

# TBM Medication Session Pre-Attunement Instructions

The TBM medication attunement session is not only vital to recovery for many clients but also can be a significant logistical undertaking. This document is to serve as a guide for practitioners to navigate the logistical elements efficiently and effectively. Please reference the section titled “Medications” in our Compilation (“The Big Book”) or Module 3 manuals.

We recommend the following be done prior to a medication attunement to increase the efficiency of the process.

- 1) Have the client complete a **TBM Medication Application Form**.
- 2) **Review the form** for the following:
  - a. **Thoroughness and completeness.** Provoke them by asking questions like, “I don’t see any oral contraceptives on this list, have you never taken any?”
  - b. **Individual medications**, not categories - for instance, if they write “birth control,” ask them to list each one out. If they write “childhood vaccines,” again ask for a list.
  - c. **Full generic names**, not partial nor trade names. The TBM vials are labeled, and organized, by generic names and sometimes there are more than one form (e.g. Mycophenolate Mofetil (Cellcept) vs. Mycophenolate Sodium (Myfortic).
- 3) Using a copy of our “TBM Medication Vial Library” as a reference, **notate which medications listed on the application form are not in the TBM vial library** (or your practice’s vial library). Rectify the deficiency in one of the three following ways:
  - a. Have the **client provide a sample** of the medication during the session.
  - b. **Create necessary molecular diagrams.** Have a staff member or the client printout a molecular diagram to be used as a “paper vial” for each medication for which a vial is not available. Wikipedia is a good source for nearly all medications.
  - c. Test for suitable **stand-in vials**. A medication from the same class may also be used. An example would be the aminoglycoside antibiotic vial Erythromycin, Topical (Emgel/Eryacne) can sometimes be used as a **stand-in** for other aminoglycosides (e.g. streptomycin, vancomycin, azithromycin). Medication vials for combination drugs can also sometimes serve as a stand-in. For instance, the Acetaminophen, Aspirin, & Caffeine (Excedrin) vial may be able to be used for any of the three medications listed on the label.
- 4) **Organize your TBM medications vials** so you can quickly locate them during a session. If you use TBM vial cases, contact us for case labeling supplies.
- 5) **Obtain a container to hold the vials** that tested positive so you can easily Harmonize them collectively. We offer a pouch that can be used for this purpose.
- 6) **Schedule ample time**, depending on the number of medications, a medications session may take from 15 to 30 minutes.

If you have any questions about the medication attunement process, do not hesitate to contact the TBM office via email ([health@tbmseminars.com](mailto:health@tbmseminars.com)) or via telephone [+1 (435) 652-4340].

Total Body Modification