

3rd International Conference and Exhibition on **Traditional & Alternative Medicine** August 03-05, 2015 Birmingham, UK

Evaluating the effect of the flower essences in traumas and fears in children who live in a poor situation

Lucia Maria N F de Albuquerque, Guilherme Giani Peniche, Leila Fortes Salles and Maria Julia Paes da Silva
Universidade de Sao Paulo, Brazil

Among people who live in slums there is a big number of children and teenagers that live in a constant risky situation. The facts of risk are those that, if present, increase the possibility of a child to develop an emotional or behavioural disorder. The aim of this research is to analyze the results of Bach essences in the treatment of fears and traumas in children who live in a poor situation. This is a randomized clinical trial, double-blind, with quantitative and qualitative approach. The children and the art therapist expert, who will analyze the fear and trauma won't know who integrates each group. The research will be carried out in the non-governmental organization called "*Gotas de Flor com Amor*". There are 17 children, between 6 and 8 years old, that will be participating and the group will be divided in two: experimental and placebo. The first group will receive the flower essences for fear and trauma: Rock Rose, Mimulus, Aspen, Star of Bethlehem and the second group will receive only water. The intervention will last 60 days. The effect of the Flower essences will be analysed quantitatively and qualitatively by an expert through the creation of a garden using the principles of art therapy in 3 different moments: In the beginning, in the middle and in the end of the study. This project was approved by the research ethic board from Sao Paulo University Nursing School. The meeting with the children's parents has already been held in order to explain them the research and to get their approval and signature of the Consent Form.

Biography

Lucia Maria N F de Albuquerque is specializing in floral therapy. She is a member of the group of complementary and alternative therapies studies from the Nursing School University of Sao Paulo.

lm-freire@uol.com.br

Notes: