

RELATIONAL ACUPUNCTURE FOR VOICE PROFESSIONALS: FUSING ANCIENT TRADITION WITH MODERN SCIENCE

CAROLINE VAN LOOY

Background

This workshop bridges the ancient practice of acupuncture (Huang 1966) with contemporary neurophysiological research (Bao and Lao 2013), offering an integrated approach to enhancing the well-being of voice professionals. The importance of this integration lies in the rich historical tradition of acupuncture, validated by modern science, and its potential to advance the feelings of quality of life.

Objectives

As holistic care gains prominence, this workshop addresses the growing interest in holistic healthcare within the context of voice and speech therapy.

Methods / Design

This workshop has been created from a literature review that exposed a rich history of research and folklore which has been fused to create the VOCAL protocol. The workshop combines theory with hands-on practice. Attendees will engage in didactic elements, case studies, discussions, and a Q&A session, while actively participating in the safe, self-guided needling of specific acupuncture points.

Results

Providing an introductory overview of acupuncture, this workshop encompasses the historical roots and the differentiation between dry needling, medical acupuncture, and traditional Chinese medicine (TCM) acupuncture (Bovey 2010). We will highlight the significance of the LI-4 (Yui et al 2016) and LU-11 (Zhou et al 2020) points, supported by peer-reviewed research for their efficacy in addressing voice conditions. Practical sessions will involve self-guided, supervised needling of these points, allowing attendees to experience acupuncture's clinical application firsthand.

Conclusions

This workshop aims to educate speech therapists about a new therapeutic tool, expanding their clinical repertoire and offering the potential of adding it as a recommended treatment. The VOCAL framework enhances the safety and patient-centeredness of acupuncture practice, with the hope of improving patient care and outcomes, especially the quality of life of the people we treat.