

A group of six diverse children of various ethnicities are smiling and leaning over a wooden horizontal bar of a playground structure. They are outdoors in a sunny park setting with trees in the background. The children are wearing casual clothing like t-shirts, dresses, and shorts. The text is overlaid on a semi-transparent dark rectangle in the center of the image.

WEBINAR
COVID-19: The Way Forward

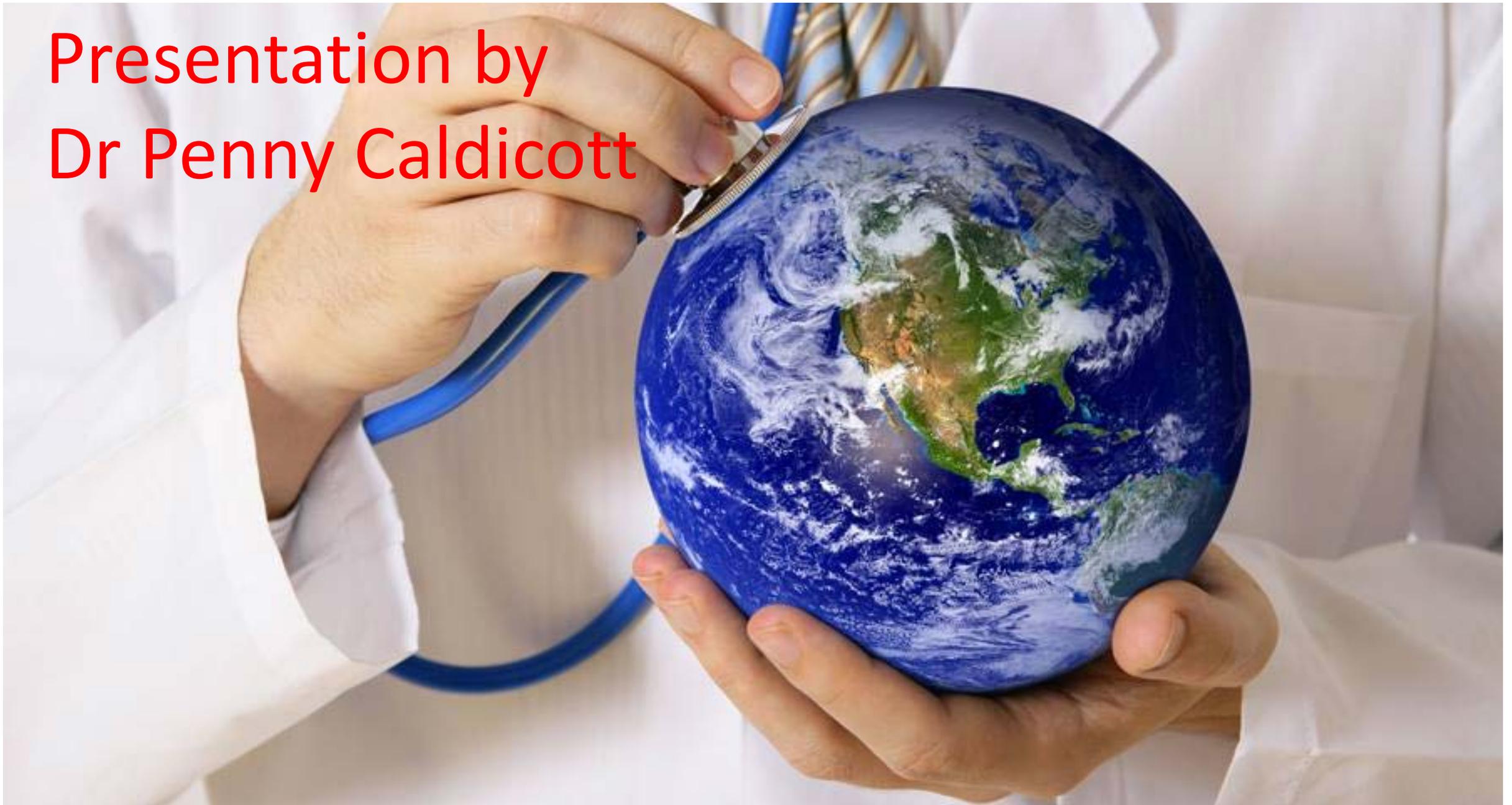
Thursday 21 May 2020

6:30pm NSW, 8.30pm NZ



AIMA

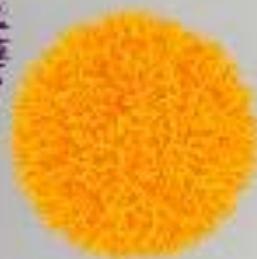
Presentation by
Dr Penny Caldicott





200M

BLACK DEATH (BUBONIC PLAGUE)
1320-1350



56M

SMALL POX
1520



40-50M

SPANISH FLU
1918-1919



30-50M

PLAGUE OF JUSTINIAN
541-542



25-35M

HIV/AIDS
1981-PRESENT



12M

**THE THIRD
PLAGUE**
1850



5M

**ANTONINE
PLAGUE**
165-180



3M

**17TH CENTURY
GREAT PLAGUES**
1640



1.1M

ASIAN FLU
1957-1958



1M

**RUSSIAN
FLU**
1889-1890



1M

**HONG KONG
FLU**
1968-1970



1M

**CHOLERA &
OUTBREAK**
1817-1923



1M

**JAPANESE
SMALLPOX
EPIDEMIC**
1817-1923



600K

**18TH CENTURY
GREAT PLAGUES**
1817-1923



200K

**SWINE
FLU**
2009-2010



100-150K

**YELLOW
FEVER**
LATE 1800S



22K

**NOVEL
CORONAVIRUS
(COVID-19)**
2019-PRESENT



11.3K

EBOLA
2014-2016



850

MERS
2012-PRESENT



770

SARS
2002-2003

Systems thinking



Systems thinking is integral to the practice of traditional and integrative medicine



'Simplistic childlike ideas of causality' are common



Systems biology is the computational and mathematical analysis and modeling of complex **biological systems**.



16-18% of health outcomes are a result of healthcare



80% are the result of social and cultural determinants - are we contributing?



What has the focus on this virus unearthed about health, economy, political systems, power, science, education and possibilities for change

What risks are we taking with social distancing



Youth



Elderly



Mental illness



Emotional and
spiritual well being



social isolation drives
chronic disease



fear and anxiety
disempower



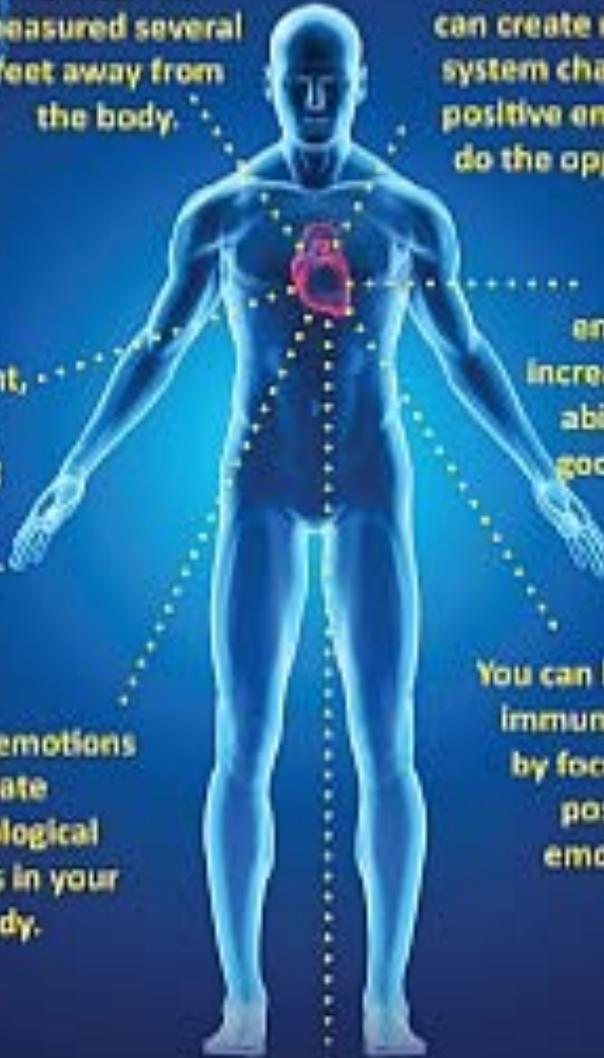
The human heart's magnetic field can be measured several feet away from the body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.



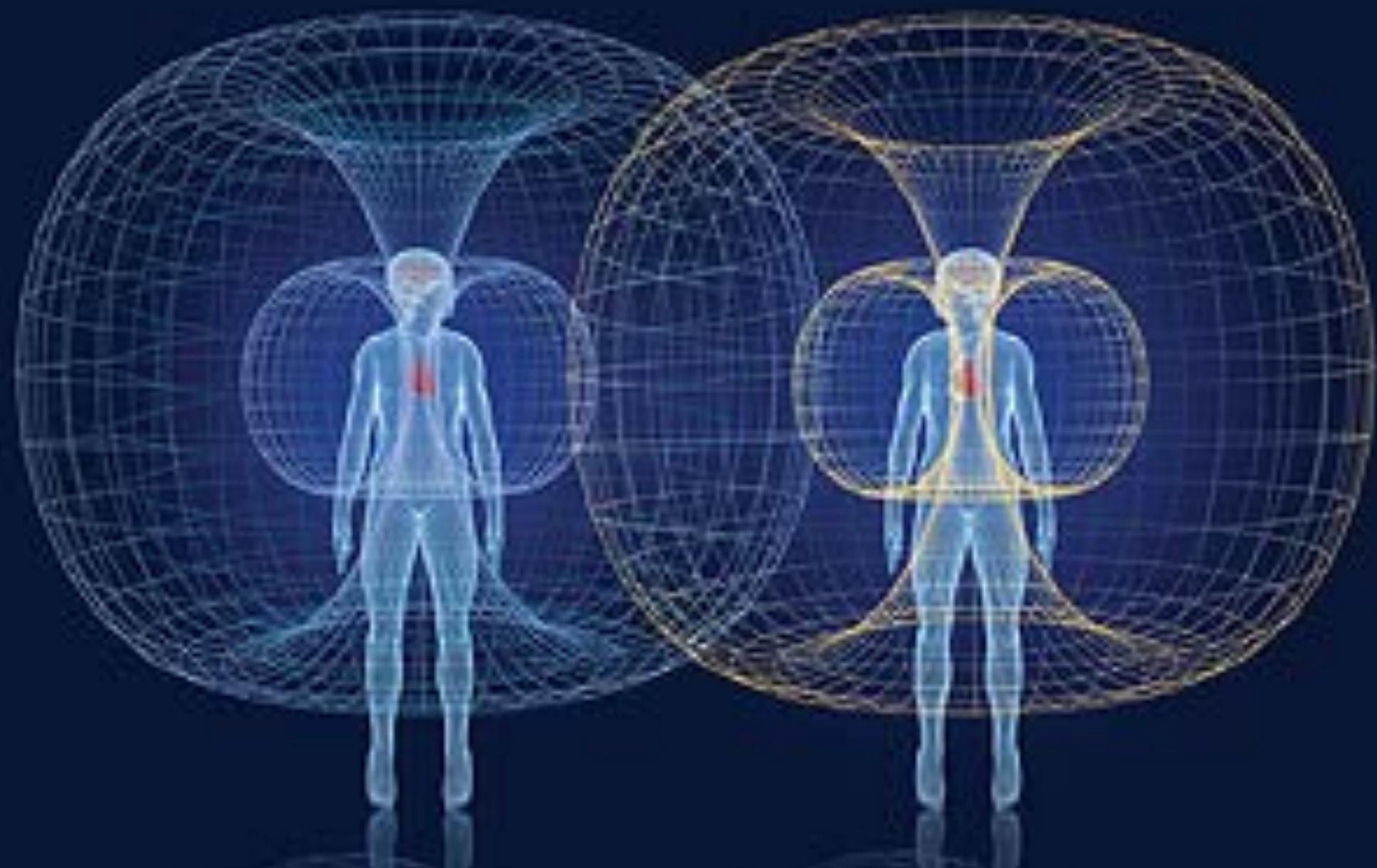
Positive emotions can increase the brain's ability to make good decisions.



Positive emotions create physiological benefits in your body.

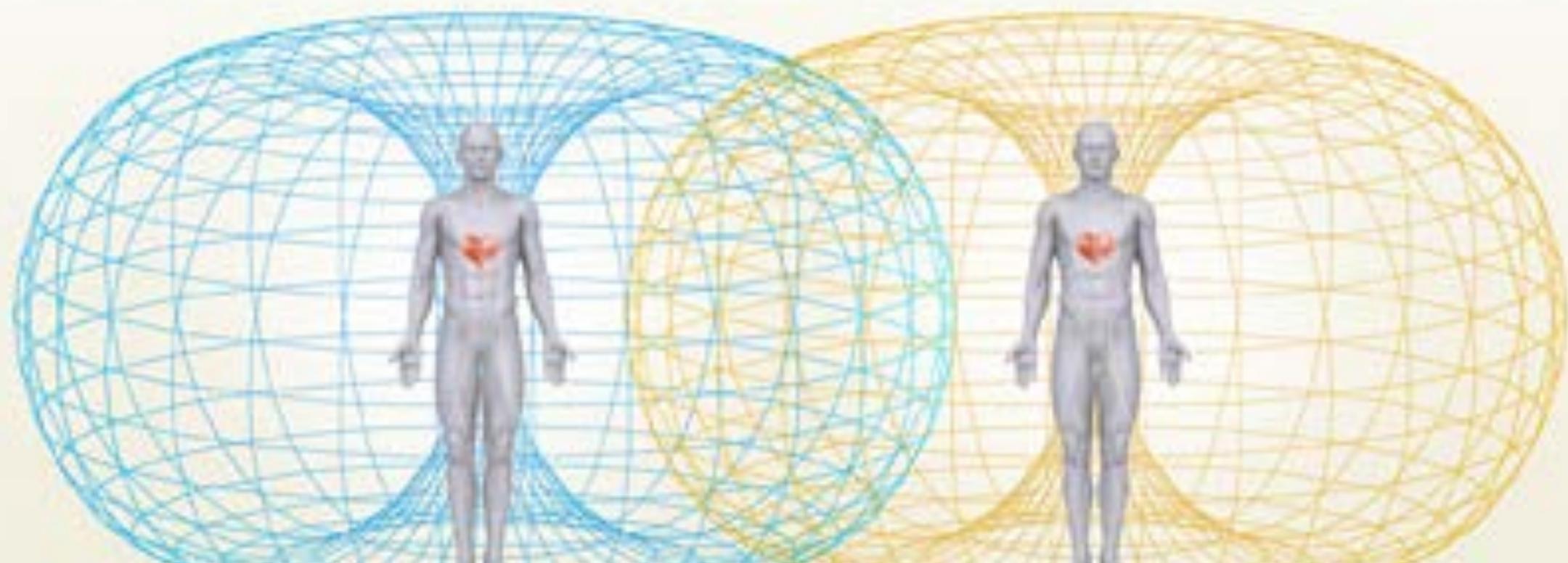
You can boost your immune system by focusing on positive emotions.





Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.





AGENCY FOR
CLINICAL
INNOVATION

Pandemic Kindness Movement

Spreading only kindness

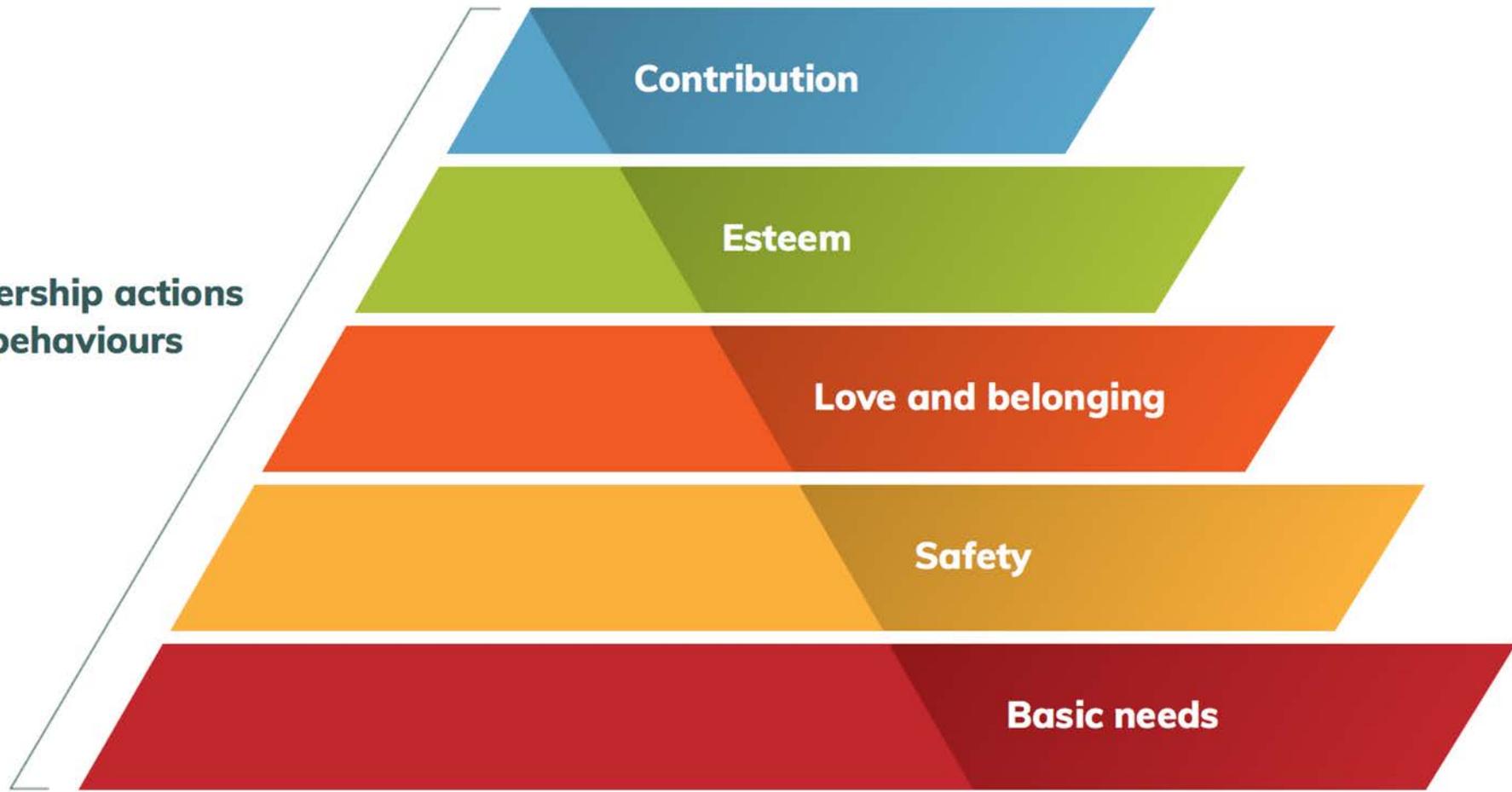


The Pandemic Kindness Movement was created by clinicians across Australia, working together to support all health workers during the COVID-19 pandemic. We have curated respected, evidence-informed resources and links to valuable services to support the wellbeing of the health workforce.

<https://www.aci.health.nsw.gov.au/covid-19/kindness/love>

Health worker wellbeing

Leadership actions
and behaviours



Connecting health workers and communities

Love and belonging describes the human need for social connection. In this level of the pyramid, our needs are met through relationships with others that are based on inclusion and acceptance. COVID-19 is challenging our relationships across our society. We keep our distance physically, which means keeping connected emotionally is more important than ever.

The resources in in this section can help to build connection with others and renew our shared humanity. We each have great strength, and we can bring out the best in ourselves and others when we are more aware of the practical ways we can build a deeper sense of belonging.

Love and belonging is built on the foundation of [safety](#) – when we are free from the fear of harm or judgement we can connect with people with compassion and kindness.

Love and belonging creates the relationships with people that allows us to feel grateful and valued – to experience [esteem](#).



The art & science of looking up

This report uncovers why the simple act of looking up and out transforms our brains, bodies, relationships and experiences of the world. It brings together the research and work of neural and systems complexity expert Dr Fiona Kerr.

[Visit](#) 



Bridging: towards a society built on belonging

This short video provides a high-level snapshot of two paths that we can take in responding our changing environment; we can respond to these changes either as a threat or as an opportunity. The first response is breaking, the latter is bridging.

[Watch video](#) 

Whatever it is, coronavirus has made the mighty kneel and brought the world to a halt like nothing else could. Our minds are still racing back and forth, longing for a return to “normality”, trying to stitch our future to our past and refusing to acknowledge the rupture. But the rupture exists. And in the midst of this terrible despair, it offers us a chance to rethink the doomsday machine we have built for ourselves. Nothing could be worse than a return to normality.

Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.

Arundhati Roy: ‘The pandemic is a portal’

What now?

- Exposure of the best and worst – connection/kindness vs fear and greed
- Living in our connected purpose
- *Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. M Mead*
- *What do our patients need from us now – therapeutic relationship*



Presentation by
Dr Taufiq Binjemain



Psychoemotional health and COVID19



- Stress and fear has a proven direct effect on our immune function.
- However, it affects people differently
- Chronic stress is more damaging than acute stress
- Stress can be more damaging in the older population - older adults are less able to terminate cortisol production in response to stress

Morey, J. N., Boggero, I. A., Scott, A. B., & Segerstrom, S. C. (2015). Current directions in stress and human immune function. *Current opinion in psychology*, 5, 13-17.

- In animal studies where they studied the effects of severe stress, they found;
 - Decreased motor activity
 - Increased fear
 - Increased helplessness
 - Increased fatigue
 - Increased plasma TNF (inflammatory)
 - Spleen hypertrophy
 - Adrenal hypertrophy

Azzinnari, D., Sigrist, H., Staehli, S., Palme, R., Hildebrandt, T., Leparc, G., ... & Pryce, C. R. (2014). Mouse social stress induces increased fear conditioning, helplessness and fatigue to physical challenge together with markers of altered immune and dopamine function. *Neuropharmacology*, 85, 328-341.

- 25-33% of general population reports high levels of anxiety and worry during similar pandemics.
- A survey was conducted in China during the initial outbreak of COVID-19. This study found that 53.8% of respondents rated the psychological impact of the outbreak as moderate or severe; 16.5% reported moderate to severe depressive symptoms; 28.8% reported moderate to severe anxiety symptoms, and 8.1% reported moderate to severe stress levels.

Bults, M., et al., Perceptions and behavioral responses of the general public during the 2009 influenza A (H1N1) pandemic: a systematic review. *Disaster Med Public Health Prep*, 2015. 9(2): p. 207-19.

Wang C, Pan R, Wan X, Tan Y, Xu L, Ho CS, et al. Immediate psychological responses and associated factors during the initial stage of the 2019 coronavirus disease (COVID-19)

At Risk Groups (Blackdog Institute)

- Pre-existing anxiety and mental health issues
- Healthcare workers, frontline staff
- People placed in quarantine
- Unemployed and casualised workforce

Recommended Strategies (Blackdog Institute)

- Offer practical support - work, financial support
- Good quality information - misinformation, disinformation, information overload
- Telehealth mental health services, Lifeline
- Understanding the negative impacts of prolonged mass quarantine
- Mental health support for health care workers
- Mental health screening for COVID-19 patients

DR. PETA STAPLETON

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Dr Peta Stapleton has 25 years experience as a registered Clinical & Health Psychologist in the State of Queensland, Australia and has completed a Bachelor of Arts, Postgraduate Diploma of Professional Psychology and Doctor of Philosophy. Peta held academic positions at Griffith University for 14 years, teaching and coordinating psychological research trials into new therapies in the area of obesity and weight management and is now Associate Professor in Psychology at Bond University.

Peta regularly contributes to the academic field with research publications. She regularly reviews for academic journals and offers supervision for new and existing professionals as well as students.

Peta is well known internationally in the area of Clinical EFT and is consulted for podcasts, radio, television and print media for her expert opinion. She has been awarded many honours is a certified practitioner of Neuro Linguistic Programming, Timeline Therapy and Emotional Freedom Techniques. Peta's most significant contribution in her research life has been to lead world-first randomized clinical trials investigating Emotional Freedom Techniques (or 'Tapping'). The results have been outstanding. This treatment has now been compared to a gold standard, Cognitive Behavioural Therapy, and also in an online format. See Peta's [research page](#) at Bond University for publications.

[About Peta](#)[Blog To Read](#)[Media Coverage and Webinars](#)[EFT Tapping Resources](#)[Training in EFT](#)[Shop for Products and Books](#)

The Ultimate Tapping Guide

While EFT or tapping can address a range of complex emotional challenges, the basic protocol is quite straightforward and surprisingly easy to learn.

Download your ***FREE*** Ultimate Tapping Guide now by Australia's leading EFT researcher and clinical psychologist, Dr Peta Stapleton.

[Download The Guide](#)

What is EFT?

EFT is a ground breaking technique combining psychotherapy and acupressure, bringing together elements of exposure, cognitive therapy and somatic stimulation. Commonly known as 'Tapping', **EFT** stands for Emotional Freedom Techniques. EFT's developers see it as being similar to acupuncture but without the needles, and it has been referred to as 'psychological acupuncture'. As with acupuncture, EFT stimulates various pressure points on the face

Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

Donna Bach, ND, Gary Groesbeck, BCIA, Peta Stapleton, PhD , more...

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First Published February 19, 2019 | Research Article | [Find in PubMed](#)



<https://doi.org/10.1177/2515690X18823691>

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Abstract

Emotional Freedom Technique (EFT) is an evidence-based self-help therapeutic method and over 100 studies demonstrate its efficacy. However, information about the physiological effects of EFT is limited. The current study sought to elucidate EFTs mechanisms of action across the central nervous system (CNS) by measuring heart rate variability (HRV) and heart coherence (HC); the circulatory system using resting heart rate (RHR) and blood pressure (BP); the endocrine system using cortisol, and the immune system using salivary immunoglobulin A (SigA). The second aim was to measure psychological symptoms. Participants (N = 203) were enrolled in a 4-day training workshop held in different locations. At one workshop (n = 31), participants also received comprehensive physiological testing. Posttest, significant declines were found in anxiety (−40%), depression (−35%), posttraumatic stress disorder (−32%), pain (−57%), and cravings (−74%), all $P < .000$. Happiness increased (+31%, $P = .000$) as did SigA (+113%, $P = .017$). Significant improvements were found in RHR (−8%, $P = .001$), cortisol (−37%, $P < .000$), systolic BP (−6%, $P = .001$), and diastolic BP (−8%, $P < .000$). Positive trends were observed for HRV and HC and gains were maintained on follow-up, indicating EFT results in positive health effects as well as increased mental well-being.

Keypoints

- Anxiety -40%
- Depression -35%
- PTSD -32%
- Happiness +31%
- Immune system marker sIgA +113%
- Cortisol -37%

Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial.

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First Posting

[Stapleton, Peta](#) [Crighton, Gabrielle](#) [Sabot, Debbie](#) [O'Neill, Hayley Maree](#)

Citation

Stapleton, P., Crighton, G., Sabot, D., & O'Neill, H. M. (2020). Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0000563>

Abstract

Objective: In a direct replication of Church, Yount, and Brooks (2012), this study examined changes in stress biochemistry and psychological distress symptoms in 53 participants randomly allocated to one of three 60-min group interventions: Emotional Freedom Techniques (EFT), psychoeducation (PE), and no treatment (NT). The Symptom Assessment–45 (SA-45) was used to assess psychological distress symptoms. **Method:** Salivary cortisol assays were administered 30 min pre- and postintervention to test cortisol levels. The original study by Church et al. indicated the EFT group showed statistically significant improvements in anxiety (–58.34%, $p < .05$), depression (–49.33%, $p < .002$), overall severity of symptoms (–50.5%, $p < .001$), and symptom breadth (–41.93%, $p < .001$). The group also experienced a significant decrease in cortisol (–24.39%) compared to the PE group (–14.25%) and NT group (–14.44%). **Results:** The present results indicated the EFT group experienced a significant decrease in

Psychological Trauma:
Theory, Research,
Practice, and Policy

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Related Content

[The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial.](#) Church, Dawson; Yount, Garret; Brooks, Audrey J., 2012

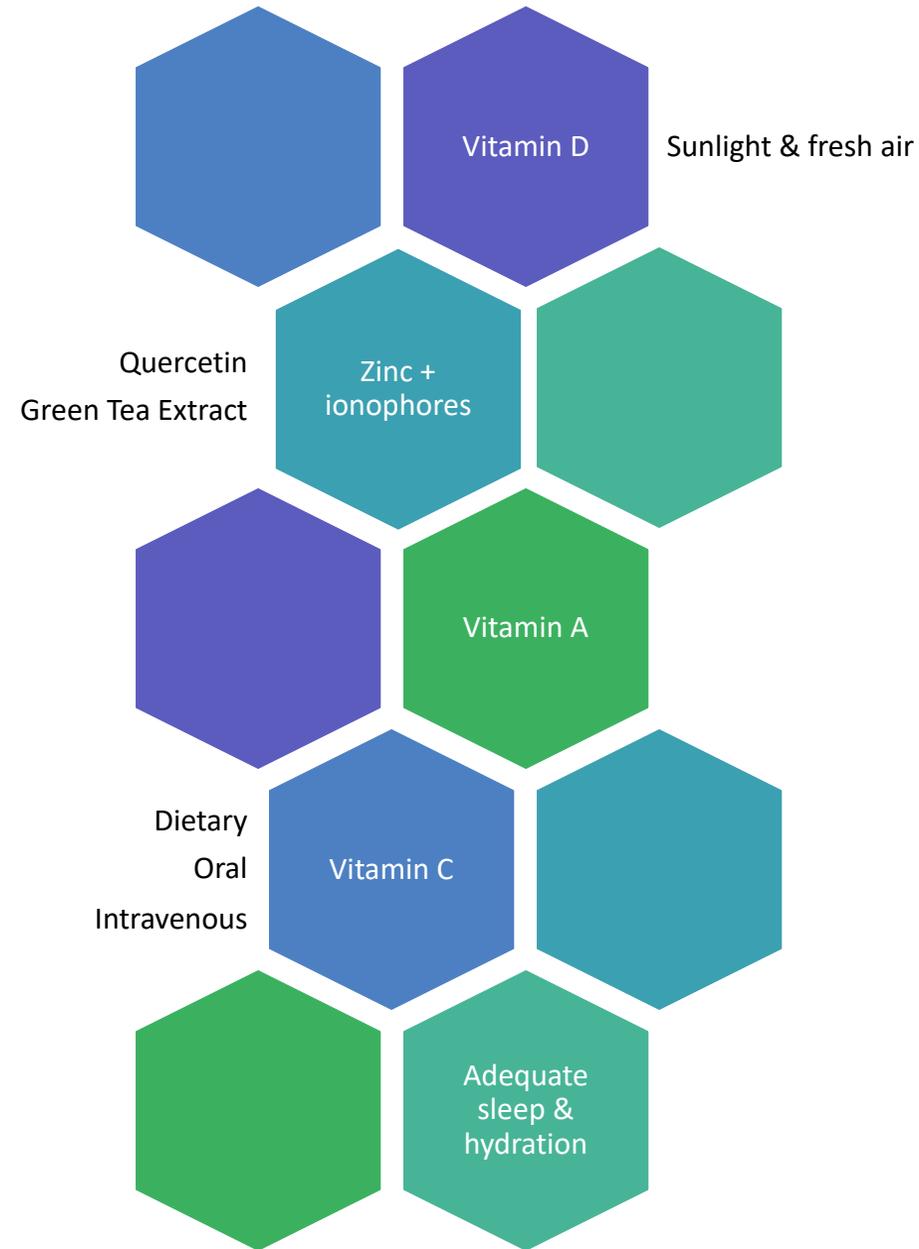
Presentation by
Dr Sandeep Gupta



How Can We Refocus – Our Core Message

- Personal – physical, emotional, psychospiritual
- Client community
- World community (local, national, international)

Personal



Sunlight & fresh air

Emotional

Psychospiritual

Client Community

Refocusing

- Long-term health needs

Face-to-Face

- Consultations vs virtual

Dealing with Changes

- Open discussion regarding changes in home life

Emotional Support

- Anxiety re outbreak and financial future

Immune support

- Holistic approach to this

World Community

Educating Our Clients

- Holistic approach

Communicating with politicians

Being the Change

- Personal transformation as the starting point



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