

INTEGRATED HEALTH KINESIOLOGY

**Consultations for
EMOTIONAL & BEHAVIOURAL DIFFICULTIES
and
OVERCOMING LEARNING BLOCKS**

with

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COUNSELLING KINESIOLOGY™

- for Emotional and Behavioural Difficulties

Developed by Gordon and Debra Dickson, Counselling Kinesiology™ is holistic counselling to help you resolve your emotionally stressful issues. It blends well-established counselling techniques with coaching and complementary approaches such as muscle testing.

Muscle testing (also known as kinesiology), is a unique biofeedback tool. We use it to identify the underlying issues causing your emotional stresses. By helping you identify and work through them, your challenging issues can be resolved at a very deep level. This includes the emotions underlying many **physical health problems**. As you move through the Counselling Kinesiology™ process, it will give you a great sense of relief and empowerment.

Counselling Kinesiology™ is designed to help you as an **individual, couple or family** with –

- *Relationship problems (e.g. conflict resolution, unmet needs & communication issues)*
- *The emotional issues contributing to or causing physical health problems (including pain)*
- *Workplace and career issues*
- *Anxiety (fears and phobias), compulsive and addictive behaviours*
- *Unresolved issues from childhood*
- *Frustration & anger, or sadness and feelings of hopelessness and depression*
- *Developing new life skills (including assertiveness and making and achieving your goals)*

It can also help with your issues as a **parent** and the issues **your children** may be suffering, including -

- *Behaviour problems*
- *Difficulties at school (bullying, school refusal, social isolation, struggling academically)*
- *Many of the behavioural aspects of Asperger's syndrome (obsessing, poor communication, poor social skills)*
- *Fears / anxieties/ phobias (e.g. fear of the dark, school refusal, separation anxiety)*

Muscle testing helps us look deeper, behind the obvious causes. Sometimes it will identify a family issue that needs to be resolved. For **adults**, this can often relate back to unresolved issues of childhood & growing up. For **parents**, we also have many exercises to assist them in supporting their children based on what we have worked on with the children during the sessions.

With **children**, it is often important to combine Counselling Kinesiology™ with the program for overcoming learning blocks, as there can be several contributing factors (for example learning issues contributing to behavioural problems and vice versa). With Counselling Kinesiology™ we can help children to identify and understand their feelings, to open up, talk about them, and feel supported when tackling difficult issues. With **adolescents**, we can help them with the issues that lie behind many of their emotional and behavioural problems, 'Who am I? What do my peers think of me? Where do I fit into the world?'

The huge advantage of muscle testing is that we can quickly find the "emotional references" – past experiences that are dictating our current behaviours and feelings, even if we are not consciously aware of what is driving us to behave in unproductive and upsetting ways.

Coupled with effective techniques to resolve the emotional stress, and reinforcing exercises to bring about positive changes in daily life, Counselling Kinesiology™ provides a gentle yet powerful treatment for you to really move forwards in your life.

OVERCOMING LEARNING BLOCKS

Has your child had any of these problems?

Logic Access Difficulties

- Trouble learning spelling
- Trouble learning times tables
- Letter & number reversals
- Poor reading (guesses)
- Poor comprehension
- Poor handwriting
- Can't follow instructions
- Difficulty concentrating
- Inability to finish projects
- Yet good at sport

Gestalt Access Difficulties

- Tries but results are disappointing
- Poor reading (stumbles over words)
- Learns spelling & times tables but quickly forgets
- Memory problems
- Poor coordination ("clumsy")
- Poor balance
- Not good at sport activities
- Appears able but under achieves

or perhaps some combination of the two?

These are indicators of learning difficulties & often lead to -

- Frustration
- Lack of self confidence
- Giving up
- Behaviour problems
- Performance anxiety (tests)
- Daydreaming or Hyperactivity



What do we do? How does it work?

Learning blocks can be a problem for anyone and are not related to overall intelligence. Frequently we will see children who are very "street smart" but unable to function academically at school. At the other end of the spectrum, we see gifted learning-disabled children, who have gifted abilities in certain areas, and learning blocks in others. Some children will have global developmental delay (problems in most areas) compared to delay in specific areas (such as speech and language).

The IHK programme for Overcoming Learning Blocks is a 3-stage process –

1. **Assessment** – Identifying the nature of the problem
2. **Treatment** – Correcting the underlying causes and re-assessing
3. **Catch-up** – Going over school work missed due to the learning block (and sometimes referring on to a tutor)

1. Assessment

Micro-skills of learning: This consists of 1-1¼ hours of testing the micro-skills of learning and assessing brain function and behaviour. These micro-skills of learning, such as eye movement, memory and coordination, make up the macro-skills of reading, writing, spelling and numeracy (which we also assess). During the assessment, we use three separate types of testing to do this

(i) Muscle Response Testing for stress

(ii) Psychometric Tests – practical tests drawn from standard psychological assessments for visual and auditory memory (vital skills for learning times tables, remembering spelling, doing maths and for following instructions).

(iii) Neurological Tests – practical tests drawn from standard neurological tests for balance, co-ordination and integration of brain functions (important for eye movement when reading and establishing if both sides of the brain are working well together).

At the end of the assessment, we can give an indication of how many treatment sessions will be required - usually a further 5-10 one hour sessions.

2. Treatment

(i) Brain formatting: Testing acupuncture points related to specific brain areas and functions using muscle response testing, to tell which brain areas need to be worked on.

(ii) Correcting confusion in the nervous system: Administering gentle painless acupressure to a carefully determined sequence of acupuncture points which effectively “turns on” the nerves related to a particular.

(iii) Correcting Emotional Stress (Emotional De-Stressing) see also Counselling Kinesiology™: Emotional stress can become associated or “coupled” with a learning task. For example, you might have tried to spell your name and been laughed at when you made a mistake. Using muscle testing we can identify an “emotional reference” in the past and gently address resolve this issue by holding special “brain emotional acupuncture points”.

(iv) Structure: Frequently spinal misalignment and jamming of the bones of the skull can interfere with nerves, affecting brain function. We correct muscle imbalances to assist with structural problems.

(iv) Nutrition: Muscle testing can help identify both food and chemical sensitivities affecting learning, as well as nutrients children are missing out on.

3. Catch-Up

Exercises are given to reinforce the corrections that have been made (e.g. exercises to improve marching, spelling, writing and balance). After the programme has finished, a catch-up period is required with parents, a tutor or additional support at school.

4. Follow-Up

2-3 months after the programme has finished we recommend that the child be brought back for reassessment, to see that all is going well, and that the corrections have held. This is usually the case. Occasionally we may need to repeat some of the corrections but usually only a single session is required. New issues may need to be addressed at this time, for example problems in maths when algebra is introduced.

Frequently asked Questions (FAQ's)

Q. “Does the learning blocks programme work for children and adults of all ages?”

Yes. The problems don't go away, the compensations just get better. We frequently work with parents who recognise that they still have problems similar to their children. Even very young children & infants, who cannot be tested directly, can be tested indirectly with muscle response testing on a surrogate (e.g. parent).

Q. “What about tutoring during the learning blocks programme?”

It will not hurt but it may not be helpful and it might be frustrating. A crude analogy would be like trying to make a broken machine work harder. It is far better to fix the machine first and then get it to do new work. Our programme fixes the underlying problem and tutoring does the retraining.

Q. “Does this work last or will I need to keep coming back again and again?”

Our aim is to go to the root cause of the problem and correct it at this level. If this is done, the problem is resolved and the end of the treatment there is no need for further consultations (although we recommend a follow-up to check that all is still going well).

A concussion, major illness, toxins or emotional trauma can cause problems to reappear. Usually this can be corrected in a single session.

Q. “Does it work with everyone?”

While nothing works 100% for everyone all of the time, we have an extremely high rate of success and achieve significant changes in virtually every case. The large number of word-of-mouth referrals we get from past clients, tutors and health professionals is a strong affirmation of this.

Q. “How long does it take and do we have to book in for a whole programme?”

For the learning blocks program, after the initial assessment we make and estimate of how many sessions are required. This is 6 sessions for mild cases and 10 sessions for severe cases. 90% of our clients come 7 or 8 times. For emotional and behavioural difficulties, it is typically 2-3 sessions.

Q. “What are the hours and fees and are there health insurance rebates or discounts for pensioners or bulk payments?”

Appointments can be booked Monday - Friday 9.30am – 5.45pm and Saturday 9.30am-1.00pm. Our fees are \$85/hr (1/7/09). It is pay-as-you go and there are no up front fees. We accept cheques and have credit card and eft facilities. You can claim rebates from all health insurance providers that cover naturopathy. We are not subsidised for pensioner or other discounts but do offer time payment for needy cases. A cancellation fee may apply for non-emergency cancellations without 24 hours notice, where the appointment time cannot be filled.

Q. “What is Gordon Dickson’s background and training?”

Gordon has a very varied background (B.Eng(hon), Dip.A(mus), ND, ATMS, AKA, AIK). He has been practising Kinesiology professionally since 1986. His clinic, formerly in Melbourne and now on the Sunshine Coast in Queensland, specialises in Counselling Kinesiology™ (for emotional and behavioural issues) and working with Learning Blocks.

An experienced relationship, crisis and debriefing counsellor, Gordon developed Counselling Kinesiology™ with his wife Debra, and they have been teaching their courses throughout Australia since 1990.

Gordon is a qualified Naturopath and introduced the Certificate in Kinesiology at the Melbourne College of Naturopathy in 1990, and at the Australian College of Natural Medicine in Brisbane, in 1995. He was senior lecturer and supervisor of the student kinesiology clinic until 2002.

His background in counselling, naturopathy, music teaching and many years as a professional clarinet player, has led to a very effective way of working with children – especially those with behavioural difficulties. An initial qualification as an electrical engineer ensured a thorough understanding of arithmetic and advanced maths concepts when dealing with learning difficulties.

Gordon collaborated with Dr. Charles Krebs for several years in extending the Learning Enhancement Acupressure Program (LEAP™), and working in his clinic. Further studies in the Neural Organisation Technique (N.O.T.) proved very valuable for his work with structurally based neurological problems.

Gordon has written several books and training manuals on Kinesiology, drawing on his extensive background in this field. These include “What is Kinesiology?” (1990) and “The Kinesiology Companion” (1998).

**We also teach a seven month Counselling Kinesiology™ Training program.
For further details see –**

www.counsellingkinesiology.com.au