

Healing Stress-related Symptoms after Motor Vehicle Accidents with EFT and Dynamic Interactive Acu-bodywork Larry Burk, MD, CEHP, President, Healing Imager, Inc.

Sunday, November, 7, 2010, 8-10 AM Breakout Session: 320

Dr. Burk is a musculoskeletal teleradiologist and integrative physician specializing in medical acupuncture, EFT and hypnosis. He took his first course in hypnosis in 1990. He completed the UCLA Medical Acupuncture for Physicians Course in 1998 and practiced at Duke University Medical Center for 5 years. He was co-founder and education director of the Duke Center for Integrative Medicine. He learned dynamic interactive acu-bodywork (DIA) during an internship at the Victoria Pain Clinic with Dr. Michael Greenwood. He learned EFT in 2002 and completed ACEP certification in 2010. He trained with Gary Craig, Dr. Carol Look, and Dr. Larry Stoler.

Dr. Burk developed EDANVIR tapping combining EFT and DIA in 2010 for use in his private practice at Oriental Health Solutions, LLC. This protocol adds brief hyperventilation and shaking to EFT. He published “Physicians’ ethical obligations regarding alternative medicine” in the November 1998 alternative medicine issue of *JAMA* and “Single session EFT for stress-related symptoms after motor vehicle accidents” in the May 2010 issue of *Energy Psychology Journal*. He is writing a book, *Let magic happen: Synchronicities, healing stories and techniques of a holistic radiologist*, about his experiences in holistic medicine to be published in 2011.

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Description:

EFT (Emotional Freedom Techniques) offers rapid healing of immediate trauma, acute stress disorder and post-traumatic stress disorder related to motor vehicle accidents (MVA). Car accidents are one of the most common causes of post-traumatic stress disorder in the general population. EFT provides a potentially attractive alternative form of exposure therapy to more well-established approaches such as cognitive behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) due to the potential for accelerated healing that has been demonstrated in a limited number of clinical reports in the literature.

Dynamic interactive acu-bodywork (DIA) has also been shown to be effective in the treatment of whiplash syndrome at the Victoria Pain Clinic. It can be combined with EFT in a unique technique developed by the author called EDANVIR (Energize, Desensitize, Awfulize, Neutralize, Visualize, Internalize and Revitalize) tapping. The workshop will begin with a literature review including CBT and EMDR. Clinical case reports will be shared to highlight the broad range of experience with this common form of trauma. An EDANVIR Tapping demonstration and a group experiential exercise will be followed by an interactive discussion.

Objectives:

On completion of this session the participant will be able to:

- 1) Cite the relevant literature related to EFT, acupuncture, EMDR and cognitive behavioral therapy for stress-related symptoms after MVA.

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- 2) Describe the components of a DIA session and what a patient might experience during the healing process.
- 3) Use EDANVIR tapping in working with patients who have experienced MVA or other significant traumatic events.

Presentation Content Outline:

- I. Literature review on EFT, acupuncture, EMDR and cognitive behavioral therapy for post-traumatic stress disorder related to motor vehicle accidents. 15 minutes
- II. Clinical case reports of the use of EFT for immediate trauma, acute stress disorder and post-traumatic stress disorder after motor vehicle accidents. 30 minutes
- III. Description of dynamic interactive acu-bodywork session with whiplash syndrome and case report. 15 minutes
- IV. Demonstration of EDANVIR tapping for PTSD after MVA. 15 minutes
- V. Group exercise of EDANVIR tapping on personal experiences of MVA or other trauma. 15 minutes
- VI. Interactive discussion with audience members sharing their experiences related to MVA and therapy. 30 minutes

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