



Long term impact of Emotional Logic

Extract summary from research published in the European Journal of Integrative Medicine

3.2.1. Primary Care long term follow-up questionnaire

147 patients over two years received Emotional Logic training on referral from GPs. Of these, 88 (60 %) remained registered with the medical practice when the questionnaire was sent out four years after the last of these patients had been referred. After two mailings, 39 completed questionnaires were returned, giving a 43 % response rate. The gender distribution of people sent questionnaires (male 28 %, female 72 %) is similar to respondents (male 23 %, female 77 %)

Of the respondents, Emotional Logic was remembered 4–6 years later as being helpful in the short term by most respondents (71 %). 55 % of respondents reported continuing benefit after 4–6 years, and 14 of these (37 % of responders) said they had used their new knowledge to help others. This is the key audit finding for the hypothesis of a relational connection factor in recovery.

The transferability of Emotional Logic learning to others was reported in free text comments that showed beneficial effects in all five of Goleman's domains of emotional intelligence. Examples are: 'It helped me to help my daughter get through marriage break up and help her work it out'; 'A close friend suffering from depression'. Family members, friends and work colleagues were mentioned. A professional cited that he had used his knowledge in dealing with distressed people in his work.

Further details on this research in the Emotional Logic Centre's published paper in the European Journal of Integrative Medicine can be accessed via this link:

[Click her to view the full published paper](#)