

Title of video CCRF Testimonial – Leisa Bellmore 2012 CCRF Recipient
Length of video 1:31

Hello. My name is Leisa Bellmore and I serve on the INCAM Board of Directors. I am a Shiatsu Therapist, researcher and lecturer based at University Health Network in Toronto, and my colleague, Dr. Cary Brown – who is an Occupational Therapist at University of Alberta – she and I are past recipients of the Canadian CAM Research Fund grant.

We received the CCRF in 2012 and we did a pilot study looking at hand self-shiatsu for sleep problems in persons with chronic pain – that study was published in 2014. While it was a small study, that study really laid the foundation for further work.

We went on to do another slightly larger study, again, looking at hand self-Shiatsu for sleep problems in adolescents and young people with chronic pain. From there, we went on to do a non-randomized control trial, again, looking at self-Shiatsu – this time, with population of military veterans and their families.

While that grant allowed us to do that for a small study, that really laid the foundation for further work and it allowed us to secure funding for those future projects as well. If you have a research project in mind, I would strongly recommend that you apply for the CCRF. And I hope to read your research studies in the future.