

AUDITORY INTERVENTION TECHNIQUE (AIT)

www.BerardAITwebsite.com

Dr. Guy Berard developed an auditory stimulation technique in the 1960s in France following his work with Dr. Alfred Tomatis and the Audio-Psychophonology approach (or Tomatis Method). Practitioners introduced the **Berard Method of Auditory Intervention Training** to the U.S. in 1991 as a method to help people with learning disabilities, autism, ADD and other conditions. Dr. Berard's book, *Hearing Equals Behavior*, was translated into English in 1992.

The premise is that certain people hear differently which impacts their ability to learn and behavior. By using filters to decrease the volume of those frequencies which a person hears too acutely (or peaks) and then randomly modulating frequencies during listening sessions, the AIT sound amplifier can retrain the brain's hearing process. Today Dr. Guy Berard feels the minimum age for this process should be 3 years old.

Practitioners normally take audiograms before, at the mid-point, and at the completion of the sessions to identify and adjust the problem frequencies. The listener will experience 18 to 20 listening sessions of 30 minutes each over a 10- to 20-day period. It's common for people to double up the sessions and have two sessions per day for 10 days. During the listening sessions, the person listens to specially processed music tuned for their hearing situation.

Scientists have found that filtering peaks for the developmentally disabled population is optional since it is the modulation, not the filtering, that is critical for them. The best results normally involve using a multi-disciplinary approach which could include specialists in the fields of audiology, psychology, special education, and speech/language.

USER COMMENTS: *(From a parent about her child): "He has changed so much, more than any other year! He gained in social skills, emotional, speech, transitions...His speech therapist has been with him for three years and has never seen him improve as much as he did since AIT. She is truly amazed. He could not write his name before, but within two weeks after AIT he was writing his name. At school he sits in Circle Time; every year before this year he could not sit in Circle Time or any group activity because he said the kids hurt his ears. Now he enjoys all group activities. Now he talks about his friends and he has them over. He used to hate kids touching him, now he just loves his friends. It has been a remarkable year, one of incredible gains for him. Now he is finally ready for kindergarten! Thank you for opening a wonderful new world for our son."*

"I continue to be amazed at the differences AIT has made in my life. I came for AIT in the hope of improving my ability to learn a foreign language. I am pleased to say that everything I had hoped for concerning my ability to learn another language was achieved. My auditory memory/ learning ability has also increased. Not only can I repeat longer phrases in French, but I can remember a

phone number when someone says it! Also, my vocabulary is less ‘visually dependent’. In a conversation I now ‘hear what you mean’ instead of only ‘seeing what you mean’.

“Also, I am remarkably more comfortable with other people. To the observer there was nothing in my behavior that would have revealed my discomfort. Indeed, others, especially in business, described me as “an extrovert”, someone who was remarkably at ease with others. Not the case. Within, I always felt “different” than others. I knew that I preferred to be by myself. Social events that were fun for others were not particularly fun for me. After a few hours of socializing, I was more than ready to be by myself. Before AIT I had never realized how extremely uncomfortable I had been. After AIT, I came to realize that social exchanges formerly left me vibrating. I only recognized this when the vibrating stopped! I think that I was in a constant “system overload”, which I only recognized once it was gone.

“I wish Berard AIT had been available to me as a child. It would have saved me from a lot of heartache.”

AUTOGENICS TRAINING (AT)

www.autogenic-therapy.org.uk

Autogenics Training (AT) is a self-help technique to generate physical relaxation, bodily health and mental peace. German physician Johannes Schultz first published the approach in 1932. The term means “self regulation” because it deals with controlling breathing, heart rate, blood pressure and other body functions. It can also be beneficial in overcoming addictions such as smoking as well as to change behaviors and to resolve anxieties.

It can take people up to three months to learn and become proficient with the process. Generally, the training sequence involves a progression of steps at regular intervals. You can learn and become proficient in the Warm Up phase in just a few days. However, the first two sequences, often called Heaviness and Warmth, may require three weeks of practice each. The next four steps (Calm Heart, Breathing, Stomach and Cool Forehead) each require two weeks of practice.

While Shultz compared the technique to yoga and meditation, it deals with the body without any mysticism. It is a method of training the body’s autonomic nervous system. Experts believe it functions in a similar manner to biofeedback, the relaxation response or self-hypnosis.

Autogenics is said to be far more effective than simple Progressive Muscle Relaxation (PMR) so it’s worth the investment of time and effort to learn the technique. You can also modify the process to deal with specific issues and problems by inserting visualizations of the negative behavior, its detrimental effects on your life and then a positive visualization of your life without the behavior. For maximum effectiveness, it should be practiced on a daily basis.

BIOENERGETIC ANALYSIS

www.bioenergetic-therapy.com

Bioenergetic Analysis or simply **Bioenergetics** is a therapy that uses both the body and the mind to help resolve emotional problems and to help people discover the joy in living. The core principle is the body represents the person - what affects the body affects the mind and the mind affects the body. Muscular patterns in the body, movement and even breathing patterns offer diagnostic tools for the bioenergetic psychotherapist who uses this information to develop a potential framework for the course of therapy. Events in childhood play an especially vital element in the process since they impact adult life and relationships.

Body work as part of the therapy program may take several different forms. For example, Therapeutic Touch is used to facilitate the process. From breathing to handshake to types of movement, each motion of the body offers diagnostic and therapeutic opportunities with this process. Bioenergetics provides increased awareness of the body, the feelings connected to the sensations and to better appreciate how these relate to events in your life.

Dr. Alexander Lowen is the founder of Bioenergetic Analysis. His original work *Bioenergetics* followed his studies with Wilhelm Reich, M.D., an early student of Sigmund Freud, in the early 1940s.

The International Institute for Bioenergetic Analysis was created in 1956 as a membership organization to certify practitioners, provide continuing education and advance the art and science of Bioenergetic Analysis.

USER COMMENTS: *“After years of trying many forms of therapy and medication, I attended a lecture about bioenergetic analysis. My ‘inner child’ was drawn to the therapist, and my intellect decided this was a modality worth trying. Bioenergetics allowed me to reach places inside that nothing else had reached. Because much of my abandonment issues originated before I had language, the trauma was stored in my body, and no talk therapy could reach it. After much hard work, I finally began liking myself, felt I deserved to be loved and treated with respect, and sensed contact with a Higher Power who wanted the best for me.”*

“I have been Rolfed, used Acupuncture, Acupressure, and bioenergetic bodywork which have changed my life. The bioenergetic bodywork deals with both mind and body. I have more energy, think clearly and feel more grounded since I experienced this process. I liked the process so much that I did the training to become a certified bioenergetic therapist.”

BIOFEEDBACK

www.aapb.org

Biofeedback is a process of recognizing the functioning of the body’s systems in real time with the goal of correcting or improving performance.

Change is accomplished by learning to modify the mind-body connection to alter muscle response, blood pressure and other bodily functions. According to the 2002 federal study on complementary and alternative medicine 1.0% of Americans reported they'd used biofeedback at some time and 0.1% said they'd used it in the previous 12 months.

Many people are familiar with the high-tech equipment often used in movies and sports to improve muscle tone and coordination but a mirror can also be a biofeedback device. When a person simply watches the reflection of each step they're learning to modify the signals from their mind to their body to improve walking. Whether the feedback is done with visual images, sounds or both, it is a process to focus attention to learn improved control.

There are non-invasive devices that will measure muscle tension and brain waves for biofeedback. The term also includes other processes such as:

- **Electromyography (EMG)** – a specialized device used to measure muscle tension, often used as therapy for headaches, morning stiffness and fibromyalgia.
- **Thermal** – the measurement of skin temperature has been found beneficial for Raynaud's Disease and other conditions involving reduced blood flow.
- **GSR** – Galvanic Skin Response is a measurement of the skin's conductivity, usually connected with an audible signal that becomes higher when stressed and lower when relaxed.
- **HRV** - Heart Rate Variability measures changes in heartbeat as a biofeedback tool.
- **Respiration Training** – uses various technologies to train and control respiration.
- **Electroencephalography** or **EEG** biofeedback, also known as **Neurofeedback**, which measures brainwaves by sensors attached to the scalp and each ear. Brain frequency activity is presented so specific frequencies can be stimulated or reduced. The technique has been found beneficial for many problems including ADD, learning difficulties, depression and chronic fatigue.

The technique has a wide variety of uses. It's used by coaches to improve sports performance, by specialists to improve urinary incontinence, to help stroke victims regain functionality and to help people learn to relax, for example. A common feature seems to be dealing with stress. However scientists still cannot explain exactly how biofeedback actually works.

The term started in the late 1960s but certification by the Biofeedback Certification Institute of America began in 1981. There are many state associations which also list biofeedback professionals.

USER COMMENTS: *“My severe tinnitus was making my life miserable. Work was difficult. Reading, thinking, and especially sleeping was a problem. Thanks to Biofeedback therapies I now enjoy life again. Thank you Biofeedback Therapies!”*

“Our grandson has many health issues including ADHD, bipolar, anger and behavior problems and a brain injury from birth. We were told about Biofeedback Therapies and decided to give it a try. After just a few sessions we noticed a change, he would still get angry but not as long as before. Now he uses the technique he learned when he feels himself getting angry at school or at home and he is able to find the “calm place” that he learned. This has been a miracle for our grandson!”

BIORESONANCE THERAPY (BRT)

www.bioresonance.uk.com/

Bioresonance Therapy (BRT) uses electromagnetic frequencies produced by the body to detect and eliminate health problems. Science knows that all living cells radiate weak electromagnetic energy similar to brain waves. BRT measures this energy to determine healthy and unhealthy conditions along with reactions to specific substances (food, bacteria, and toxins). Practitioners amplify healthy signals and return them to the body to strengthen normal body functions. Unhealthy signals are inverted by a mirror circuit and returned to the body through electronic mats to cancel out the harmful energy. This is the same type of wave cancellation technology used in noise reduction headphones.

The concept for this process is that substances which stress or strain your energetic system are the cause of illness and disease, but it is usually a cumulative effect of several stress factors. Identifying and relieving the major stresses to the system will allow the body to handle the minor ones. Allergy treatments usually take two sessions while infections may take two to four visits. Chronic conditions may require up to eight sessions.

The technology attracted attention in 1991 when Dr. Peter Schumacher used it effectively to neutralize allergies. Study into the concept began in 1923 with the work of Russian scientist Alexander Gurwitsch, but it was German physicist Dr. F.A. Popp who proved the existence of light emission (biophotons) from living cells in 1975. Franz Morell and Erich Rasche introduced Bioresonance Therapy in 1977 with the launch of the MORA-Therapy device. Today there are thousands of BRT machines of many different designs in use around the world by doctors, dentists and even veterinarians to treat a variety of disorders.

The FDA has banned some of these devices from the US market.

BONNIE PRUDDEN MYOTHERAPY®

www.bonnieprudden.com

In 1976, Bonnie Prudden developed her **Myotherapy** method to relax muscle spasms, relieve pain and improve circulation. The technique is based on the concepts of trigger point injection therapy and therapeutic exercise. The term comes from “myo” for muscle and “therapy” for treatment.

“Trigger points” can begin in a muscle whenever it is damaged and are activated by either emotional or physical stress causing the muscle to spasm with pain. The basic formula is:

Trigger Points + Stress + Triggering Mechanism = Chronic Pain.

Older people often suffer from trigger points more as a result of collecting more trigger points.

Myotherapists defuse the pressure by pressing on the appropriate trigger point for several seconds with fingers, knuckles or even elbows and then passively stretching the muscle into its normal relaxed and painless condition. Patients wear loose clothing and no shoes for a myotherapy session. Exercises are taught to each patient necessary for them to remain pain free. Normally patients require less than ten sessions for relief.

Bonnie Prudden’s Myotherapy® method is taught in person, through her many books, videos and media appearances. Her work on physical fitness began with her research on the nation’s school children in the 1950s which she reported to President Dwight Eisenhower. As a result of her efforts the federal government established the first requirements for children’s fitness programs.

Bonnie Prudden Myotherapy is a registered trademark of Bonnie Prudden Myotherapy, Inc.

USER COMMENTS: *“I learned that there is always hope and that I am not stuck in my current condition.”*

“I now have reliable information that can easily be incorporated into my work to benefit myself and my clients.”

“I call it a recipe book on trigger points and recommend the book (Pain Erasure the Bonnie Prudden Way) to all my patients.”

BOWEN THERAPY

www.bowentherapy.com

The Bowen Therapy is a bodywork system that uses cross-fiber muscle movements throughout the body. Tom Bowen created the process in Australia. He was untrained in formal therapy education but had a gift for healing. He began his treatment practice of soft tissue manipulation in the late 1950s and spent his life continually developing his philosophy of healing and his techniques. Unfortunately, he never got around to writing any of it down so today there is some disagreement over his techniques.

The first moves of the Bowen Therapy are done on the back and hips while the client lies face down with only their shoes removed. This initial sequence allows the body to relax, improves the flow of oxygen and circulation while releasing toxins. The series of “moves” in this process are done in a precise sequence across muscle and connective tissues, up and down the body, with the client changing to a face-up position halfway through the treatment. There are short waiting periods during the session which allow the brain to

appreciate what's happening and to create a positive response. Sessions usually run 45-60 minutes. The key to the Bowen Therapy is in opening up the body's energy pathways to allow it to heal itself.

Tom Bowen died in 1982 but one of his students, Ossie Rentsch, taught Milton J. Albrecht who was the first Bowen therapist certified outside of Australia. Milton Albrecht sponsored the first Bowen seminar held in the U.S. in 1989. Albrecht founded the Bowen Therapy International organization in 1997 for the competency, certification and quality control of Bowen Therapy practitioners.

USER COMMENTS: *“I was having some shoulder pain and restriction several years ago when I happened to be having breakfast with a good friend who is also a Bowen Therapist. She offered to do some work on my shoulder right in the parking lot of the restaurant. A few simple moves and the pain and discomfort were gone and have never returned.”*

“Your Bowen Technique has saved my life! I cancelled my hip surgery scheduled for next week.”

“Three visits and the amazing Bowen treatment fixed my frozen shoulder. Thanks!”

BRAIN GYM® or Educational Kinesiology (Edu-K)

www.BrainGym.org

Brain Gym® was developed over a 25-year period by Paul Dennison, Ph.D. and his wife Gail E. Dennison to help children and adults learn more effectively, especially those diagnosed as learning disabled. Beginning in the 1970s practitioners of the process began to use posture and movement to improve academic, interpersonal and physical learning skills. Today, the process uses 26 specific activities that integrate body and mind to produce quick improvements.

They describe the brain as functioning in three dimensions. “Laterality” means the ability of the brain to coordinate both sides of the brain, a fundamental skill to be able to read, write and communicate. “Focus” concerns the coordination of the brain from front to back, critical for comprehension. “Centering” is about the ability of the brain to coordinate the top and bottom areas. This function is vital for organizational skills and the ability to feel and express emotions. Many of the Brain Gym® activities are based on the relationship of movement to perception and their impact on motor and academic skills.

A private session with a trained Brain Gym® instructor or consultant usually lasts 1-2 hours. Each five-step process or “balance” will remove a block and create a bridge in the brain for that specific learning or action goal. The process promotes the ability to learn at a deep, whole-brained level. Short balances may take only five minutes while a longer balance may take an hour or more.