Kenny
Kenny aged 39 years
7th child in family of seven children
Restricted oxygen at birth/diagnosis of learning disability

History

When Kenny was 13 years old, his father died and because his mother was unable to cope singlehandedly with Kenny and his 6 older siblings, a decision was made to place him in a large asylum hospital at the age of 14 years, where he remained for the next 9 years. Family visiting was initially spasmodic and this dwindled to lack of family contact because of Kenny's 'unpredictable violent behaviour'. Written evidence supports the probability that Kenny was physically and sexually abused by other residents.

At the age of 23, Kenny was moved to shared- living accommodation, with 5 other men where his violent behaviour ('challenging behaviour') escalated. He was then moved into a flat with one other man who also had 'challenging behaviour'. Ongoing disillusionment with the system and a lack of managerial support prompted staff shortages. Finally, when Kenny was 31 years, a leaking boiler and toxic fumes proved the final straw which prompted a move to another residential home under close supervision with 6 other men. His violent behaviour again escalated and he was reportedly 'lashing out' at other residents and staff.

Within 12 months, at the age of 32 years, Kenny was moved to the basement of large (ex Workhouse) hospital and was increasingly sedated
because of violent outbursts. A Secure Unit recommended by hospital staff. However those staff members who were aware of Kenny's history fought against his move to a Secure Unit and he was returned to his previous accommodation with 6 other men at the age of 33 years.

For the next three years, Kenny's challenging behaviour continued and he is reported to have 'assaulted all those who showed him kindness.' He refused to go out and an exhausted staff were at a loss and felt that accommodation tailored to Client's needs was required in order to prevent further stress induced staff shortages and Kenny's spiralling decline.

At the age of 36, he was moved into his own house supported by a staff team of 10 (both male and female). Two members of staff were on duty at all

times. It was at this time that Kenny was referred to my funded holistic therapy project.

Presenting Behaviour in the Home

- Anxious on waking
- Behaviour worsens after breakfast
- Refuses to share
- Smashes CD player when frustrated
- Fear of water
- Ongoing bowel problems, alternating diarrhoea and constipation.
- Poor hand function, difficulty with fine motor skills, pincer grasp and grasping and holding on to objects. needs i.e. toileting/dressing.
- Communication
- Disconnected verbalisation
- Able to use significant key words i.e. naming of objects , food and action words eg. stop, go, run, eat etc.
- Using previously learnt phrases inappropriately.
- Repeating questions but does not answer the question.
- If given choices, takes the last option and then becomes frustrated if it is not what he wants.
- Restricted articulation (omitting specific speech sounds /consonants), which means that Kenny's speech is difficult to understand when there are no contextual clues.
- He becomes frustrated and angry if not understood
- No apparent understanding of the concept of time.

Behaviour when angry:

- Kenny rushes towards a member of staff with arms raised.
- Two staff members intercept him and link an arm tightly on either side.
- Client then drops to his knees spontaneously.
- Kenny turns very pale and repeats a sequence of random numbers

Therapist attended meetings with staff and carers to explain the holistic approach and the methods used i.e. energetic alignment and vocal toning and explained why.

- Stressed importance of staff team using the energy alignment themselves to seal and strengthen their electromagnetic field .

- Staff Team to integrate the energy alignment exercise into Clent A's care plan .
- Staff were keen to help the him and eager to try new ways of working.
- Some members of staff were sceptical at first but gradually with patience, a good relationship of trust was built up
- Therapist requested that staff members remained seated and silent in the therapy session ,to allow the therapist to be in control of each session.
- However, if Clent A become angry or violent staff would follow their client safety procedures.

As the therapy sessions progressed, the staff could see the transformation and this resolved a lot of their worries and staff members took a keen interest in Kenny's progress.

Therapy offered

- Weekly sessions of 30 minutes duration
- One staff member to remain in the room with client. The other staff member remained in the waiting room outside.
- Provide structure, all sessions opened and closed with therapist talking client through an energy alignment (Emerald Alignment)
- Offering choices, no prompting of client in choice making.
- Therapist responding and developing but not initiating.
- If client indicates that he wants to leave by walking towards the door, he is able to leave at any time during the session.

Available Choices for Client

- Chair to sit on
- Water to pour and glasses to drink from.
- Water can be offered to others.
- Swathe of emerald green and blue material hung at the window to mirror the colours of the energy alignment exercise.
- Box of coloured silk material corresponding to the seven colours on the rainbow spectrum.
- Therapist vocalises the corresponding tone if the client selects a specific colour of material from the box.

Therapist sang a wide range of short repetitive songs with easy to remember choruses e.g My Bonny lies over the ocean. Nick Nack Paddy Wack ,folk songs and also negro spirituals. . The client's pattern of running towards members of staff in a threatening manner with arms raised before falling to his knees is indicative of an energetic imprint of subjugation held within the electromagnetic field originating in prebirth trauma memory. When imprinted memory is triggered and thus brought into conscious awareness, were experience the emotional connection whether positive or negative and this can also trigger a positional memory. Mainstream medical science only recognises current life experience, however, 'the numerous evidential case studies now collated by eminent psychiatrists, psychologists and others, present irrefutable evidence for the continuity of the soul and its ability to recall previous incarnations" (Lamb C, Warters J 2018)

Activity suggested to replace entrenched behaviour pattern

- Suggested that Staff work towards backing off from linking arms with Kenny to loosen their arm hold and stand either side, to break the pattern of the client falling to his knees

- Requested that the staff find a positive creative activity to share with the client that involved kneeling down and doing something he enjoyed doing, which would replace the client's distress pattern of falling to his knees i.e. Drawing with coloured chalks while kneeling on the floor, either inside or outside on the pavement and allowing the rain to wash it away.

- Kneeling down to plant flowers in tubs.

- The staff to work towards not linking arms with the client when he is in attack mode because this pre-empted his falling to his knees.

Maxim during the Therapy sessions

- Have no expectations
- Make no assumptions
- Wait, watch and listen
- Follow client's lead.

Progress after 3 weeks

- Kenny spontaneously selected a specific colour of material from a box and gave it to the therapist who placed it over a bamboo screen

- Kenny repeated the corresponding vocal tone after the therapist.
- In response to hearing a specific vocal tone, Kenny selected the corresponding colour and hung it over the bamboo screen.
- He joined in with a diverse selection of short repetitive songs.

Progress after 1 month

- Kenny began to select a specific colour of material without prompting and spontaneously made the corresponding tone.
- He hung each piece of material over a bamboo screen that was in the room.
- He spontaneously singing his preferred choice of song. Negro spirituals 'Pick a Bale of Cotton ' and 'My Curly Headed Baby' were favourites.

Progress after 2 months

- Each chakra tone links to a specific anatomical area of the body and in subsequent sessions the client, stated where on his body he felt the sensation of the vibration of sound when the therapist made individually tones for him e.g. pointing to knees or chest or forehead etc. (The areas identified correlated with blocked energy patterns.)
- He wanted to include the member of staff in the therapy session and wanting member of staff to tone with him (personal empowerment - becoming the teacher)
- Praising staff member for their attempts to tone with him.
- Becoming more empathic in session offering water if member of staff coughed.
- Sensitive to client needs: if member of staff coughed - pouring the staff member a glass of water without spilling it .
- Improved communication.
- Said 'Well done' if he was impressed with staff member's toning.
- Able to repeat the system of 8 chakra tones without prompting.
- Taking appropriate control of session and not abusing his role.

Positive outcomes after 3 months

- Greatly reduced medication
- Depression lifting
- Reduced episodes of violent behaviour
- Client more confident and sociable.

- Using vocal tones spontaneously at home.
- Attending to own toilet needs.
- Improved bowel function.
- Using care staff names spontaneously
- Exhibits renewed confidence in his posture and bearing i.e. Shoulders back, head up, back straight.
- Communication is more fluid
- Articulation is clearer.
- Vocabulary has increased.
- Client finds it easier to get his message across because more staff are able to understand what he is saying.
- Connecting more with family members
- Now making appropriate choices and no longer chooses the last option offered.
- Enjoys the therapy sessions and Kenny shouts a greeting as he approaches the stairs on arrival.
- When vocal tones were made, he spontaneously named and touched the body part where he felt the vibration of the tone i.e. knee and fore head.
- Beginning to use complex grammatical structures and questions i.e. 'Hey, how are you mate, you coming tonight?'
- Making appropriate choices, not just repeating question.
- Respectful of therapist and space.
- Able to name his feelings when asked.
- I'm not alright, angry, tired etc
- If Kenny wanted to terminate the session early, he said, 'Had enough' and left the room.

*Staff members observing the sessions commented that Kenny was enjoying himself and was spontaneously choosing the activities he enjoyed. Support staff had not observed this before.

Conclusion at 6 months.

Kenny spontaneously toned the heart tone for a member of staff when she sat next to him. This demonstrated a developing ability to empathise and to understand the feelings of another, where he had previously merely shown anger and frustration.

The energy alignment exercise (Emerald Alignment) was written into care plans and each staff member took responsibility for aligning Kenny and

themselves when they come on duty. This has proved a successful way for staff members and clients alike to release any tension or anxiety they may have been feeling prior to engaging with each other.

Kenny continued to sing a favourite negro spiritual 'Pick a Bale of Cotton' at home. Staff members reported that he had begun to make up his own words to the same tune to accompany his everyday routines at home e.g.
' Going to jump down, have a bath, shave, put my shoes on,
Going to jump down, turn around, have a bath today. ' This confirmed earlier intuitive impressions by the therapist suggestive of a pre birth trauma memory of slavery and subjugation.

Use of language and vocabulary improved. As Kenny developed his ability to communicate, he was more able to make sense of his world and to communicate this to others. This also enabled him to rationalise and to make sense of his environment and begin to adapt to any changes taking place.

Kenny's family began to resume their visits after a long absence because he was calmer and his speech was clearer.

*Kenny became angry and went into his anger pattern on only one occasion in the therapy session. This happened when a new member of staff neglected to observe the rule of non -interference in the session and intervened with Kenny when he got up from his chair to pour himself a drink of water. Kenny shouted at the member of staff and the 2nd member of staff entered the room before Kenny's behaviour could escalate.

Funding was discontinued after 6 months but Kenny continued to fund his own sessions for a further six months.

Kenny's key worker trained in the energy alignment and toning programme to gain a deeper understanding of energy alignment and the principles of healing in order to sustain the client's holistic healing programme .