



RESEARCH DESIGN BY DONNA JAMES

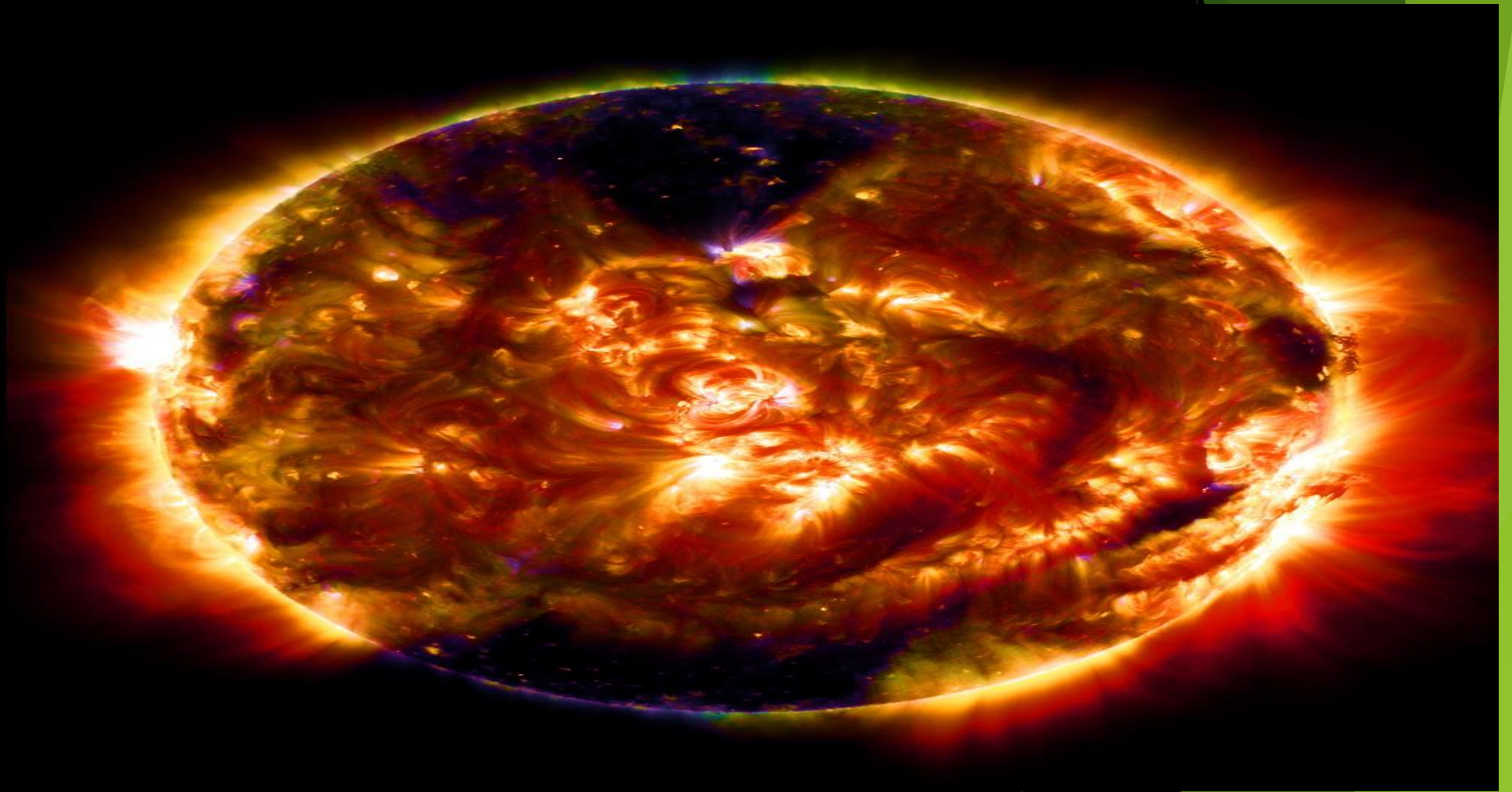
1804666

RESEARCH IS NOTHING NEW

RESEARCH PRACTISES HAVE BEEN
GOING ON SINCE AT LEAST
1564

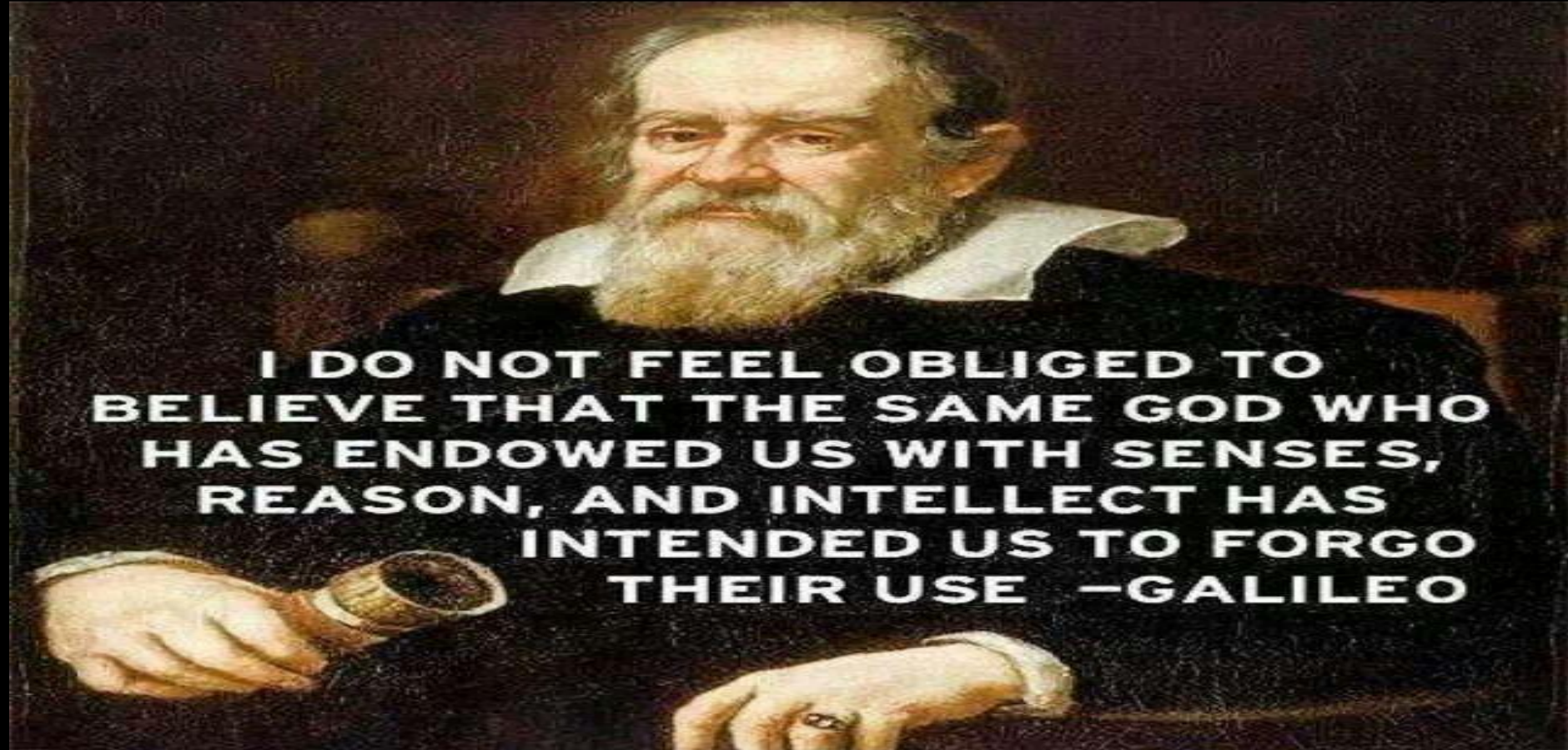
**GALILEO
GALILEI**





Galileo was dedicated to research, honesty and truth. He systematically researched and reviewed empirical evidence which was indicative of the fact that the Earth circles the Sun!!! (Neuman. 2014, p.10)





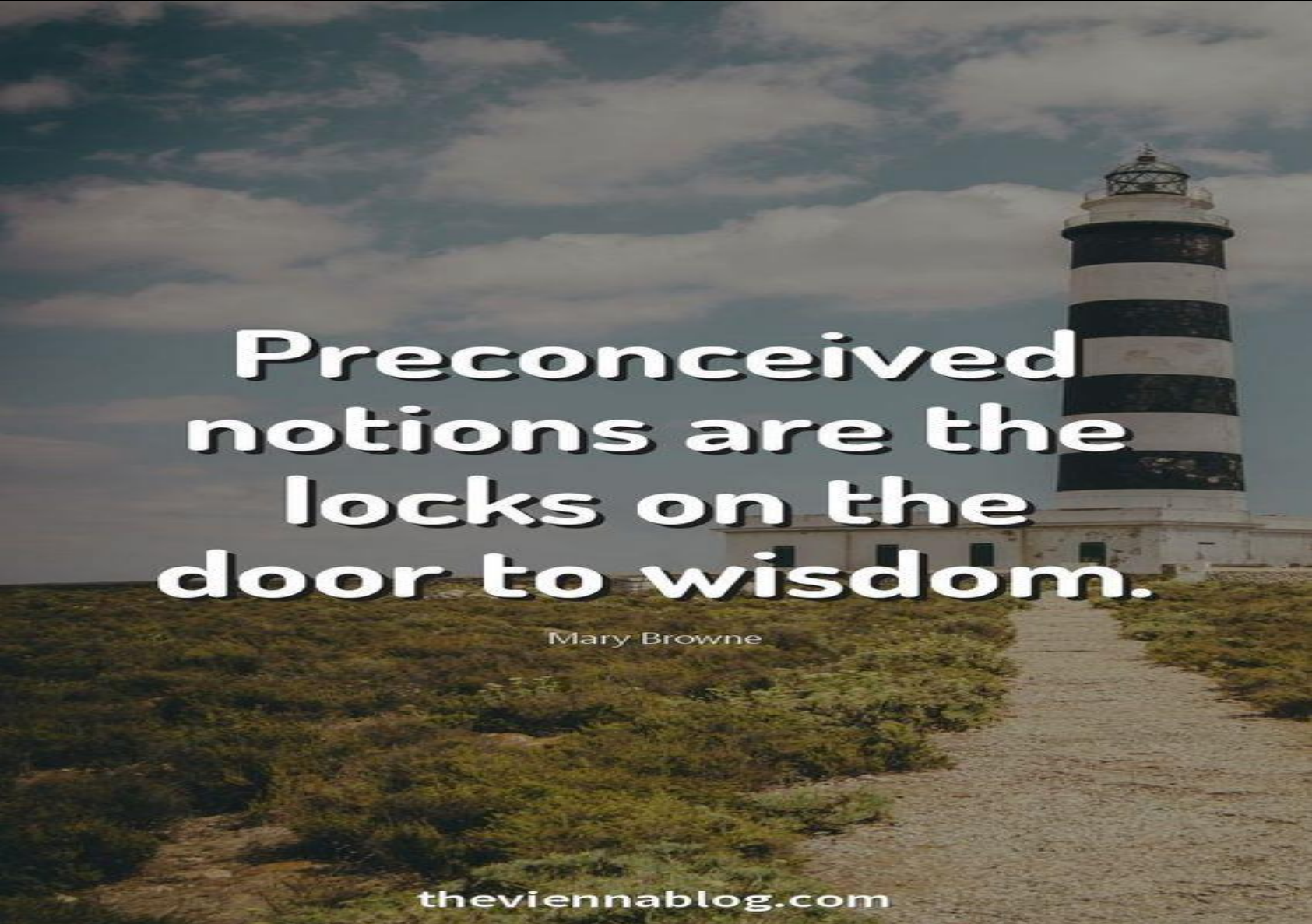
**I DO NOT FEEL OBLIGED TO
BELIEVE THAT THE SAME GOD WHO
HAS ENDOWED US WITH SENSES,
REASON, AND INTELLECT HAS
INTENDED US TO FORGO
THEIR USE -GALILEO**





"...down the Boulevard. At the junction
of the Boulevard with the Boulevard is a corner
where
"Know who they are," Bill read the names. "They
are dangerous plotters. Don't say and let me know."
"What's a syndicate's?" Bill said. "What's he doing
with the dog?"
"Come on," I said. "You're proved."
"They're not called dogs," Bill said. "Don't say
me in."
"Come on."

"...the Boulevard. At the junction
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A photograph of a lighthouse with black and white horizontal stripes, situated on a grassy hill. A gravel path leads towards the lighthouse. The sky is blue with scattered white clouds. The text is overlaid on the left side of the image.

**Preconceived
notions are the
locks on the
door to wisdom.**

Mary Browne

theviennablog.com

A cosmic background featuring a vibrant pink and purple nebula, a bright yellow star, and a green planet on the right. On the left, a dark planet with a ring system is visible. The foreground is filled with dark, rocky debris.

SCIENCE VS RELIGION

Humans produce new brain cells throughout their lives, say researchers.

Findings could help hunt for treatment for degenerative conditions such as Alzheimers, and psychiatric problems (Davis, 2018)

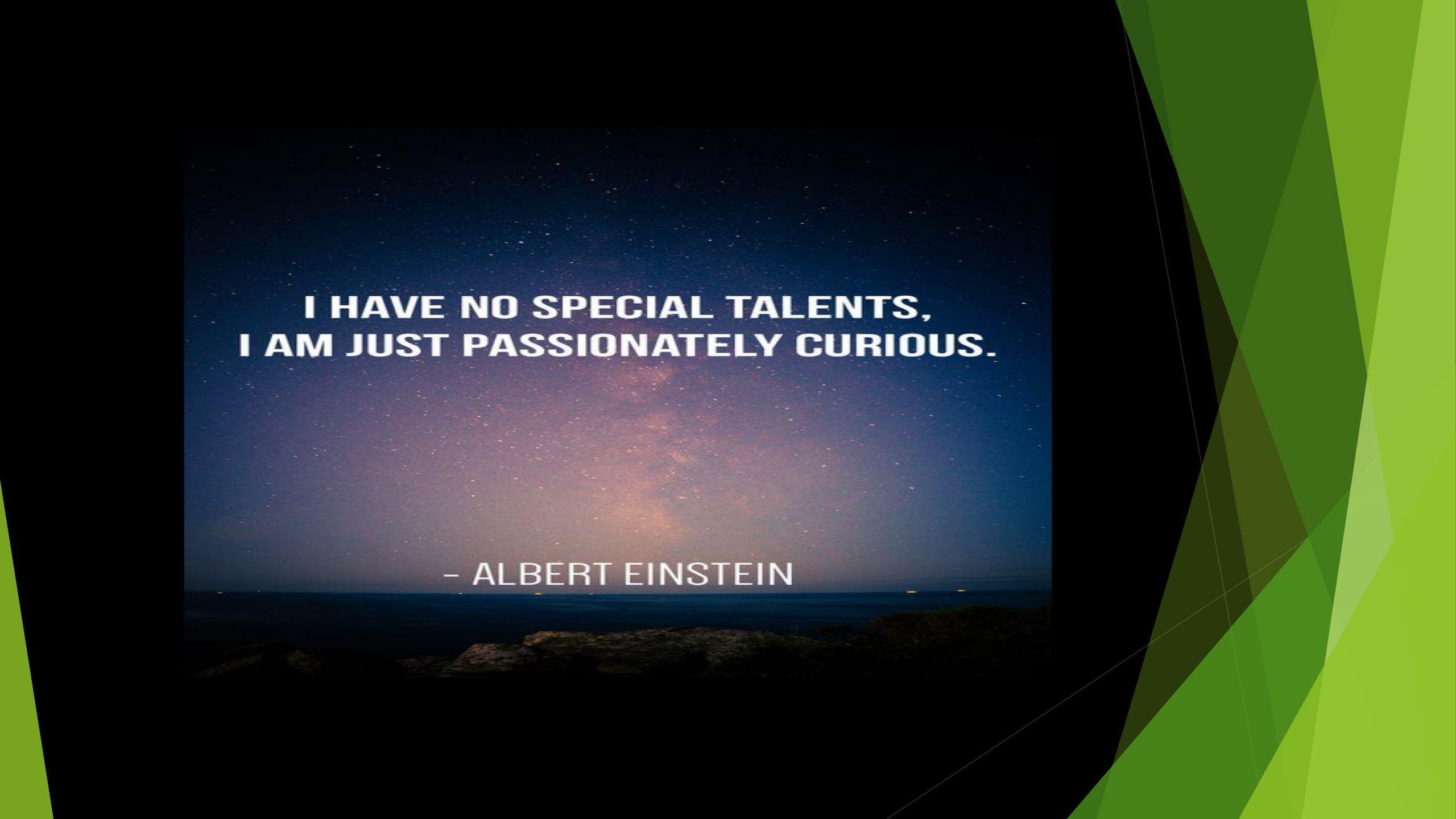


Intuition

Intuition, or gut feelings, can be thought of as the voice of our souls communicating to us. Whenever you feel drawn towards something or someone (without a fearful motive), you can be sure that this is your soul trying to guide you.





The background of the slide is a photograph of a night sky. The Milky Way galaxy is visible as a bright, hazy band of light stretching across the center of the frame. The sky is dark blue and black, filled with numerous stars. Below the sky, a dark, silhouetted landscape is visible, possibly a coastline or a field of rocks. The overall mood is contemplative and awe-inspiring.

**I HAVE NO SPECIAL TALENTS,
I AM JUST PASSIONATELY CURIOUS.**

– ALBERT EINSTEIN

**Everything in the physical World
is made out of atoms.
Atoms are made out of energy &
energy is made out of consciousness**

TheMindsJournal.Com



Can your body read your mind?



Does the mind have an
impact on physical
health?

Does the body pick up
on emotions and
negative patterns of
thinking and manifest
itself within the body?



Parity of esteem -
Is the notion
that...



IS JUST AS IMPORTANT
as physical health

Literature review- Books, Journals, Articles



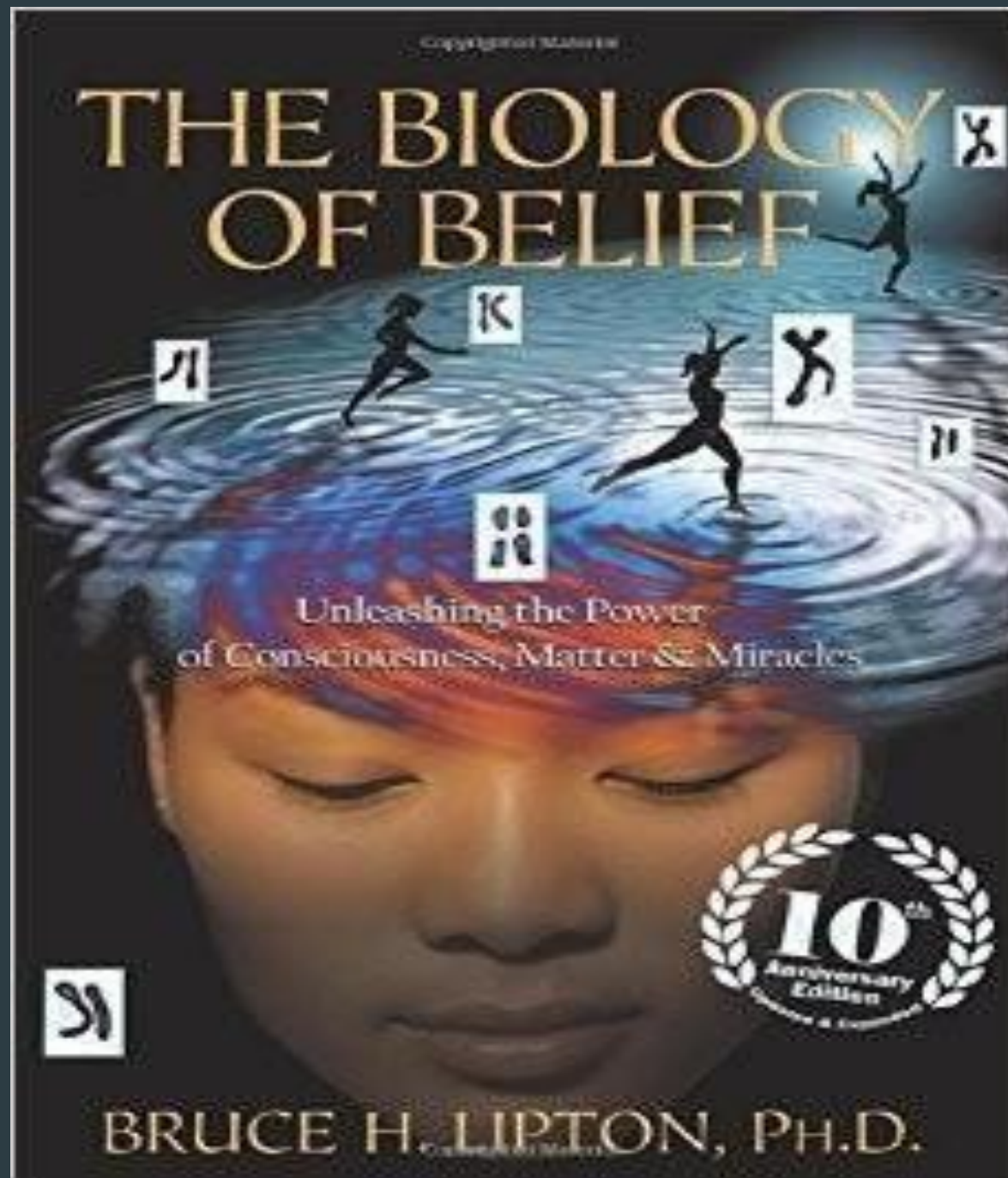
EPIGENETICS - The biology of intention



It has been discovered
that our genes dance
with our awareness:

Science has discovered that although we are born with a fixed set of genes in our chromosomes. Which sets of genes choose to be activated has a great deal to do with our subjective experiences, and how we process them. (Church, 2009)





Over two thousand years ago, the Buddha declared:

“ We are formed and moulded by our thoughts”



Candace B. Pert, Ph.D.

Featured in the Runaway Film Sensation

What the #\$! Do We Know!?*

and author of

Everything You Need to Know to Feel Go(o)d

Molecules of Emotion

Foreword by Deepak Chopra, M.D.

THE SCIENCE
BEHIND MIND-BODY
MEDICINE

"Reading *Molecules of Emotion* filled me with molecules associated
with joy, inspiration, and hope."

—CHRISTIANE NORTHRUP, M.D., author of *Mother-Daughter Wisdom*

"The molecules of our emotions share intimate connections with, and are indeed inseparable from, our physiology" (Pert, 1999).

Epigenetic evidence is in fact so compelling that practices for well-being once only prescribed by sages and priests are now being advocated by geneticist and neurobiologists.





If we fill our lamps with healing words and
love, our genes will rush to fulfil our wishes.
The genie really is in our genes.

Can your
body read
your mind?





GAPS IN RESEARCH

- * Counselling specific
- * Qualitative research

CAN YOUR BODY READ YOUR MIND?



RESEARCH TASK:

- * Conduct counselling sessions with a controlled group of 10 individuals over a period of 3 months.

CONTROLLED GROUP CRITERIA:

- * Has recently suffered from a major health issue
- * Well enough to fully engage in counselling sessions
- * Over 18

CAN YOUR BODY READ YOUR MIND?



PARTICIPANTS:

- * Will be sourced via a local wellbeing centre.
- * Are unpaid - But are in receipt of three months free counselling services
- * Can withdraw from the research study at any time during the process, and up to two weeks after counselling sessions have come to a close

CAN YOUR BODY READ YOUR MIND?



PARTICIPANTS - UNIQUE ID CODES:

- * Participants will be informed that their identity and privacy will be protected at all times. Completely anonymous. No names will ever be attached to any research finding.
- * Each participant will have a unique ID code which will consist of the last three letters of the person's first name, followed by the first three letters of their telephone number.

Invitation to Participants



You are invited to take part in a research study, which I am conducting as part of my degree in Humanistic Counselling, at University of Wales, Trinity Saint Davids.

Do I have to meet any criteria to take part?

Everyone taking part in the study must be over the age of 18, and be able to provide consent for themselves if they wish to take part in the study. Due to the nature of this study, you would need to have suffered a health related trauma within the last 12 months, but be in recovery and well enough to partake in counselling sessions.

Do I have to take part?

No, you are not obliged to take part in the study. Your participation in the study is voluntary.

Invitation to Participants

What if I change my mind?

What does the study involve?

If I take part in the study, is it confidential?

What will happen to the results of the study?

Researchers contact details

For further information please contact me:

Researcher name: Donna James

Researcher email address: 1804666@student.uwtsd.ac.uk

Supervisor name: Catherine Slade

Supervisor e-mail address: Catherine.slade@uwtsd.ac.uk

If you would like to take part in the study please ask the researcher
for a consent form

Consent Form

Gender: Male / Female

Date of birth: __/__/____

I consent to participate in this study. I am satisfied with the instructions I have been given so far and I expect to have any further information requested regarding the study supplied to me. I have not been coerced in any way to participate in this study. I am at least 18 years of age.

I have been informed that the confidentiality of the data I provide will be safeguarded. I am free to ask any questions or withdraw from the study at any time before, during and up to 2 weeks after the study.

I confirm that I have read and understood the information provided above. If you have any questions please contact:

Researcher name: Donna James

Researcher e-mail address: 1804666@student.uwtsd.ac.uk

If you have any concerns or complaints about this study, please contact:

Supervisors name: Catherine Slade

Supervisors e-mail address: Catherine.slade@uwtsd.ac.uk

If you wish to participant in the study please sign this form.

Initials of participant (print) _____ Signed _____

Date _____

Initials of researcher (print) _____ Signed _____

Date _____

Method - Design - Procedure



Over a period of 3 months, each participant will have 1 counselling session per week - Building a strong therapeutic relationship.

During these sessions clients will be encouraged to explore their emotional wellbeing and thought processes leading up to their illness/health issue.

Mind mapping

Carefully note the thoughts and emotions expressed by the client, paying particular attention to their expressed thoughts, attitudes and mindsets **prior** to the onset of their physical trauma.

The findings will be recorded in a timeline manner. A mind map will be drawn up to, during, and after physical trauma, with the intention of looking for any patterns of thought which could potentially have manifested itself. As per the epigenetics theory of Bruce Lipton (2009).



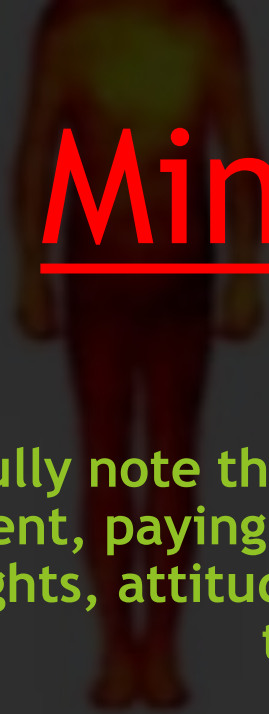
Anxiety



Love



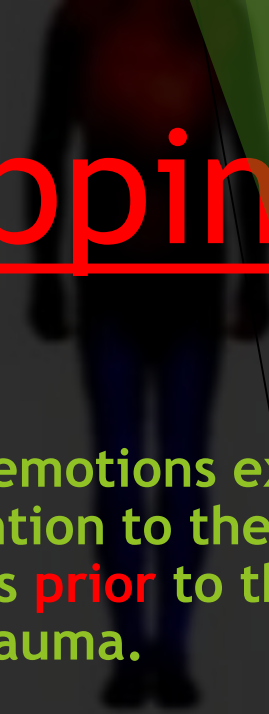
Depression



Contempt



Pride

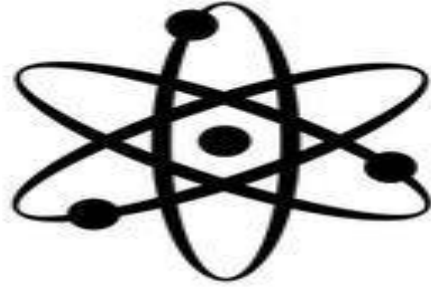


Shame



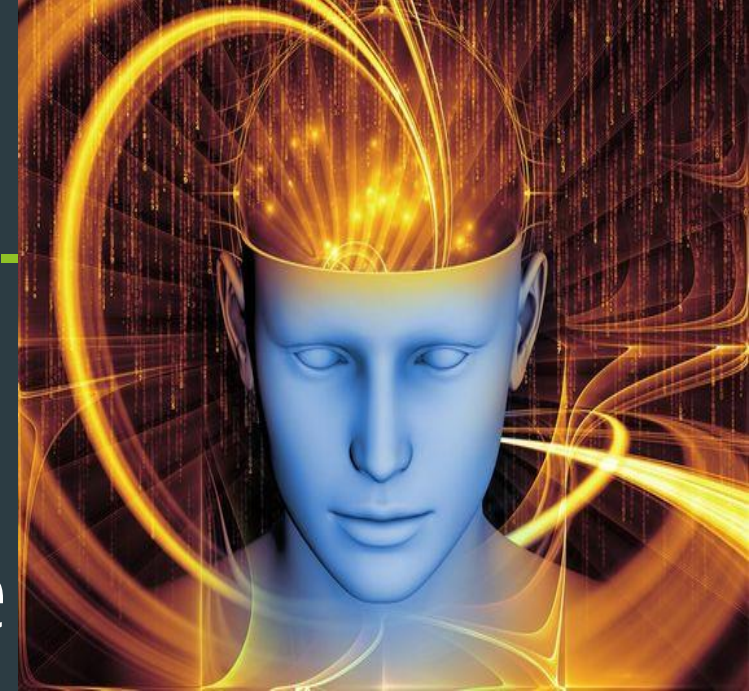
Envy





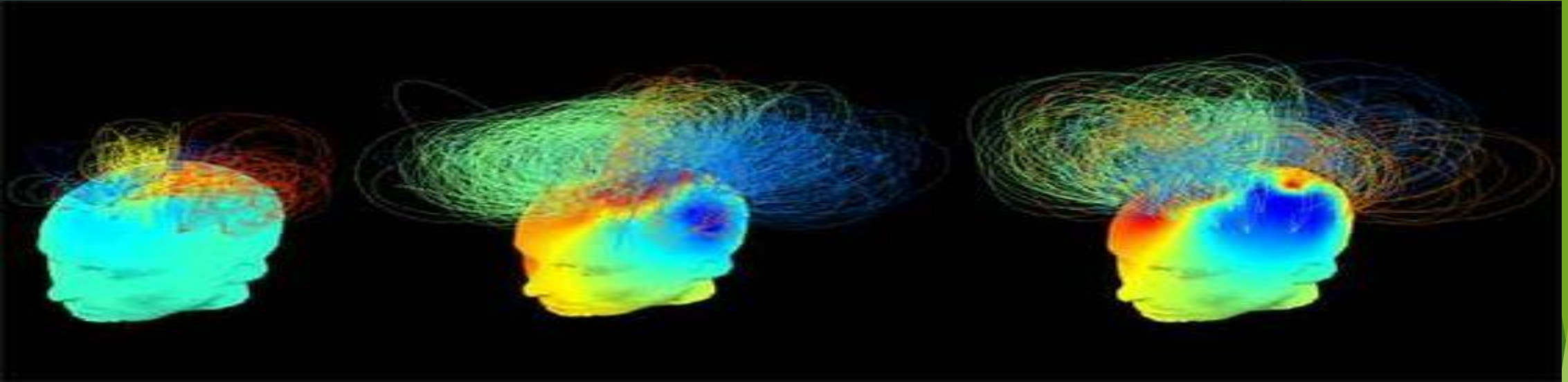
**KEEP
CALM
AND
TEST YOUR
HYPOTHESIS**

The Biology Of Belief -



The body may actually be **reading the mind** and therefore manifesting physical issues in an epigenetic manner, as per Bruce Liptons Epigenetics; Biology of belief theory (2015).

DIFFICULTIES OF STUDY



- * Consciousness of another person is almost impossible to measure
- * Post trauma - Peoples memories may be blurred - False memories could occur
- * I am NOT a scientist



I will
in Shaa Allaah



turn my weaknesses into my strengths



**TRUE KNOWLEDGE
EXISTS IN KNOWING
THAT YOU KNOW
NOTHING**

- SOCRATES

Can your body read your mind?





BE CAREFUL WHAT YOU THINK



BECAUSE YOUR THOUGHTS RUN
YOUR LIFE.

PROVERBS 4:23



REFERENCES

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