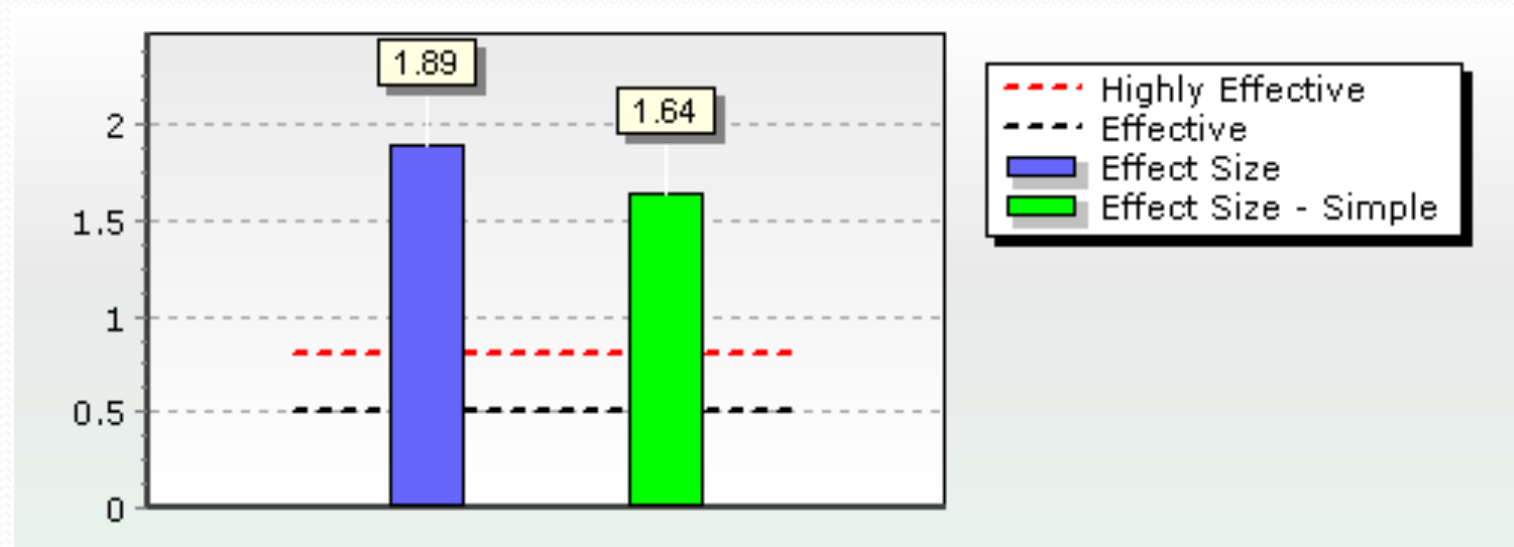
Change in Well-being and Global Distress scores including Depression and Anxiety

- Well-being / Global Distress scores (including depression and anxiety) improved by **94%**
- With **89%** significant improvement



Effect Size

Effect Size - Severity Adjusted: 1.89 and Simple: 1.64



Results

Quotes from participants

Quotes

Participant with leg, feet and hand tightness and pain for past one year and a half:

“My leg pain has gone and other symptoms are subsiding.” “I am in touch with my body and my self-confidence has soared... I am a lot calmer and I have experienced true inner peace. I feel re-born!”

Participant with cancer:

“Release of fear, anxiety and self protection patterns I’ve been holding on to since childhood.”

Participant with headaches, Lyme Disease, torn rotator cuff:

“Decreased headaches... less hypersensitivity overall - This is so huge!” “Shoulder pain gone! Two weeks of WHQ did what 5 months of PT, chiropractic, and home exercises didn’t touch!!”

Participant with sluggishness from hypothyroid and joint pain in hip and knees:

“Feel the blockage in my left thyroid has cleared – no pressure there.”

“My hip is totally pain free and my knees are mostly pain free.”

Quotes

Participant with dissociation secondary to interrelational trauma, did not speak and was severely depressed for 6 months: (translated from foreign language)

In hospital 1 week before retreat, couldn't answer simple questions such as name and DOB. Had headache for many months and on plane, but none since starting retreat. Felt relaxed immediately and made friends.

Participant with cancer and severe depression:

“Before I came I worried about dying 100 times per day, now I'm focused on living!”

“Swollen lymph node had reduced to half the size and is no longer hurting.”

“3 inch size mass on right knee has also reduced, can hardly be felt.”

“I am so happy to have a plan to go home with. I am leaving (the retreat) with peace of mind and joy in my heart. I am learning how to RELAX.”

Quotes

Participant with lower back pain and leg pain and greatly reduced mobility.
Emotional trauma from the past:

Regarding the physical symptoms - “It all went away”.

Regarding the emotional trauma - “I was able to work through it and the stories associated with it. They seemed to ‘fly away’ as if they were torn pages in a notebook. What I learned is that the traumatic events are true, but the stories around the events are just that – stories. Once they’re gone, an inner calm comes.”

Participant with Parkinson’s and back pain:

At beginning of retreat: “very stiff and inflexible”.

At end of retreat: “Miracle of bending following sound healing. Could pat whole palm on ground – yeah!”

“Have tons of hope for healing.”