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Acupuncture - Herbalism - Sport Massage

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### • Acupuncture Evaluation

- Question: A reduction in chronic pain. Answer: YES
- Question: A reduction in my level of depression / anxiety. Answer: YES
- Question: Feeling of guilt concerning my past behaviour have lessened. Answer: YES
- Question: My cravings for drugs / alcohol have lessened. Answer: YES
- Question: I am in better control of my angry feelings. Answer: YES
- Question: I am more at ease in my interaction with others. Answer: YES
- Question: I find it easier to participate in peer group therapy. Answer: YES
- Question: I worry less about trivial things. Answer: NO
- Question: My sleep pattern has improved. Answer: NO
- Question: My fear has diminished at least a little. Answer: YES
- Question: I find I am more accepting my problem of substance abuse. Answer: YES
- Question: I feel better about myself. Answer: YES
- Question: My self-esteem has improved. Answer: YES
- Question: My thinking is clearer. Answer: YES
- Question: I feel less stressed. Answer: YES
- Question: My overall energy has improved. Answer: NO
- Question: Acupuncture detoxification treatment has been of much help. Answer: YES
- Question: Acupuncture detoxification treatment has been of little help. Answer: NO
- Question: Acupuncture detoxification treatment has been of no help. Answer: NO

“Joe”

Mobility restriction from the hips, his legs are uncoordinated making his locomotion difficult and uneasy. He completed self evaluation after 5 sessions of treatment.

### • Acupuncture Evaluation

- Question: A reduction in chronic pain. Answer: I find a good degree of help
- Question: A reduction in my level of depression / anxiety.  
Answer: YES
- Question: Feeling of guilt concerning my past behaviour have lessened.  
Answer: A little
- Question: My cravings for drugs / alcohol have lessened. Answer: YES
- Question: I am in better control of my angry feelings. Answer: I think so
- Question: I am more at ease in my interaction with others. Answer: YES
- Question: I find it easier to participate in peer group therapy. Answer: D.N.A
- Question: I worry less about trivial things. YES  
Answer:
- Question: My sleep pattern has improved. Answer: YES
- Question: My fear has diminished at least a little. Answer: YES
- Question: I find I am more accepting my problem of substance abuse.  
Answer:
- Question: I feel better about myself. Answer: YES
- Question: My self-esteem has improved. Answer: YES
- Question: My thinking is clearer. Answer: YES
- Question: I feel less stressed. Answer: YES
- Question: My overall energy has improved. Answer: A little
- Question: Acupuncture detoxification treatment has been of much help  
Answer: D.N.A
- Question: Acupuncture detoxification treatment has been of little help.  
Answer: D.N.A
- Question: Acupuncture detoxification treatment has been of no help.  
Answer: D.N.A

“John”

48 years old with diabetes

He completed self evaluation after 8 sessions of treatment.

• **Acupuncture Evaluation** *more leg mobility*

- Question: A reduction in chronic pain. Answer: *less pain*
- Question: A reduction in my level of depression / anxiety. Answer: *less depression - Not Anxious*
- Question: Feeling of guilt concerning my past behaviour have lessened. Answer: *lot of change - Apologise to other people*
- Question: My cravings for drugs / alcohol have lessened. Answer: *Yes*
- Question: I am in better control of my angry feelings. Answer: *Yes*
- Question: I am more at ease in my interaction with others. Answer: *Yes*
- Question: I find it easier to participate in peer group therapy. Answer: *Yes*
- Question: I worry less about trivial things. Answer: *much better*
- Question: My sleep pattern has improved. Answer: *still dreaming vividly but better sleep*
- Question: My fear has diminished at least a little. Answer: *Yes*
- Question: I find I am more accepting my problem of substance abuse. Answer: *Not using*
- Question: I feel better about myself. Answer: *Yes I have better people call me*
- Question: My self-esteem has improved. Answer: *Yes*
- Question: My thinking is clearer. Answer: *Yes*
- Question: I feel less stressed. Answer: *Yes*
- Question: My overall energy has improved. Answer: *Yes*
- Question: Acupuncture detoxification treatment has been of much help. Answer: *Clean for 15 years*
- Question: Acupuncture detoxification treatment has been of little help. Answer:
- Question: Acupuncture detoxification treatment has been of no help. Answer:

“Donal”

He completed self evaluation after 9 sessions of treatment.