

WELL-BEING AND EMPATHY: IMPACTS OF A TRAINING PROGRAM IN COMPLEMENTARY CARE PRACTICE

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INTRODUCTION AND PROBLEM STATEMENT

A large majority of healthcare professionals report suffering from fatigue, sleep disorders, concentration problems, stress, anxiety and chronic pain (Bataille-Hembert et al., 2023).

This topic is so important that it is considered a lever for improving the **quality and effectiveness of care** (ODOXA Study, 2025). One cause often mentioned to explain this ill-being is the **lack of training** of healthcare workers in **psychosocial competences** (ODOXA Study, 2025). Solutions have therefore been proposed and implemented in medical and paramedical curricula.

Previous studies have shown that the practice of **DBM Fasciotherapy** has a positive effect on the development of **relational skills** such as listening, presence and attention in health professionals (physiotherapists and physicians) who train in this approach (Lachance et al., 2023; Courraud et al., 2021; Courraud et al., 2019).

This **exploratory survey**, carried out by TMG Concept in collaboration with CERAP-UFP, aims to monitor changes in **well-being** and **clinical empathy** among professionals training in fasciotherapy and somato-psychopedagogy.

METHODOLOGY

The survey included 82 trainees. Four questionnaires were used to assess clinical well-being and empathy. They were sent by email with a personalized anonymous link via the LimeSurvey software. Data collection took place at **two times: before** training (T1) and **at the end** of training (T2). (table 1)

Training and Trained number	Face-to-face training hours	Sending out Questionnaires MAIA-2 ; STAI-YB ; PSS-14 ; JSPE		Duration
		Debut T1	End T2	
FT Fasciotherapy (25)	13 sessions of 3 days (273 h)	T1	T2	26 months
SPP somato-education (6)	12 sessions of 4 /5 days (378 h)	T1	T2	38 months
Osteo cycle – Fascial & myofascial techniques (11)	3 sessions of 3 days (63 h)	T1	T2	6,5 months

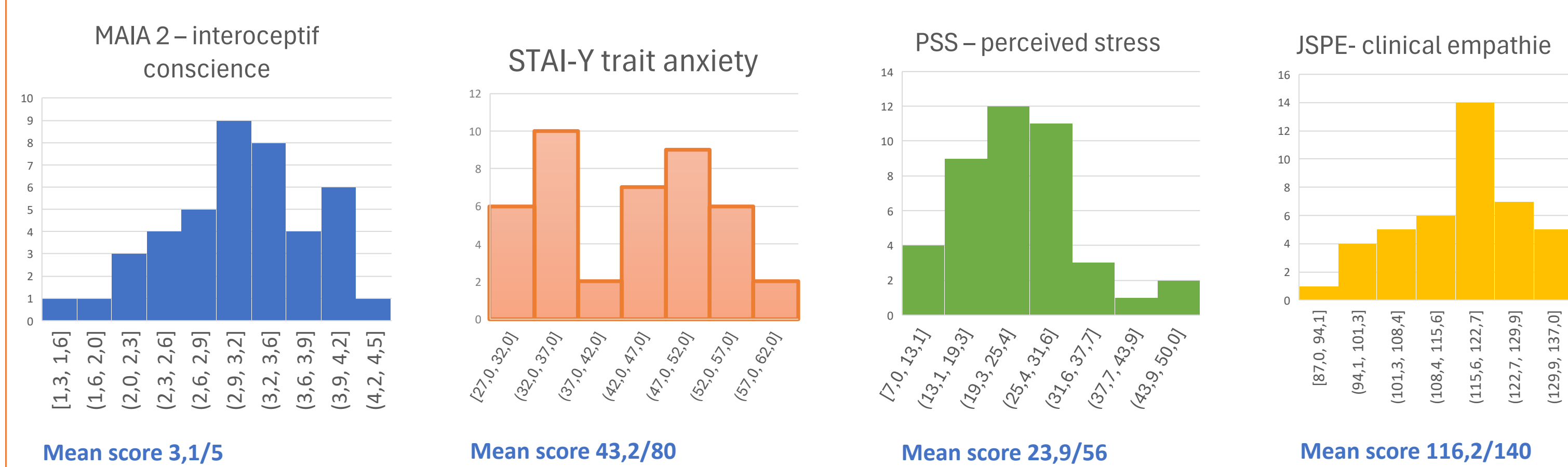
The programs combine **theoretical** teaching and **practical** work focused on **relational touch, sensorial gymnastics, and full-presence meditation.**

RESULTS

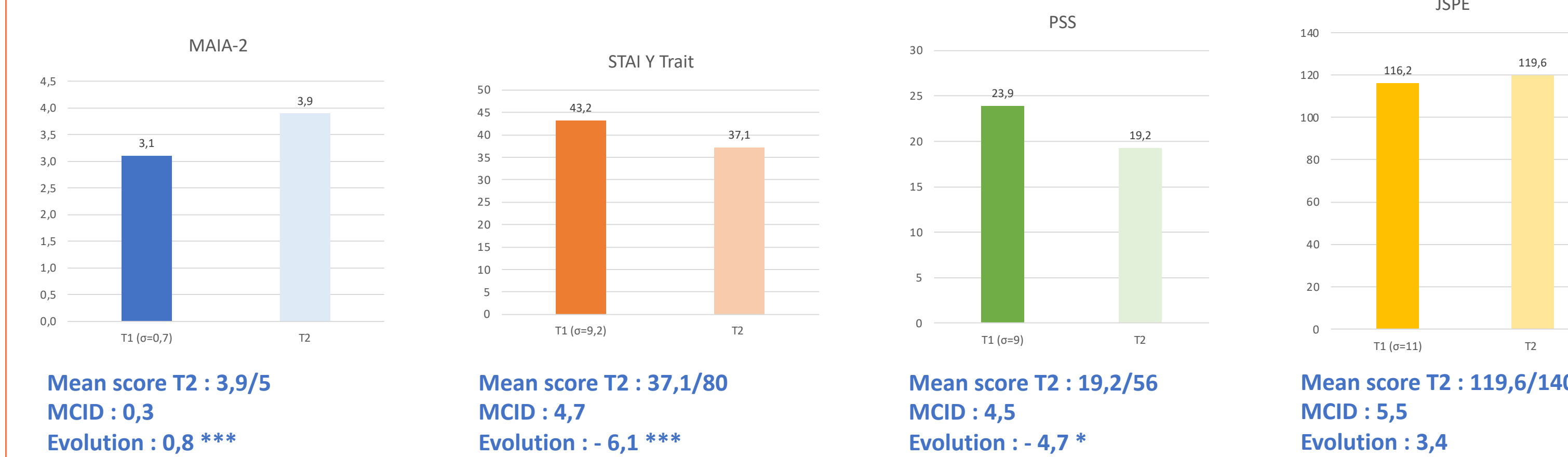
42 trainees completed all questionnaires (**50%** of those surveyed).

General Population

Population at T1 (figure 1)

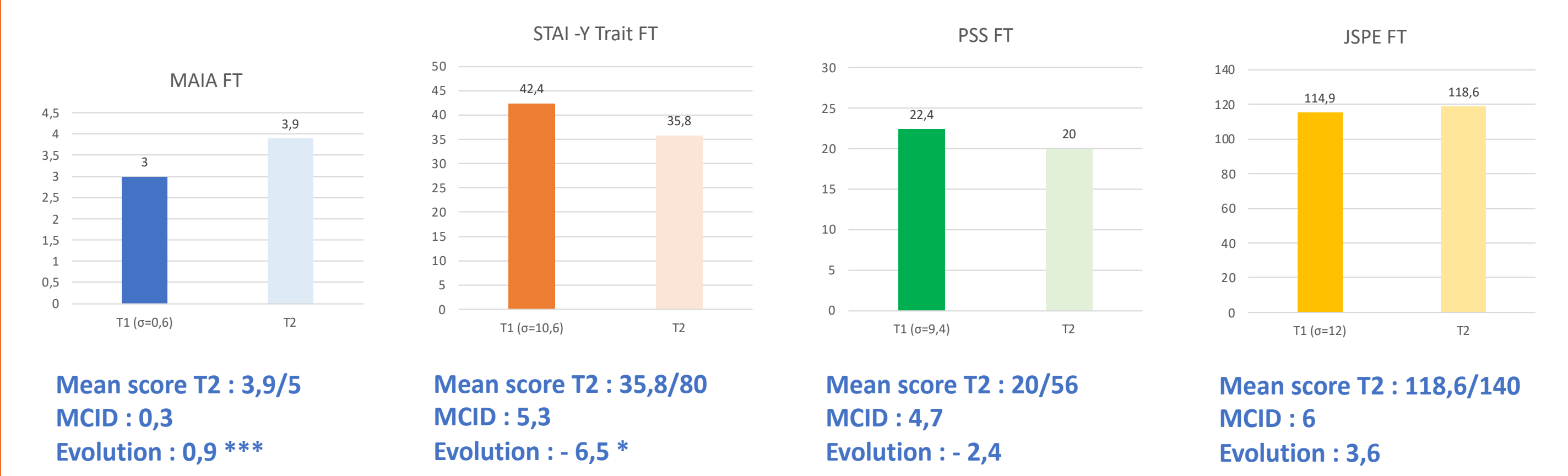


Changes T2-T1 (figure 2)

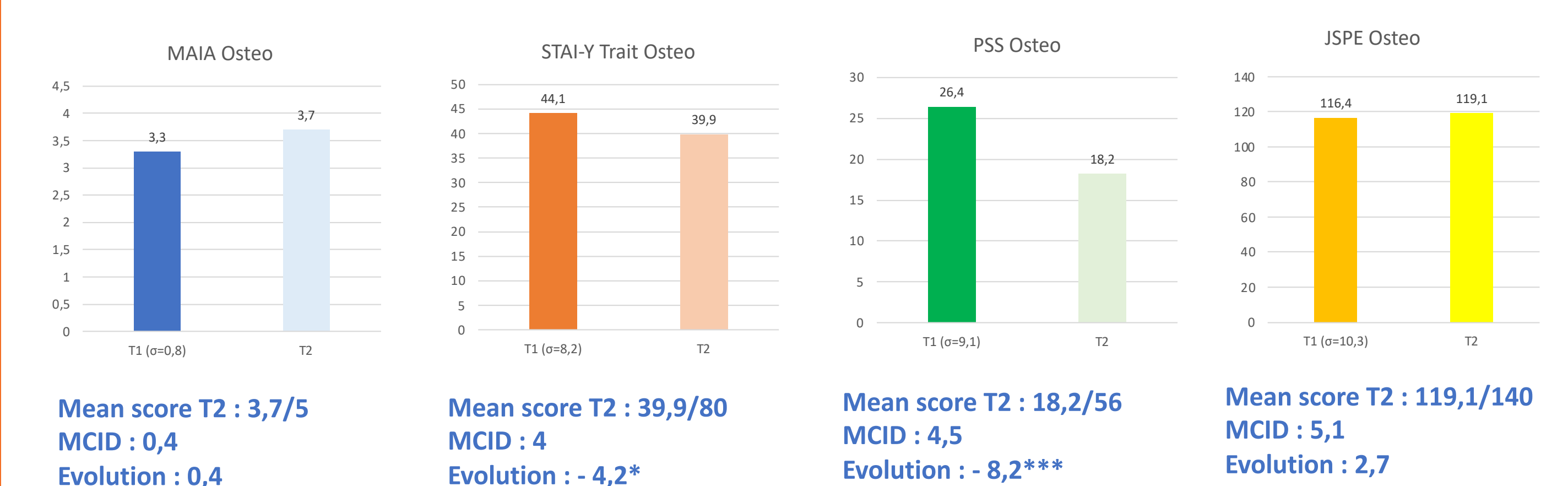


Training comparisons

Regular Fasciotherapy Training (long term) Changes T2-T1 of 25 trainees (figure 3)



Training of Osteopaths to fasciotherapy (short term) Changes T2-T1 of 11 trainees (figure 4)



DISCUSSION AND PERSPECTIVES

The training to fasciotherapy strikingly improves interoception awareness and in general, body and inner-self awareness.

In a context where the suffering of caregivers is an issue for the quality and the effectiveness of care, this exploratory survey shows that training courses develop the interoceptive awareness of participants:

- improve their psychological well-being (clinically relevant reduction of anxiety and perceived stress)
- enrich and maintain a high degree of clinical empathy.

This study draws the hypothesis that enriching caregiver's relationship to their body could help improve their overall mental health and relation to their job.

Limitations:The number of respondents is unsatisfactory, 50% non-respondents at T2. This does not allow the results to be generalized.

Perspectives: Extend the study to a larger number of participants including other organizations that deliver the same training and that deliver training in non-body-based NPIs (non-pharmacological interventions).

Study the consequences of these changes on professional practice. Add questionnaires on physical health.

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