

Designing a polarity therapy protocol: Bridging
holistic, cultural, and biomedical models of research

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Summary

One of the methodological challenges of conducting CAM therapies research and in particular, biofield/touch therapies research is the development and use of methods that are compatible with the holistic nature of the therapy. Biomedical scientists claim that the "gold standard" of research must be the randomized clinical trial (RCT), which includes a standardized protocol. Conducting an RCT on a biofield/touch therapy often results in structural and conceptual conflicts with the clinical standards necessary to holistic therapies. This paper discusses a polarity therapy protocol designed as an intervention for the reduction of stress in American Indian family caregivers of patients with dementia. The protocol is designed to maximize efficacy and cultural congruency, adhering to the integrity of the holism, while addressing challenges arising from randomized controlled trial methods. The protocol developed for this study is presented and discussed.

Keywords: Polarity therapy; American Indian; Caregiver research methods; Stress

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Protocol

Polarity therapy protocol for dementia caregivers—Part
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Summary

In part 1 of this 2 part series the paper entitled:
Designing a polarity therapy protocol: Bridging
holistic, cultural, and biomedical models of research,
presented a rationale for the design and development of
a standardized Polarity therapy protocol for the
treatment of dementia caregivers. In this second part,
the bodywork protocol is presented with allopathic and
esoteric anatomical locations. This protocol was
designed as one approach to developing a standardized
intervention that would maximize the reduction of
stress, depression and anxiety and enhance well-being
and quality of life in the recipients. There are many
options for choosing points and locations for a
protocol and these must first address acceptability by

the research participant and capacity of the therapist to repeatedly apply the protocol. The potential for a pleasurable and a profound stress reduction response was informed by anecdotal data and clinical observation and this also informed the selection of points. Finally, the polarity paradigm is derived from the balancing of the gunas, and this also informed the choice of points and contacts.

Keywords: Protocol; Polarity; Anatomy; Gunas; Caregivers

star, open(Photographs by Amber Cole of Cole Photography).