Aizah
Female – 35 years
Only child
Lives at home with parents and attends a Day Care Centre.
Diagnosis of Learning Disability.

History
Aizah's parents came to England from Pakistan. Mother speaks no English. Aizah's father was resistant to outside intervention, although eventually agreed to a Day Centre placement for his daughter. At the end of the day when Aizah was taken home, Day Care staff reported that the she was isolated from her parents and placed in a separate room, where she had her meals and listened to the radio until she was put to bed. Aizah had very little social interaction and the health care professionals were concerned for her mental health and determined to help her choose suitable accommodation that met her needs.

Aizah's Physical Disability
- Paralysis from waist down
- Marked muscle wasting.
- Uses a wheel chair for mobility
- Right arm and right hand- function is limited, can raise right arm slightly.
- Able to hold a mug in her right hand
- Spasticity of left arm
- Left- wrist turned in
- Left hand clenched in fist.
- Toes clawed on both feet
- Can raise lower legs in flexed position but unable to stand and weight bear.

Communication
Expression
- Father speaks English. Parents speak Punjabi at home
- Aizah's fine precision of tongue movement for articulation is impaired and restricted.
- Articulation of speech sounds is sluggish and unclear and therefore attempts at communication are difficult to understand
- Not ending words
- Expressive language – single words and short phrases only in both English and Punjabi.

- Does not initiate social interaction.
- Does not ask questions
- Does not comment on activities.

Understanding

- Difficult to assess.
- Aizah appears not able to understand complex grammatical structures i.e. questions referring to past and future events.
- Tendency to be a passive responder.
- Unwilling to make choices

Reason for Referral

6 months ago - Day Care staff noticed that Aizah was quiet and wondered if she was in pain. A referral to a consultant revealed that the she had kidney stones. However, since kidney stones were removed, Day Care staff have noted that Aizah is happier and slightly more communicative and this has prompted referral to a therapist to encourage further improvement.

Consultant clinical psychologist report states that Aizah's needs were not being met at home and that she was depressed. Her consent is required before new living accommodation can be sought and the clinical psychologist wanted to find ways of encouraging Aizah to make choices and express her wishes. Unfortunately, her care staff have difficulty understanding her. The clinical psychologist stated that Aizah required strategies to reduce her stress levels. Care staff hoped that improved confidence would enable vocal expression

I met with Aizah's support worker to explain my holistic approach and the reasons for my use of energy alignment (Emerald Alignment) and the rationale underpinning the methods I used (see published research https://independent.academia.edu/JenniferWarters) To enable Aizah to make a choice of preferred accommodation, she would need to visit and experience different placement options so that she could then make an informed choice. Aizah had no interest in photographs at this stage.

Initial Session with Aizah

- Aizah's hands were very cold.,
- Head down
- Avoiding eye contact
- Cried unconsolably when her left hand was touched lightly.

- Stopped crying when taken through the alignment process.
- When the base, sacral and solar plexus vocal tones were demonstrated, Aizah raised her head and smiled.
- When she was shown silk material in the colours corresponding to the tones vocalised, the client reached for the orange silk (corresponding with the sacral tone) and clutched it to her chest. The silk was put around Aizah's shoulders and the tone was repeated. She joined in with the sound and endeavoured to raise her right arm and left foot as she toned, laughing as she did so.

Improvement

Over the next 6 weeks, all sessions began and closed with an Emerald Alignment .

The system of eight chakra tones and corresponding colours were demonstrated to find Aizah's preference, which would be indicative of the anatomical area within her body which required focus.

With each week, Aizah's voice became stronger and Day Care staff reported that her mood had lifted, she was more communicative and would tone the heart tone and sacral tone when alone and unoccupied.

During the recap at the beginning of each session Aizah remembered the tones and colours from the previous session and without prompting, made the appropriate tone when given the corresponding coloured silk.

To ease Aizah's muscle tension , a referral to a colleague for a gentle massage in between holistic therapy appointment was found to be very beneficial.

Outcome

- Aizah was motivated to communicate and made a verbal choice when given options of places to visit and food to eat rather than passively accepting the choice of another
- When we played the client's favourite song: Radio Gaga by Queen she would raise her right arm and left foot and move them from side to side smiling and saying *'I'm dancing*'. It is of interest to note that Radio

Gaga tells the story of someone who has only the radio for company: *'I'd sit alone and watch your light. My only friend through teenage nights, and everything I had to know. I heard it on my radio.'*

- Aizah spontaneously makes the heart tone when she is feeling happy.
- She visibly enjoyed the process of alignment and became quiet and respectful.

Improved Confidence and Sociability

Aizah became more sociable and spontaneously interacted with those around her. She began ask questions. One morning, while waiting in the clinic for our appointment, Aizah asked a young woman what she was doing when she saw her writing in a book at the desk. When the woman replied that she was booking an appointment, the client said 'for a hair- cut? The young woman had long hair.

At the end of her six allotted therapy sessions, Aizah referred someone she knew from the Day Centre for therapy, saying '(*name) come see you.'* When the name given was queried with care staff, it was found to be an appropriate referral and the referred adult was later booked in by her care staff.

Choosing a New Home

When given suitable options of future accommodation, which she had visited over a 6- week period, Aizah was clear that she no longer wished to live at home and stated determinedly that she wanted to ' go to God', choosing a place of residence under the auspices of Saint John of God Hospitaller Services.

Aizah's care staff have integrated energy alignment into her daily routine and she now lives happily in her new home, enjoying social occasions and activities with other residents. A favourite expedition is to the local shops to choose colourful clothes in her favourite rainbow colours.