



December 2006

Review of Complementary Therapy; Facial Reflexology at Charter School

Our continued objectives are:

To help support the mental, physical, emotional and spiritual well-being of the students.

We aimed to help improve the following:

- Self esteem and confidence
- Capacity to learn by improving attention span and concentration
- Calm hyperactivity by helping to reduce tension and anxiety

We also aimed to support and address the emotional needs and aspects of the children's development through puberty.

Summary of students treated

Danielle Chandler

Danielle has continued to respond well to the treatments she really looks forward to them each week and we feel it has really helped her self esteem and confidence this term. We have had feedback from her teaching assistant that her concentration levels have improved and she is more attentive in class. One of her comments in her diary is that she feels 'brand new' after a treatment. She is always polite and very grateful and would love to have reflexology until she leaves school!

Tom Stokes

Tom has continued to greatly benefit from the treatments, he completely relaxes during the treatment and says it is helping to keep him calmer and feels he is

able to concentrate better in class. We have established much better eye contact this term and he has opened up a lot more and we feel the therapeutic relationship has developed considerably this term. We have heard that his mother has noticed a big difference in his behaviour at home and maybe with a change in treatment day his behaviour could benefit even further at school.

Akeem Samuels

Akeem loves his treatments and we feel benefits greatly from the sessions, he says he is able to concentrate more and thinks he has been working better and harder this term?! He says he hasn't been on report and feels his behaviour has been better this term, he completely relaxes into the treatment and is **never** late for an appointment and says he couldn't cope if he didn't have his reflexology every week!

Josh Gurnay

We feel Josh has greatly benefited from this treatment he is a completely different student to the one we first met back in June. His confidence levels are much higher and he is calm and clear in his thinking and communication with us. He is always on time and has never missed an appointment and looks forward to each treatment.

Luke Nairaine

Luke seemed to be responding well to his treatments, he definitely enjoyed them to being with and relaxed well into the treatment but we suspect something has happened or something has been said as he hasn't been to the last 2 sessions and he was reluctant to have a full treatment at his last session, he was beginning to open up more and we would like to be able to continue to develop the therapeutic relationship to try and help him further.

Lev Fensterheim

Lev has been an interesting case initially we thought we would struggle to get him to have the treatments but he was actually very willing and responded well at the beginning. But as time has gone on he has become more reluctant and has refused to come along, it is very disappointing that we have not been able to treat him with more success.

Rhys Wilson Walcott

Rhys has come along very well when he started his treatments in June 2006 he came across as being withdrawn, with difficulties in expressing himself verbally. He was also unable to make eye contact whilst having a conversation. For the first few sessions he found it hard to relax and kept twitching and moving his position whilst being treated. He has had 15 treatments up to now and about half way through his treatments we started to notice a distinct improvement in him. First of all he is able to relax fully and often falls asleep whilst treated. He comes across as much calmer, open and happier in himself. He professes to be able to

concentrate better at school and claims to be getting into less trouble. His mother has also noted an improvement in his behaviour.

Romario Wright

Romario loves coming to his weekly facial reflexology session and he always makes sure he turns up on time to have a full treatment. Since the beginning he has been able to relax well enjoying the feeling of the treatment. Romario comes across as an active, sociable and quite content person. He has been good at giving feedback on his treatments and verbalizing how the treatments are benefiting him. In general he explains feeling calmer, his sleep pattern has improved and he is able to concentrate better when studying. He also claims that he has not been getting into trouble as much as before the treatments started.

David McCarten

David is very much in his own thoughts, withdrawn, hard to engage in conversation and lacking in facial expressions. He has been a challenging student, not only because he has had poor attendance record but also because he does not seem to be too bothered about the treatment. It took him seven treatments to completely let go, lie still and keep his eyes closed during the treatment. For the past few treatments he has been sleeping throughout the session. Over the six months we have worked on him he has slowly opened up but he remains extremely quiet. He keeps saying that the treatments are helping him but he cannot quite pinpoint how. We have asked him several times to write something in his diary about how he feels about the treatments but he has not done so yet.

Tommy Geen

Tommy (prefers to be called Tom) has attended five treatments out of ten due to his broken hand and a school trip. When Tom came to have his first treatment he was slightly apprehensive and could not fully relax. He tends to be very sensitive to any noises around him. However he has been able to relax very well over the past three treatments and he is delighted to be chosen to take advantage of these treatments. His mother says that he looks chilled out and peaceful on Fridays when he returns back from school. He himself thinks that the treatments are making him feel calmer and happier.

Greg Hamilton Sang

Greg is a delightful, polite and sensitive young man. He started his treatments in September and has had seven treatments out of ten (due to being off sick and on a school trip). Greg relaxes well whilst being treated and falls asleep most of the time. He said that the treatments are helping him to feel more confident about himself especially when talking in class and opening up to his mother. He enjoys the fact that he can escape from a busy classroom to a quite place to have a relaxing treatment.

Isabel Shaw

Isabel's treatments were discontinued as her behaviour did not improve and her treatment times were re-placed by Jamel.

Jamel

Jamel has had only two treatments so far but he really enjoys the feeling of facial reflexology and relaxes extremely well. After the first treatment he has told me that he is sleeping better during the week and is concentrating better on his studies.

Storme Toolis

Storme is always on time and hasn't missed any of her appointments. She appreciates the treatments, often comes /wheels in saying "oh, I need it today so much!". The quality of her sleep has greatly improved. Spasms related to CP have disappeared. She is more alert and focused. Her memory though still isn't satisfactory and needs more work to help it to improve.

Joanne Day

Joanne has become calmer, she is not as hysterical and thespian as when she first came. She still though tells lots of stories which we are not sure are true. She is able to relax into the treatment and if she comes in agitated she leaves much calmer. We don't know how much change there actually is, which is visible to teachers and students as we haven't received any feedback. According to Joanne she still keeps getting into conflicts with other students (usually other girls) but she seems to be happy about her academic performance.

Leanne Melvin

Leanne has had 3 treatments spread out over 2 months. She missed her appointments a few times when she had head lice and was sent home. She was unhappy about missing school. We have the impression that she doesn't feel very comfortable or at ease during the treatment, she is also on her guard. However, when asked her about it she denied feeling that way. At the moment with the treatments happening irregularly it's difficult to say what effects they might have on her.

Levi Cannon

Levi hasn't missed any of his appointments (3 treatments given), is always on time or even a bit earlier. He comes across as quiet and shy, doesn't say much but answers questions when asked and gets engaged.

His main problems are:

- difficulty in going to sleep and waking up tired
- forgets easily
- difficulty in getting and staying focused, easily distracted

The two latter issues might be the result of not sufficient sleep/rest.

Lindsey Muckle

Lindsey has had 3 treatments during which she relaxed deeply and fell asleep. She usually needs to be reminded about her session as even if she's got her appointment card she tends to forget/miss the time of her session. She enjoys having her treatments and comments on them that they make her "feel like new". She's been diagnosed with dyspraxia and our feeling is that long term treatments could help with improved co-ordination and understanding which she finds particularly difficult.

Summary

The majority of the students have continued to respond well to the treatments, our perception from the feedback we have received is that their behaviour has improved; they are also calmer and more attentive in lessons. Most importantly we feel the therapeutic relationship built between us and the students has become an important part of their school life, they feel able to confide in us, discuss some of their problems and air their views of how they feel about school. All the children without exception have said they all sleep much better and noticed during the summer break their sleep patterns were disrupted.

As therapists we continue to thoroughly enjoy the challenge and would like to treat more students with the available time slots as we feel there are more students in the school who could benefit from the treatments.

The only issue we have is that we have not been able to gain more information about the children such as medical conditions, home backgrounds, Special Needs requirements and feel that had we been given more information as we requested we could have enhanced their treatment plans further to help them benefit even more from the therapy. We feel this must be addressed when we resume treatments. We would also like to meet with the tutors to gauge what their impressions and feelings are with respect to the students' academic performance and general behaviour.

We feel that as we have had several slots over the term where students have not shown up for treatments we have decided not to charge for the last day of treatments (15th December).

Research Study

It is disappointing that the meeting to agree the proposal for the research study is not going to be until the New Year but the University is 100% behind the project and has put together a team consisting of Professor Wainwright, Senior Research Fellow Dr Ann Gallagher, Statisticians Rosie McNiece and Penny Bidgood, Alison Hasselder, Senior Lecturer and Co-ordinator and Child Psychiatrist Ian Higgins. The meeting will be to map out the proposal and the methodology by which the study will be undertaken prior to sourcing the funding.

They are proposing to approach the Research Medical Council and other sources of funding such as the Autistic Society, once the research commences our fees will be included in the funding.

Next Steps

- **Charter to agree to continue the project next term**
- **Agree how to fund next term**
- **Agree a presentation date for the Governors**
- **Agree to present at the next INSET day for the staff and to give 20 min taster treatments**