

# Soul Lightening® Clinical Acupressure

## Part of Integrative Care Plan for Historic Face Transplant Patient

*Clinical Acupressure is part of Soul Lightening International, which offers Process Acupressure and a variety of techniques that bring healing to the whole person. Soul Lightening Acupressure was developed by Aminah Raheem, Ph.D.*

In March 2012, University of Maryland surgeons and staff completed the most extensive full face transplant in the world. The patient was 37-year-old Richard Norris of Virginia. Four of the nurses directly involved with his care were Clinical Acupressure students and practitioners with Soul Lightening International. Before, during, and after the historic surgery these extraordinary nurses contributed to an interdisciplinary team of more than 100 world class practitioners to plan and carry out his care. Richard and his mother met with teams of doctors, nurses, and therapists prior to the surgery, including the Integrative Care Team from the Center for Integrative Medicine.



*Richard Norris, 2014*

The Integrative Care Team worked with Richard in the months leading up to the surgery, giving him the opportunity to try out several different modalities and getting to know his preferences. For a variety of reasons Richard preferred Clinical Acupressure over some other techniques, and often received sessions when he came to Baltimore for appointments. When the time came for his monumental 36-hour surgery, this team was on hand to provide sessions to members of the surgical staff, and to Richard's mother. As Richard was being gently awakened from the anesthesia, two nurses trained in Clinical Acupressure were with him, holding points to assist him in returning to consciousness.

Richard continued to receive Soul Lightening Clinical Acupressure regularly during his recovery and long rehabilitation process. Specific point protocols were used for calming the spirit, balancing the nervous system, and bringing a clear, healthy flow of energy through the scalp, face, mouth, neck and throat. During one of these sessions, before he was able to speak, he abruptly asked for a pad and pencil and wrote the following note to his practitioner: *"After the acupressure I am getting more pain relief than the narcotics. It relaxes my entire body so much that whatever is causing pain, its' relaxing it."*

A handwritten note on a white background, written in black ink. The text reads: "After the Acupressure I am getting more pain relief than the narcotics It relaxes my entire body so much that whatever is causing pain its' relaxing it". Below the text is a signature that appears to be "Richard Norris".

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It has been an extraordinary journey of healing, on many levels for Richard Norris. He sustained his original injuries in 1997 and lived as a recluse, with significant physical and emotional pain for 15 years. Donna Audia, liason for the Center for Integrative Medicine, said *"Pain doesn't just happen in the physical body, it impacts the mind, emotions and spirit as well. Although we now have many strategies for addressing*

*physical pain, there is no pill that alleviates emotional and spiritual pain. Acupressure does this. It brings balance to the whole-person, not just a symptom. Clinical Acupressure is crucial to our healing practice here."* Richard is now back at home, and enjoying a social life. He says *"Now when I walk down the street people look at me like I'm anybody else."*



Richard Norris is only one of hundreds of patients each year who receive Clinical Acupressure from the Integrative Care Team at the University of Maryland Medical Center and the R Adams Cowley Shock Trauma Center in Baltimore. Dr. John Reed, the Director of Inpatient Services for the Center for

Integrative Medicine routinely prescribes Soul Lightning Clinical Acupressure at the bedside. He regularly requests that the nurses on the Integrative Care Team offer sessions for severe orthopedic or neurologic trauma, challenging soft tissue injuries, organ transplants and difficult courses of chemotherapy. He says *"[Clinical Acupressure]---using combinations of points derived from the classical Chinese medicine point patterns--provides a practical way to achieve whole body relaxation and a balancing of physiologic stress patterns in the autonomic nervous system and by extension in the internal organs."*

The demand for their work is so high that the Integrative Care Team is developing creative ways to treat more people---including a video production showing patients how to use acupressure for self-care. Dr Reed is very interested in continuity of care after patients leave the hospital. He states: *"Since our staff coverage is resource limited, we regularly teach the stress release acupressure protocol for family members and caregivers so that our patients can experience this calming relief on a more regular basis and so that family members can be empowered to offer effective adjunctive care for their loved ones' pain and stress. "*

The three years since his surgery have brought many changes for Richard Norris. He now counsels other patients who are suffering from similar injuries at the University of Maryland Medical Center in Baltimore, and at NYU Langone in New York City. He encourages them to incorporate integrative medicine, and especially acupressure, into their treatment planning. Richard's journey continues as he emerges into the full potential of his own life. He learned how to practice Soul Lightning Acupressure for self-care before he left the hospital to maintain a steady balance between body, mind, emotions and spirit. He says that he still works on himself regularly, but when he returns to Baltimore for follow-up appointments he makes time to schedule a session with the Integrative Care team!

Continuing education in Clinical Acupressure, including professional certification, is available through Soul Lightning International. Please visit our website for more details.

[www.SoulLightening.org](http://www.SoulLightening.org)

