

## **PROGRESS REPORT - August 2010**

### **Producing Evidence that Flower Essences Work – Mymop Project**

In our last report, November 2009 saw the BFVEA Mymop handbook complete, but it has since had a further rewrite and more expert editing. The final result shows the benefit of this extra investment of time and June 2010 saw it at last in print. It has been beautifully set out by Anna Zee and we are pleased to say this very clear, colourful and informative booklet is now available to all. As planned, along with the DVD, it constitutes a valuable training tool for a very effective research model, and I understand it will shortly be sent out to all BFVEA members.

It was necessary for the 12HT to clarify the copyright issue and we finally decided that the material may be used on a non profit basis, but with our written consent. There is a formally worded email form on this website for interested parties to complete.

A data base has also been specially designed for BFVEA, which is already in use, and over the coming year members will be encouraged to get more confident with the Mymop system by using it with clients and producing valid forms to enter in the data base. The BFVEA plan is to design a comprehensive research project for 2011, which will involve all members. The material produced will provide material for a reputable research paper to be written, and hopefully provide the evidence that Flower Essences work.

Twelve Healers Trust plan to translate the Handbook into Portuguese and give the DVD subtitles. This will be gifted to the Beth Bruno Project in Brazil and local Flower Essence Practitioners will have the opportunity to train in the system and hopefully produce a large number of completed Mymop forms. A copy of the data base will also be made available and the hope is that some very positive results will be produced. This will benefit the cause of flower essences work in Brazil, but can also be added to a world wide effort to prove that Flower Essences Work.

Twelve Healers Trust is in touch with interested parties in Cuba and Taiwan, and hope in time, to make Mymop available to them.

There follows the final report on Mymop from Jan Stewart, Chairman of BFVEA

Vivien Williamson  
Twelve Healers Trust



# British Flower and Vibrational Essences Association

BM BFVEA, London WC1N 3XX

16<sup>th</sup> June, '10

## **The MYMOP Project: Final Report**

Dear Twelve Healers' Trust,

We are pleased to announce that the BFVEA have finally completed the MYMOP project and would like to formally thank the Twelve Healers' Trust for their support and encouragement in this venture.

You will see from the three completed packs we forwarded to you that we additionally modified the draft materials. However, this had no financial but many practical implications, First, we personalised the MYMOP record sheets, for example, providing a client code rather than name and address; also noting the type of consultation used, the sex of the client and whether an animal was being treated. We further allowed a note of the general type of problem being presented whether this was expressed in medical terms or not. Such changes will not affect the reliability of the standard MYMOP data but will ensure we meet data protection requirements whilst allowing more subtle analyses in future research. We additionally modified the Handbook content for use by other types of complementary therapists by first describing the use of the standard MYMOP forms, then introducing the slight changes required for our own versions. This was carried out because of the great interest shown by other practitioner groups in what we are doing. The homoeopaths, for example, are interested in using the packs for training and some BFVEA Members have already shared the possibilities of MYMOP with other professional groups such as the reflexologists and cranio-sacral therapists with very positive feedback. The possibility that the packs could stimulate research in complementary therapy *generally* was unforeseen at its inception but seems very exciting for the future.

The result of this project, therefore, is that both the Twelve Healers' Trust and the BFVEA now have in place materials which will help train essence and other complementary practitioners in gathering evidence of the efficacy of CAM usage. The BFVEA have also established a data base for storing such information for use in future research and publications.

### ***Thoughts on the future***

In planning for the future, the BFVEA have now made an understanding and ability to use MYMOP as a compulsory part of the record-keeping element of their courses and an acceptable activity for CPD. They have also held several training sessions for existing Members and have plans for others. During the coming year the Association will greatly encourage Members to include MYMOP records as a natural part of their professional activities. We also hope to consult with relevant CAM researchers such as Claire Relton and Alexander Tournier of the Homoeopathic Research Institute and Michael

Hyland of Plymouth University about formulating a piece of formal research to begin in 2011. We will keep the 12HT informed of any plans that emerge.

Obviously, it makes sense that, having developed a means of training people in using MYMOP, we develop the means of efficiently archiving their records for such future research and publications and hope we can work together with the 12HT to do this. In brief, now that the BFVEA MYMOP essence data base is established, would it be wise to centralise it so that MYMOP records of essence use from home and abroad can all be included. Would it also be useful to have one person managing the records and regularly saving back-up files so that, should the system go down at any time, nothing will be lost? Additionally, should we invest in a statistical package for analysis of the results? Finally, Claire Relton has kindly offered the use of her secretary for the 'management' tasks but we have not yet explored what this would cost and wondered if it would be better if the 12HT could find a way to help us manage our own data.

But this is all for the future and for now, our thanks once again for all the help and support we have received and trust you feel, as we do, that the venture has been worthwhile, a success and offers exciting prospects for the future.

Yours sincerely,

Jan Stewart

## Proposal by The British Flower and Vibrational Essence Association

### Producing Evidence that Flower Essences Work

The British Flower and Vibrational Essence Association (BFVEA), is the lead practitioner association in the UK, and part of its aims is to 'act as a forum for research into all aspects of the field and to promote findings through all various means (journal, media, website).'

There is an obvious need for effective quantitative research into proving that essences work, but the problem seems to be finding a simple research model, and offering it in a way that would encourage BFVEA Practitioners to conduct such essential research in their everyday Flower Essence practise.

A most effective measurement tool is 'Mymop,' (Measure Your Medical Outcomes Profile), which was developed in the 1990s by Dr Charlotte Patterson, at Peninsula Medical, School in Exeter. She developed this as a way of evaluating the effectiveness of CAM therapists in her General Practise. Now a required measurement tool for alternative practitioners working in the Health Service, it seemed a wise choice for BFVEA adopt such a well accepted research procedure. On 15.-08.08, BFVEA made a proposal to 12HT for finance to produce a training DVD, and informative manual for its Practitioners. They also asked for funds to set up a database to store and evaluate the collected material.

The aims and objectives of the proposal are summarised as follows:-

This project aims to train essence practitioners in the use of Mymop so that data on the effectiveness of essences can be gathered together and used as a basis for proving that they do actually work.

Objectives:

- a) to produce a pack of materials for training essence practitioners in the use of Mymop.
- b) to co-ordinate the use of these materials with groups concerned with training essence practitioners.
- c) to set up a system whereby essence practitioners can feed back the Mymop results of their treatments to a central body for analysis into useful statistical evidence on essence effectiveness.
- d) to organise the appropriate sharing of such centralised statistics with professionals and lay people alike as a means of gaining wider understanding and appreciation of essences.

12HT agreed to make the necessary funds available early 2009

Our contact in BFVEA was their research officer, David Corr, who out of courtesy contacted Dr Patterson, advising her of their plans. He was surprised to find that a training DVD had been made already by Get Well UK and it seemed a sensible option to ask permission to use this video. In return for a modest donation, consent was given. This substantially reduced the budget required, however funds were still

needed for the donation, to copy the DVD, produce the Training Manual and set up the database, so a revised application was accepted and approved by 12HT on 14.10.08.

It was agreed that the Trustees would retain copy write of the written material, and the product be non profit making and the training pack be made available for use by other organisations at cost price.

Although completion of the project took some time, Nov 2009 saw the production of an illustrated, well presented manual, and a data base beginning to take shape with a respectable number of cases now being collected, although final distribution of the training pack to all BFVEA members had yet to be completed.

A report by Jan Stewart, Chairman of BFVEA is attached as it gives a useful perspective of the project from their point of view.

Vivien Williamson  
12 Healer Trust

## Progress Report of the MYMOP Project

Dear 12HT

Here is an update of the project so far and some plans for the final stages. You will remember that we obtained the rights for using the Healthy Living DVD and made a donation to that project of £250 which was agreed by the Twelve Healer's Trust. We are awaiting the final version of this DVD, after which we will go ahead with obtaining and appropriately labelling copies for our Members (funding of £100 already agreed).

I am now pleased to report that David Corr has produced the first draft of the Training Manual for the MYMOP project. This needs to be edited and revised into a second version, then circulated to the BFVEA committee for approval. It then needs to be presented attractively before printing and circulating (funding of £665 already agreed plus £100 contingency funds).

I am now thinking ahead to the next stage. Both the Twelve Healer's Trust and the BFVEA committee are agreed that research *must* begin to take a more central place in essence therapy (and complementary therapy generally) if we are to convince the sceptics that it works and is not a mere placebo. Small scale research by Sue and Simon Lilly plus Plymouth University has been effective and gained good media attention. Attempts to involve essence practitioners in using MYMOP, for example by Sue Lilly and David Corr, have, however, been disappointing. Having made the investment in MYMOP, it is, therefore, crucial that we bring our Membership fully on board and inspire them to be involved! I think this will take some time, and we need firm objectives for our first year.

Part of our original plan was to have a meeting in London (funds already agreed of £800). Here we would have viewed the DVD, carried out any further filming, if required, and discussed how to involve the membership. These plans have not yet been implemented. With the DVD and a draft handbook now available it would be useful if the Committee could meet before the Gathering in March. The most efficient and least 'intrusive' way (in terms of people's lives and time) of doing this would be to hold a meeting near to Buckland Hall on 5-6<sup>th</sup> of March. Here we could:

- view the handbook and DVD
- discuss presentation, printing, distribution of handbook and MYMOP sheets
- organise required training
- make plans for Caroline Read to take over as Research Officer from David Corr, who is standing down
- view the existing data base and look at how it might be used
- hone our presentation to the Membership at the AGM
- plan data gathering for 2009/10
- plan how we might share MYMOP findings with the general public in about a year's time
- discuss any contacts we should have with Michael Hyland at Plymouth University

Before I proceed with planning such a meeting, I would appreciate your opinion on whether the 12HT would see it as worthwhile and would still be willing for us to use our agreed funding for the travel, accommodation and the meals involved.

Jan Stewart  
Chairman BFVEA