

Retracing Sequence Method: Is RSM an evidence-based practice (EBP)?

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What is an Evidence-Based Practice?

Practitioners who use treatments based on science engage in what is called “evidence-based practice” (EBP). If the treatments they use have **scientific evidence supporting the effectiveness of the treatments**, they are called evidence-based treatments (EBTs).

An EBP *applies research-based findings* in patient care practices, *integrates* the best available evidence with clinical knowledge and expertise, and abandons outdated care delivery practices and *chooses effective, scientifically validated methods* to meet individual client needs.

What is the difference between research and EBP?

A common misconception is that **research** and **EBP** are one in the same; there are similarities, but a fundamental difference lies in their purpose. The purpose of conducting research is to produce new knowledge or to validate existing knowledge based on a theory.

Research involves systematic, scientific inquiry to answer specific questions or test hypotheses using disciplined, rigorous methods. For research results to be considered reliable and valid, researchers must use the scientific methods in orderly, sequential steps. Most of the best evidence stems from research, while EBP goes beyond research and includes the clinical expertise of the clinicians. Retrieved on January 2, 2020 from

<https://accelerate.uofuhealth.utah.edu/improvement/what-is-evidence-based-practice>

The integration of research into practice through an evidence-based approach brings the best elements of practice, clinical experience and reliable treatment protocols together to serve the task of helping clients with the complex problems they bring to counseling.

Retrieved on June 29, 2002 from <https://www.counseling.org/resources/library/eric%20digests/99-09.pdf>

Conclusion. Retracing Sequence Method is an EBP built upon the systematic findings and valid scientific research completed by reputable doctors and researchers that conducted randomized control trials for the Neuro-Emotional Technique and based upon its peer-reviewed articles; furthermore, supported by neurobiology research, thousands of clinical hours, and a master’s degree education by RSM Founder, Rashelle Wilson, M.A., Clinical Mental Health Counselor, and Trauma Specialist and observed desired results by RSM clients across the United States conducted by RSM Practitioners.

Scientific research, reputable studies, and links:

The link below is an interview of Dr. Scott Walker (Founder of Neuro-Emotional Technique (NET)) and Dr. Monti, who accomplished external evidence-based neuroscience research through functional Magnetic Resonance Imaging (fMRI) of the brain before and after NET sessions with patients to support the new mind-body neuro-emotional integrative approach to health and wholeness along with randomized control trials, reviews, results and conclusions of valid, reputable studies.
<https://www.youtube.com/watch?v=kUt9QshfMWg>

An "expert" video link: <https://www.onefoundation.org/current-research-videos>

Peer-reviewed journals are articles written by experts and are reviewed by several other experts in the field before the article is published in the journal to ensure the article's quality. The article is more likely to be scientifically valid, reach reasonable conclusions, etc.

Anxiety and depression profile of 188 consecutive new patients presenting to a Neuro-Emotional Technique practitioner

P Bablis, H Pollard - *The Journal of Alternative and Complementary ...*, 2009 - liebertpub.com

Objective: The objective of this study was to describe the profile of a cohort of patients who presented to a Neuro-Emotional Technique (NET) clinic. This study investigated the change ...

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Link: <https://www.liebertpub.com/doi/abs/10.1089/acm.2007.0805>

The ONE Research Foundation's publication "Neuro-Emotional Technique (NET) Reduces Symptoms of Traumatic Stress in Cancer Survivors". The study focuses on 23 cancer patients who had distressing cancer-related experiences that caused traumatic stress. Some received NET and others were waitlisted to a control. All patients received a functional magnetic resonance imaging (fMRI).

Link: <https://www.onefoundation.org/current-research-updated>

Additional Excellent Resources:

Bremner, J. D. (2002). *Does Stress Damage the Brain?: Understanding trauma-related disorders from a neurological perspective*. New York, NY: W. W. Norton & Company.

Leaf, C. (2008). *Who switched off my brain? Controlling toxic thoughts and emotions*. Dallas, TX: Switch On Your Brain USA Inc.

Lipton, B. (2008). *Biology of belief: Unleashing the power of consciousness, matter and miracles*. Carlsbad, CA: Hay House, Inc.

Siegel, D. J. (2007). *The mindful brain: Reflections and attunement in the cultivation of well being*. New York: W.W. Norton & Company.