



GODTHJÆLP
MAUGENDRE
INTERNATIONAL INSTITUTE

THE ART OF BALANCING THE BODY

PAIN TREATMENT

- with Auriculotherapy



1st Croatian Congress of Acupuncture, April 2024



Teacher - Rikke Godthjælp RAB
GODTHJÆLP & MAUGENDRE Institute



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RIKKE GODTHJÆLP RAB



Rikke Godthjælp RAB

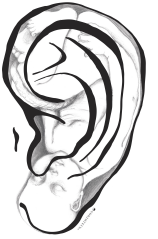
- is a Danish therapist and teacher that teaches internationally.
- started her education as therapist and health practitioner in 1998.
- specializes in Auriculotherapy, Posturology, Chromotherapy and Acupuncture.
- is the founder and owner of the GODTHJÆLP MAUGENDRE International Institute, established in 2003 in Denmark.
- Rikke has been practicing and teaching Auriculotherapy, Auriculomedicine, Posturology, and Chromotherapy since 2004 and 2010, respectively.



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PLAN OF THE WORKSHOP



- Nogier and Auriculotherapy
- Human in the ear
- Two kinds of points
- Use of the blue palper
- Practicing on each other – localization of the spine with the blue palper
- Use of the glass rod
- Ear seeds and ASP® needles
- Practicing on each other – utilizing the glass rod or ASP® needles



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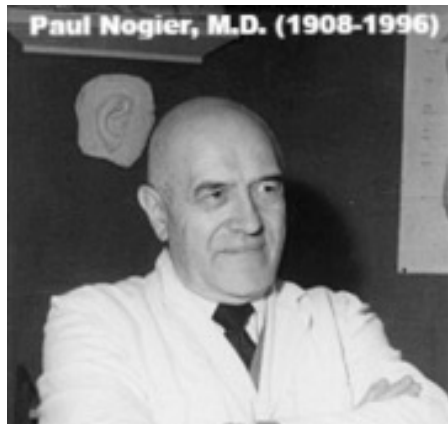
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WHO IS PAUL NOGIER – honouring the origin



Paul Nogier is the founder of Auriculotherapy and Auriculomedicine.

He discovered that the whole human body is represented in the ear pavilion.



One of his other discoveries was the VAS – Vascular Autonomic Signal, also referred to as the Nogier-pulse.



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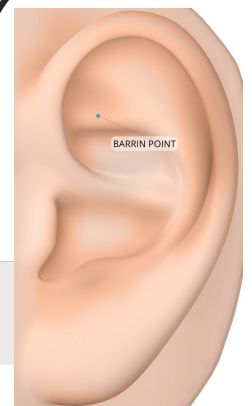
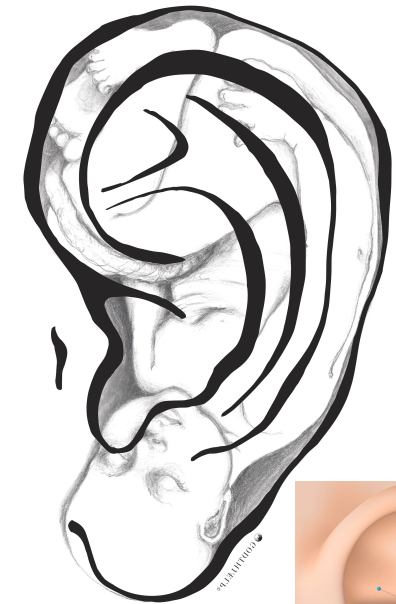
WHAT IS AURICULOTHERAPY ! ?

In 1951, influenced by Madame Barrin's treatments in Marseille, Paul Nogier became the first interested in the ear and tried to understand the effectiveness of the treatment.

He experimented with cauterizing (burning the skin) on the "Barrin" point to relieve sciatica, with positive results.

This technique proved effective only for sciatica, leading Nogier to associate the Barrin point with the lumbosacral region (L5-S1).

He discovered that the spine was represented on the antihelix area, discovering the ear's reflexive properties, where each point corresponds to a specific part of the body, considering the ear as an inverted fetus.



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WHAT IS AURICULOTHERAPY ! ?

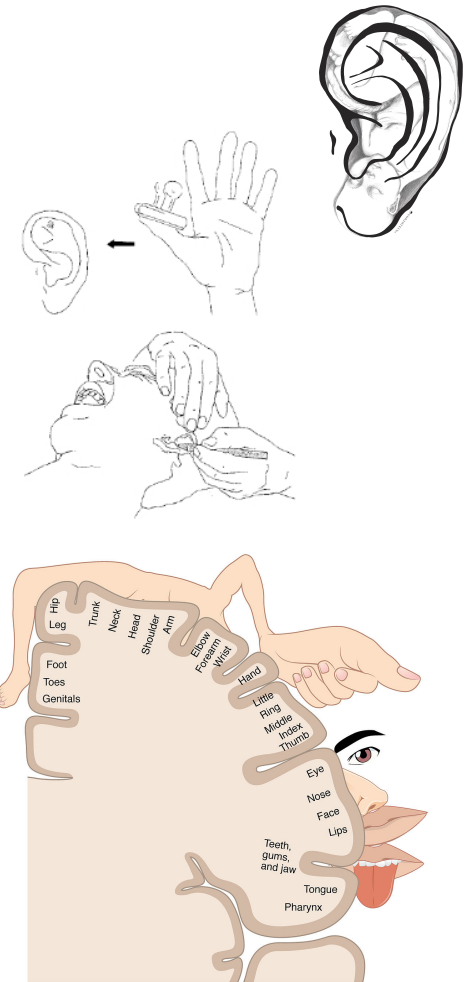
The identification of localizations on the ear involved inducing a pain response.

By applying pressure or discomfort to specific areas of the body like the thumb, knee, or elbow, corresponding points on the ear could be precisely located.

This process is facilitated by the reticularis in the brainstem, which establishes neural connections between the stimulated site on the hand and its reflective point on the ear.

This reflective response corresponds to the somatotopy of the cortex.

These points are called reflective points or reflex points. When we want to find the reflective point of a painful area, like the thumb or elsewhere on the body, we search using pain.



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2 KIND OF POINTS – reflex points and functional points



WHAT IS A REFLEX POINT ?

REFLEX POINT (painful point)

- A reflex point is a point that reflects the painful localization. Ex the knee, the shoulder, lower back etc..
- A reflex point will always be painful when pressure is added with the blue palper or the glass rod.
- A painful knee will be reflected on the knee-zone on the ear.
- A painful shoulder will be reflected on the shoulder-zone on the ear etc..
- When you treat the reflex points, you will have an immediately decrease in pain.



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2 KIND OF POINTS – reflex points and functional points



WHAT IS A FUNCTIONAL POINT ?

FUNCTIONAL POINT (CNV/ NVC = Neuro Vascular Complex)

- Functional point is a point that reflects an area that is involved in the reasons for the pain.
- A painful knee can be treated with a point on the foot if the position of the foot is involved in the reason for the pain in the knee.
- If the person suffers from anxiety or a sleep disorder that can also have an effect on the knee pain, shoulder pain etc.....
- When treating a functional point, you can have an immediately reaction but also a long-term reaction.



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2 KIND OF POINTS – reflex points and functional points



REFLEX POINT

Is a painful point

The points can be found with the blue palper or the glass rod.

You can treat it with

- Needles
- Pressure

FUNCTIONAL POINT

Is a CNV/ NVC = Neuro Vascular Complex

Can be found with an electrical detector like the PREMIO 20DT or with VAS-pulse

The points can be treated with:

- Needles
- Pressure
- Electrical stimulation
- Frequencies
- Colors and Laser



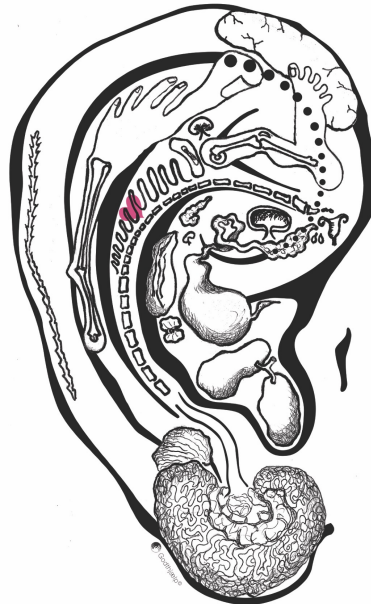
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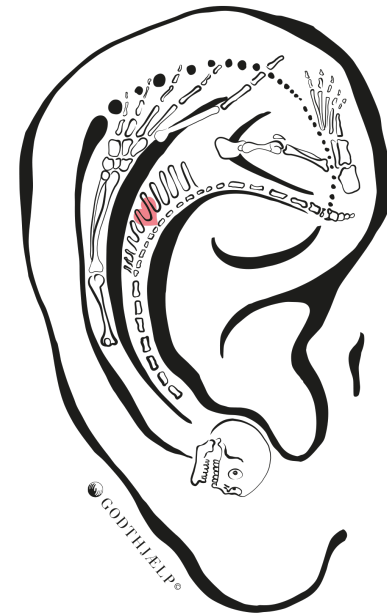
HUMAN IN THE EAR



CHILD IN THE EAR



THE WHOLE BODY IN THE EAR



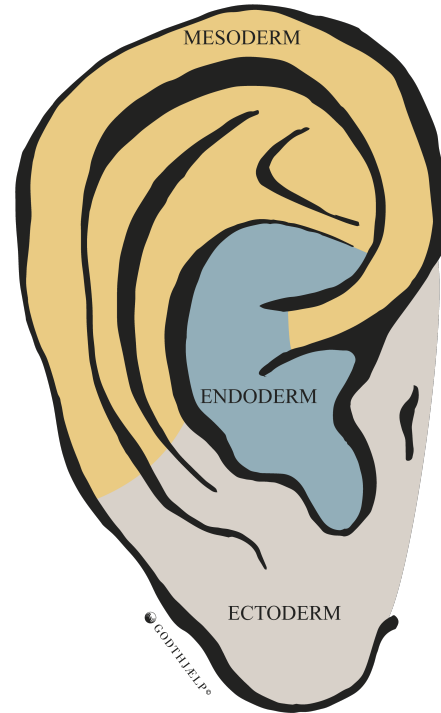
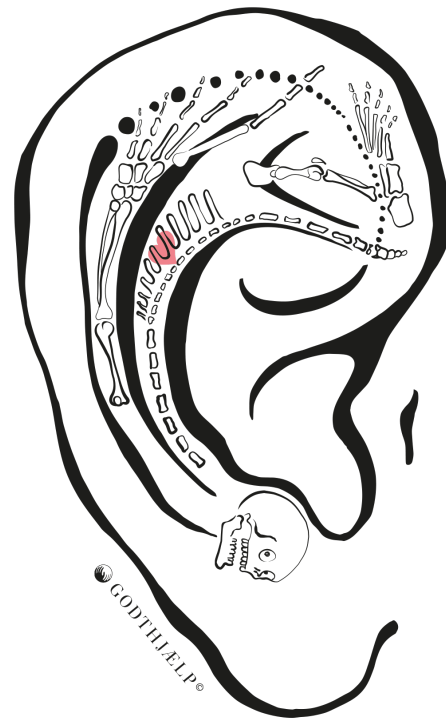
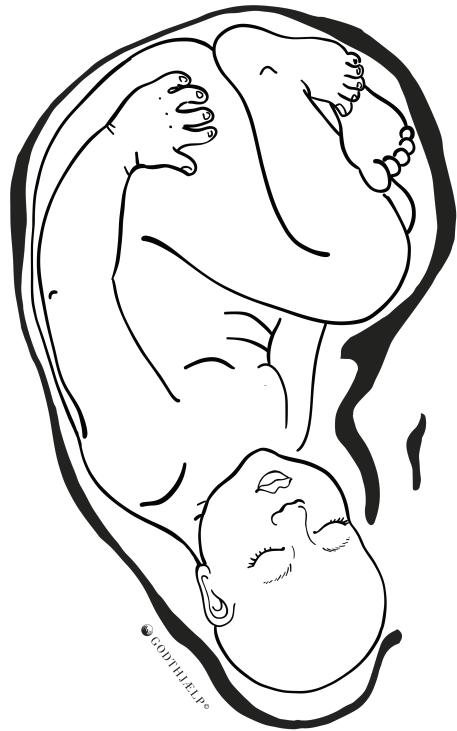
SKELETON IN THE EAR



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AURICULAR – REPRESENTATIONS



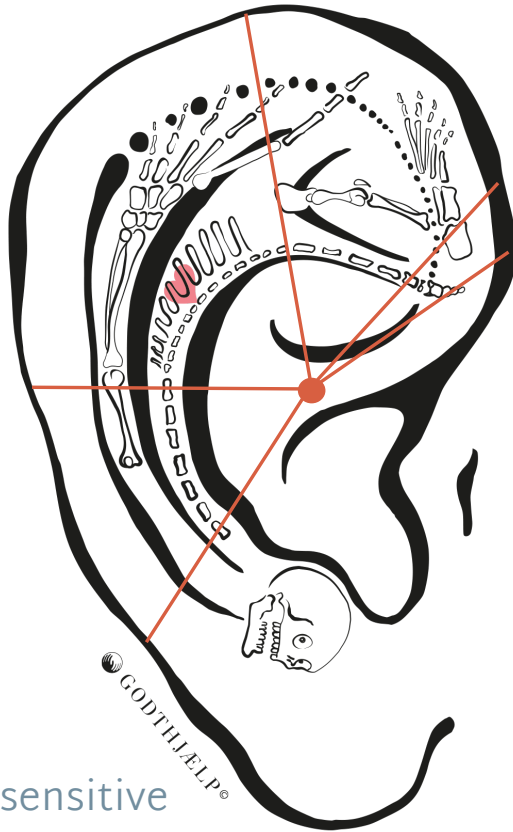
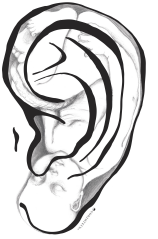
- Mesoderm – Trigeminal nerve V3
- Endoderm – Vagus nerve X
- Ectoderm – Great auricular nerve C2-C3



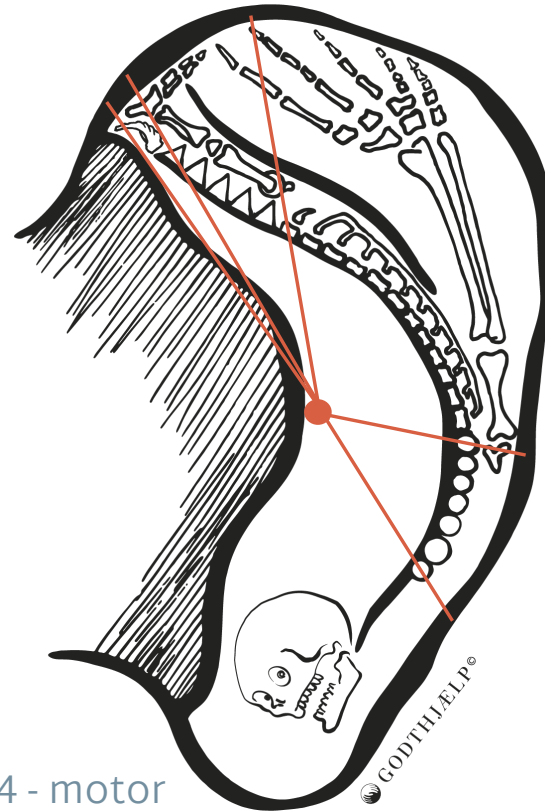
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AURICULAR – the skeleton



PHASE 1 – sensitive



PHASE 4 - motor

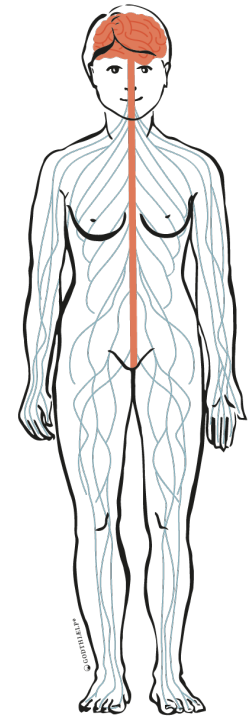
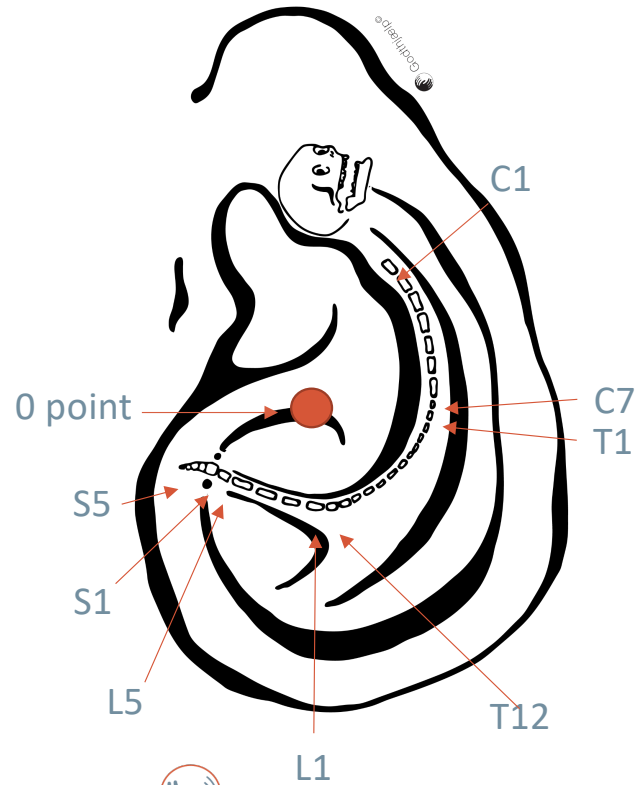
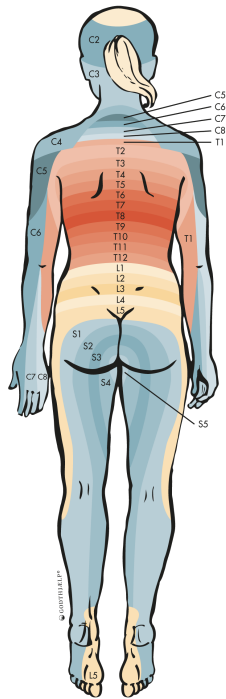
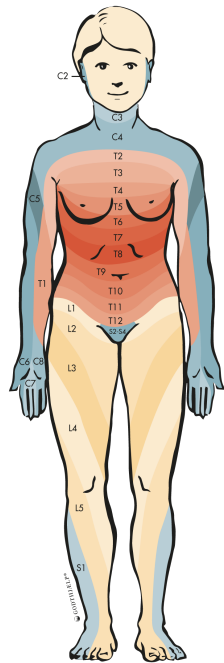
- C1 – C7 vertebra
- Th1 – Th12 vertebra
- L1 – L5 vertebra
- S1– S5 / sacral vertebra



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DERMATOMES – reflected on the ear, pain treatment along the spine



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HOW TO USE THE BLUE ROD



BLUE ROD – FOR PAIN ONLY

When searching for points of pain, you can use the blue pressure feeler / the blue rod. This is the ONLY thing you can use the blue rod for – pain.

Inside is a spring that makes sure that the pressure you apply to a point is 250 grams all the time.

It is important that you don't push the pressure feeler all the way. Around halfway is perfect.

Be careful not to slide too much on the skin in the ear, it can hurt a lot.



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HOW TO USE THE BLUE ROD



GRIMACE – YOU ARE ON THE RIGHT POINT

When you find the right point, the person will make a wincing face “Grimace”. This is an indication that you are in the right place.

To make sure that you are in fact on the right spot, you can try to move your blue rod to another place on the ear and test again. This also works for educational purposes for your patient. It is easy to feel the difference.

If you do want to treat with an ASP®-needle on the point, be attentive to place the needle, in the same direction as you found the point.



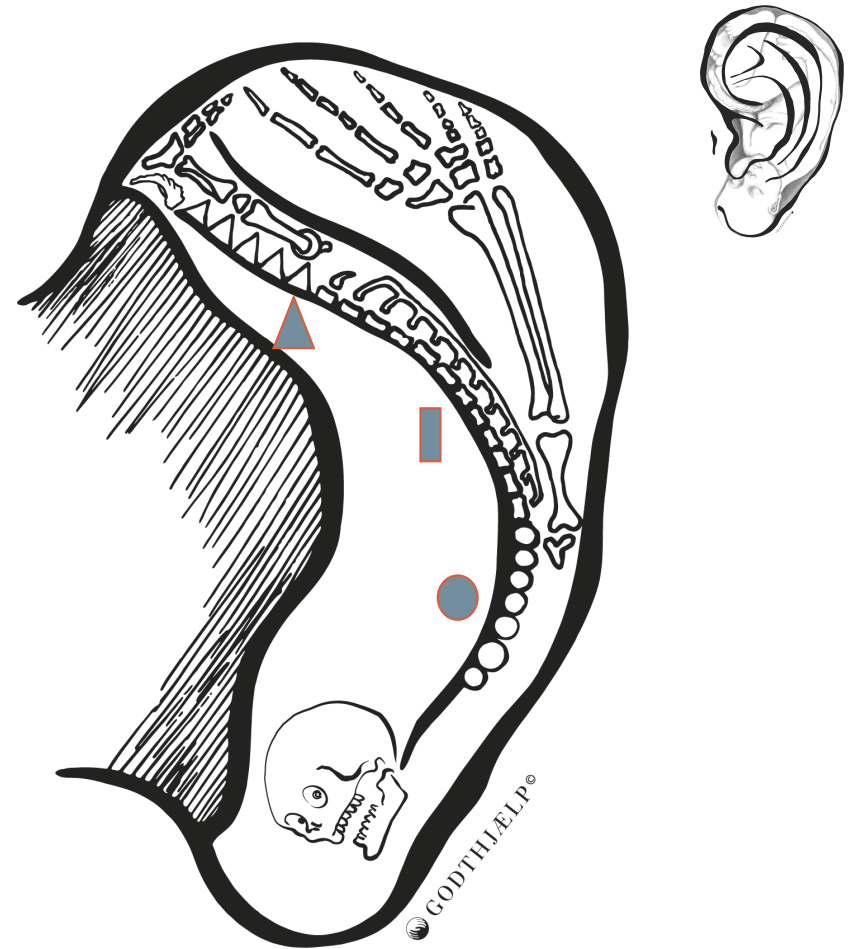
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PRACTICING POINTS

TRY TO FIND THE SPINE IN PHASE 4

- Cervical muscle
- Dorsal muscle
- ▲ Lumbar muscle



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GLASS ROD – acupressure on the ear



There can be many reasons for using the glass rod

- No bleeding
- Less pain
- Laws and regulations
- Can be used on children
- When the VAS pulse can't be found
- Can be used on people with disorders that prevent them from getting treated with needles
In this case you could also use the hand laser



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GLASS ROD – acupressure on the ear



Sedatelec



How to treat with acupressure and the glass rod in Auriculotherapy

- You should only utilize the Glass rod to treat reflex points
 - This means that the points are found with pain and grimace utilizing the blue palper
1. Find the zone you want to search and localize the point with your blue palper
 2. The direction you find the point in, is the direction you must treat in
 3. Apply pressure with the glass rod for 40 seconds on the found point
 4. Often you find several points in the same zone
 5. Be careful how much treatment you give, it is painful, and the body needs to process the information



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THE ASP® NEEDLE



- ASP® - Auricular Semi Permanent Needle
- The ASP® needle, developed by Sedatelec in collaboration with Dr. Paul Nogier, stands as the leading choice among practitioners in auriculotherapy. The needle is enclosed within a plastic injector which ensures practitioners a high degree of control and enhanced precision.
- ASP® needles are crafted from three types of metal: Stainless steel, gold, and titanium. Among these, the steel needle reigns supreme due to its minimal discomfort and cost-effectiveness. Steel, being an exceptionally hard metal, allows for sharp grinding. These needles are manufactured using surgical steel, virtually eliminating nickel content.
- ASP® needles are standardized in a single thickness, distinguishing them from TCM needles.



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EAR SEEDS OR ASP®



When using ear seeds or semi-permanent ASP®-needles

- You have to disinfect the ear area of treatment, before applying an ear seeds or an ASP®-needle
- Maximum use of 5 ASP®-needles all in all for both ears or 5 areas all in all
- You can use more ear seeds, but remember that the brain and the body must process the information. Less is more.
- Use tweezers when using the ear seeds for easy application



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CASE STORY – lumbar pain



Female, 42 years old

- Experiences tension headaches and lumbar pain.
- After 3 treatments, lumbar pain completely disappears; however, it returns with overtraining.
- Headaches are related to jaw tension and clenching due to stress, requiring periodic treatments.
- Hormonal points are monitored due to age.



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CASE STORY – knee pain



Male, 37 years old

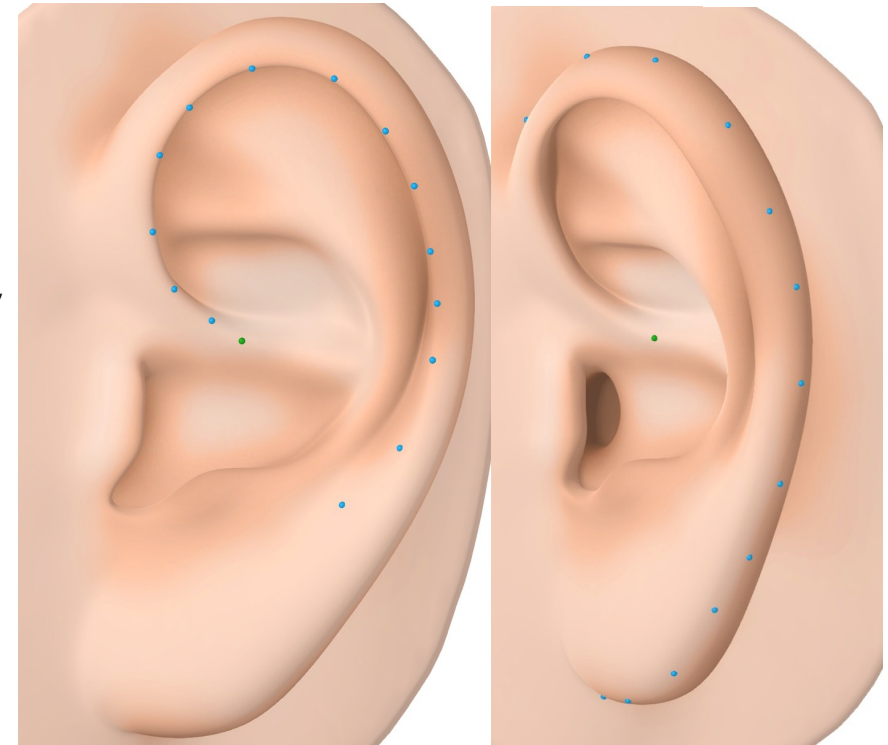
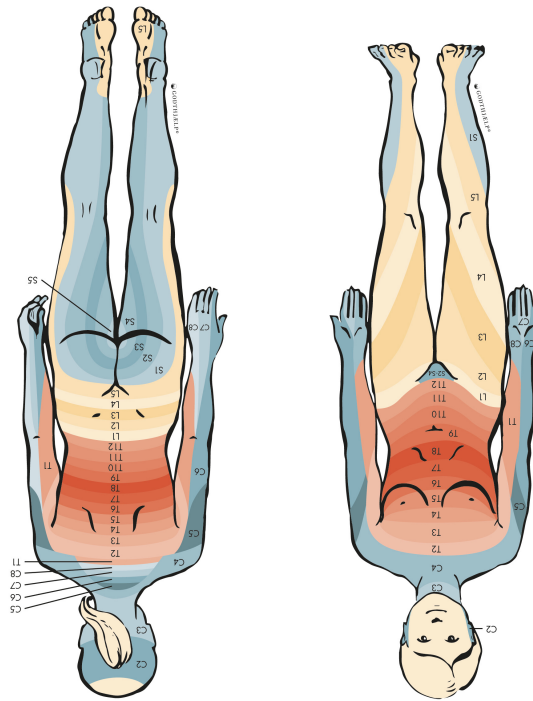
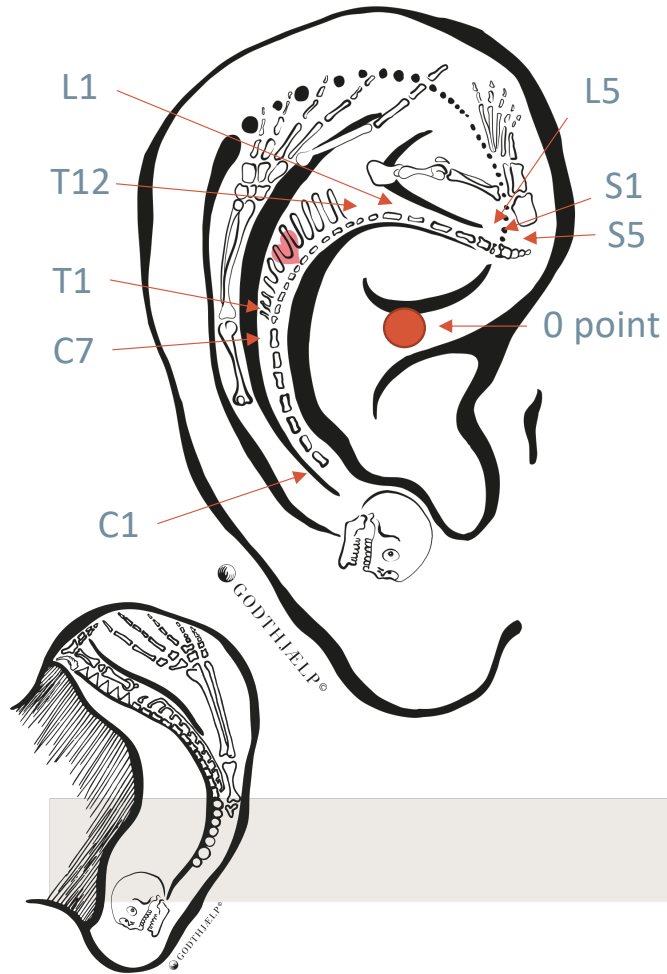
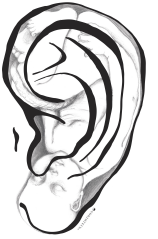
- Presents with knee pain following a twist; recurrent issue.
- Treatment focuses on the knee reflex zone, jaw, and foot points.
- After 2 treatments, significant improvement noted.



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Pain treatment – along the borderlines, the spine and the reflex-zones



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PROTOCOL – headaches and migraine



0 point:

- To regulate the neurovegetative balance

Liver:

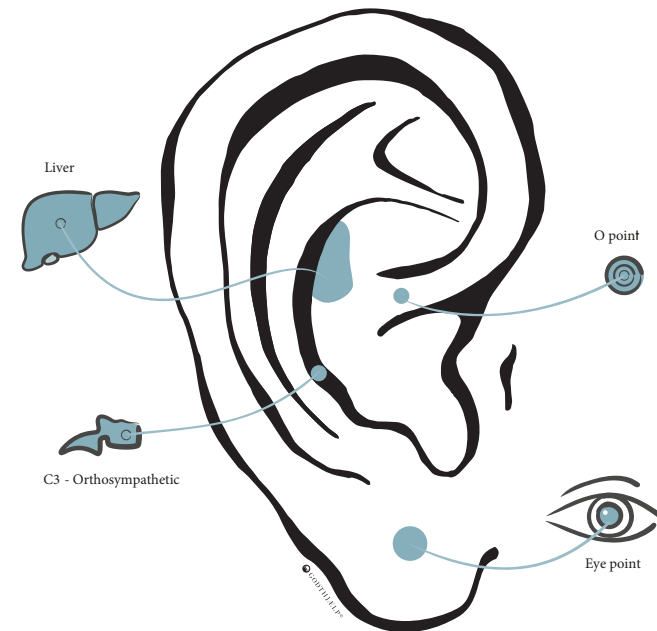
- To regulate activity, hormonal balance, digestion issues, toxin elimination,

C3: muscle and orthosympathetic

- To reduce vasodilatation of vessels in the brain and relaxation of neck and jaw.

Eye point: sensory masterpoint

- Filter of pain



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EAR – maps and protocols



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WHERE CAN I FIND IT?



If you have any questions about the tools we talked about in this course please contact Sedatelec

A dark green rectangular box containing the Sedatelec logo and contact information. The logo features a white circular arc above the text 'Sedatelec' and the tagline 'YOUR WAY OF CARE, OUR QUALITY DEVICES'. To the right of the logo, the name 'Stefanie Cochet' is written in white, followed by the email address 'contact@sedatelec.com' and the website 'www.sedatelec.com'.



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Rikke Godthjælp RAB



Stéphane Maugendre MD

SEE MORE ON WWW.GMIINSTITUTE.COM

Q & A + THEME DAY



DO YOU HAVE QUESTIONS? DO YOU WANT ANSWERS?



5 - 6 times a year you can join us on Zoom. Here, we will talk about a theme and answer any questions about Auriculotherapy in general.

SUBJECTS:

Pain, Treating the Jaw, Covid symptoms, Toxic Scars, Stress and Anxiety, Hormones, Allergies

SEE MORE ON WWW.GMIINSTITUTE.COM

NETWORK –JOIN US ON FACEBOOK



On Facebook we have a community where you can find information and ask questions

It's a group that Rikke started in 2015

The group can only be joined if you have participated in a minimum of lectures of Auriculotherapy or Posturology, that enables you to participate as a therapist, exchanging knowledge.

The group mainly consist of Scandinavians, but please join and learn and share.

You have to apply to join.

The name of the group is called:
AURICULO OG POSTUROLOGI SKANDINAVIEN



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THANK YOU FOR PARTICIPATING



I am **Rikke Godthjælp RAB**

It has been my pleasure to share my knowledge with you!

If you want to stay tuned, please go to our homepage
www.gmiinstitute.com

Find us on LinkedIn, Facebook or Instagram

You can also write to me at
rikke@godthjaelp.dk



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