

2007 TTTouch taught to a small group of people who had experienced various kinds of Traumatic Brain Injuries.

From June - August, 2007 Robin Bernhard and Sandy Rakowitz offered a series of six classes to teach TTTouch to a small group of people who had experienced various kinds of Traumatic Brain Injuries. The class met at One Heart Healing Center in Charlottesville, VA.

After the series of six classes were complete, the participant's enthusiasm for the group was so strong that the group decided to continue to meet once a month.

The following information is from a series of emails sent from Sandy and Robin to Linda. The emails numbered 1-5 describe the material covered along with many of the wonderful changes we have seen and heard from participants.

1. Class 1 Comments 6/30/07
2. Follow-up Class #1 9/22/07 (after six classes from June-August 2007)
3. Follow-up Class #2 10/20/07
4. Miscellaneous Comments from Class Participants dated October 2007-January 2008
5. Comments from Robin

1) 6/30/07 Class #1 TTTouch for People with Brain Injuries

I wanted to let you know that we had our first class with TTTouch for the people with Head Traumas. It was even better than I could have hoped! The immediate feedback was extremely positive. People were very excited and enthusiastic. We had three participants and each came with a Helper. Each of the participants had an initial EEG assessment with Jessica Eure. Robin Bernhard and I think that Jessica will be interpreting/ analyzing the information, compiling it together and writing it up.

One person has emailed me quite a few times with the continued changes she is experiencing. Within a few hours, the strength in her left arm began returning, her speech patterns began to smooth out, and pain in her head and body was subsiding. Her speech had been slow and halted as she had to carefully search for the right words. Also, she said that she had begun to feel like her old self again, as before the car accident several years ago. She also commented that her energy was significantly better that evening, and since the class. Her ability to focus improved, and she was not distracted by external stimuli in the same ways as before the class. This is just a small bit of the feedback!!!!

Here is what we did:

A bit of my background, and the inspirations for this class.

Overview of TTouch and Linda Tellington-Jones.

Overview of the class and of the booklet, "TTEAM as a Complement in the Rehabilitation of Horses with Neurological Deficits" that Carol Lang put together. Everyone in the class got a copy of this book

Introduced Clouded Leopard TTouches covering these areas:

Mechanics of how to do them on the self first, using the dominant hand; then with partner on one side of the back; the circle, clock, using the joints vs. the whole hand, rhythm, pressure, roundness, 1, 2, 3 second circles, breathing, random circles, connected circles with slides, connected circles down the body, then up and the differences with how this feels. A bit about how you use your own body - not in depth with this, just commenting if someone was bending over, or all scrunched up. I had people give feedback about what they were experiencing throughout this time.

Then I did a demo of doing the Whole Body Connected Lines Sequence as I have adapted it to do on a person. I showed this on one of the participants and this was an astounding piece. The person I did the demo with, went through major changes that she felt and all could see. Her face changed, muscle tone changed dramatically, two sides of the body evened out, how her feet were placed and her stance changed. She went from looking pinched and in pain to smiling, moving and standing freer and easier. It was one of the most dramatic shifts I have seen in such a short time. People were riveted while they watched.

In closing, people shared a bit of their experiences. People felt more at ease, more grounded, freer in movement, a greater sense of awareness in the areas that had received TTouches in their backs, arms and legs. Several said they felt less pain. With just the first class, people said they were feeling a sense of community. And what a relief it was for them to hear similarities in other people sharing about some of the processing difficulties they have experienced. And they spoke of the difficult effects of external stimuli they have had since their injuries, and to watch and hear other peoples feedback.

Our next class is Monday. I can hardly wait!

Next class;

We will do a check-in, see what has occurred for people since last class.

Review Clouded Leopard Circles with slides and refine

Practice with the non-dominant hand

Begin learning the sequence that I demonstrated.

I will make any adjustments, adding more or doing less gauged on what occurs.

Close - perhaps add in the Heart Hug to close- I will gauge how things are going.

Much love,
Sandy

P.S. Hi Linda,

I forgot to say that I also talked about the effects of TTouches, and cellular intelligence. These people were particularly interested in this aspect! Finding this information to offer a sense of hope, and it just made sense to them!

2) 9/22/07

Greetings Linda and everyone,

Today we had our first Follow-up class for TTouch for People with Head Injuries. The feedback is extremely positive! This is the first of a series of monthly follow-up classes. Our six-class series ended August 10, so it is five weeks since our last class met.

1. We began with a heart hug, which everyone loves and continues to say how consistently it has a calming effect for them.
2. We did a check-in, focusing on what TTouches they have been using, when, and in what ways have the TTouches been helpful.
3. I introduced Coiled Python lifts very briefly.
4. I introduced walking through a Labyrinth. We found that leading side by side, and using a wand was far too much stimulation. Instead, it was found helpful if they followed behind me. This helped them focus and relax. Everyone's level of awareness of how they were using their body increased. With one person, we only went through the Labyrinth once as it seemed to increase the information communicating in her system and there was a noise increase in her head. We followed the labyrinth with a Heart Hug, and this had a calming and clearing effect.
5. We reviewed what each person was currently doing, and made refinements to their daily and weekly uses of TTouches based on their feedback. They will try out this for the next month until we meet again, and once again give feedback.
6. We took a group picture, and then closed with another Heart Hug.

The following are the notes I took on the TTouches and their uses over the last month from one of the people, followed by the recommendations we all came up with for both people. We used a team approach to come up with a plan for

people. These are adjustments of what they have been using and finding useful. Based on their feedback, we looked for additional areas that might be strengthened and helped with adding in Heart Hugs more consistently, or using the Whole Body Sequence more regularly for instance. The entire class is on video as well. Additional information about what they have been doing will be available once I transcribe the information. One person did not show up for the class.

TTouch for Brain Injuries Class
Follow-up Class #1
September 21, 2007

Feedback from Person #1;

Heart Hugs used daily; before sleep, some in the a.m. and occasionally at work. She finds them to calm her brain and body. Her breathing slows down and helps her to take deeper breaths. Everything in her body seems to flow more, with her systems working together more overall.

She says there has been a reduction in noise in her head. Her pain level has decreased overall, doing her job is easier, and her co-workers have commented on how much better she seems to be doing.

Using the Whole Body Sequence on herself, 1-2 times a week, early in the day, she finds that her circuits are clicking more, meaning that things inside her head seem to be talking and communicating together more inside her head.

She has found that this sequence takes awhile to work through and integrate. She has found the full body sequence seems to integrate over a period of days vs. showing results immediately. She finds that the Clouded Leopard Circles give immediate relief for pain and functioning.

The Whole Body Sequence affects her balance and her movement. If she goes too long (more than a week) without the sequence she feels a bit of deterioration. When her Helper does the sequence on her, she finds the impact and effects to be increased over when she does them herself. Both are useful she said in their own ways.

Use of a cane;

She has begun to use a cane in the last 5-8 weeks. She finds that she is using it for support, to help her find the floor, and it helps her not bump into the walls.

In using the cane, she finds she is steadier, especially on ground and floors that have designs. With these kinds of floors, she sees them as three dimensional and

it feels like she is stepping into them. The cane helps to identify where the floor actually is located and so she feels steadier and more confident in walking.

Clouded Leopard Circles;

She is using them currently on her head throughout the days. They help reduce pain in her head, and they seem to help her focus. She is mostly using them on her head and neck, occasionally on her legs and arms. She feels better she said when she does them, and gives her something that she can do for herself. She has found if she does Clouded Leopard Circles in the evenings, it is too activating or stimulating and it is harder to sleep.

Body Wraps;

Waist Wrap is used in the a.m. shortly after rising for a short while. She said this helps her acclimate from sleep to waking. Then she adds a head wrap for a few minutes and this helps her focus.

In the evenings, while relaxing, or on the computer, or watching TV, she will use the waist wrap again. If she is foggy she will add a head wrap. She will use the head wrap briefly, as this can be too much focusing for the brain and becomes too stimulating before going to sleep.

The amount of time she leaves on the waist wrap has increased over the last few months of using it, but the head wrap is still being used only a few minutes at a time.

Recommendations for Person #1 for the next month;

1. Heart Hugs;

* a.m. and p.m.

* as needed during the day

2. Whole Body Sequence;

* on self 1-2 times a week

* from Helper 1-2 times a month

3. Clouded Leopard Circles;

* 1st thing in a.m.

* fit in with work deadlines

* add in with snacks and food (Clouded Leopard is now considered a snack!

LOL)

4. Wraps;

* in a.m., waist and head

* waist wrap in evenings

* other types of wraps as needed

Recommendations for Person #2 for the next month;

1. Heart Hugs;

* in a.m.

* in p.m. before bed

* as needed in stressful situations

2. Whole Body Sequence;

* once a week on self

3. Clouded Leopard Circles;

* before 3pm (may be too activating if done later in day)

* use on head, neck and shoulders for relaxing and pain as needed.

4. Wraps;

* as needed 3-4 times a week

* try waist wrap in addition to head wraps

* also include neck and other areas if desired/ needed

Heart hugs to you all!

Sandy

3) 10/20/07 Follow up Class #2

Hi Linda,

We had our 2nd follow-up for our Brain injury group today. Once again, amazing things are occurring. People are continuing to find great usefulness with the TTouches as time passes.

One woman commented that she was able to go away last week on a short vacation for the first time since her accident 3 years ago. She feels that TTouch is what has allowed her to be able to travel, and to enjoy herself!

She also continued to comment that TTouch has dramatically changed the quality of her life in the last months. She said that her head does not hurt nearly to the extent that it used to. She spoke of it used to being the type of pain where she wanted to bang her head it was so intense. That has only happened once since she began TTouch.

Another person fell recently and ended up in the hospital. She was strapped down on a stretcher for 5 hours while they waited for the results of the x-rays. She was claustrophobic, panicky and in intense pain during this time. She realized that she could imagine doing the TTouches on herself. So, she imagined the whole body TTouches over her whole body for 2 hours. She said that this helped her deal with the situation and deal with the pain she was in.

Everyone does TTouches before they go to bed. 2 use the head wrap and find this very helpful. All use the heart hug at various times for calming and comfort. All use the TTouches around the head to help reduce head pain, and continuously find this helpful.

We spoke about and did Ear Strokes. One woman reflected afterwards that the heat in her head redistributed and quieted things down in her head. We all continued to notice that her speech patterns continue to improve, and are better than the previous month.

We also spoke about and did Mouth work. Everyone loved how this felt. We had a lot of fun, joking about all sorts of things.

They came up with the idea of doing Ear work and Mouth work before they go into the supermarket to help them deal with the over stimulation that they find in going into the market place.

There is a great sense of community and connection that has developed among us all. It is quite a gift.

Heart Hugs,
Sandy

4) Miscellaneous Comments from Participants

- (1/07 Terri) "The whole body sequence helped a lot. I'm walking better today than I have for a while."
- (12/5/07) Terri "The touch I did today is helping already. I'm not dragging that left foot anymore and I'm a little sharper in the head, with less pain."
- (10/3/07) Terri "Sandy, my head pain has improved greatly over the last few months. I don't know if I can convey how much that alone has improved my quality of life. I had begun to believe after 2 1/2 years that it was chronic pain I would have to try to deal with the rest of my life. In my dark moments, it was overwhelming. I'm

also sharper and more focused generally. I feel more like "me." That's miraculous. Those improvements fade when I get overloaded, but as I've said in the past -- recuperation time needed after being overloaded is shorter than it used to be. Again, that's a huge improvement in my quality of life."

- 10/07 Susan; Participant's Evaluation of class; "I learned that there are ways to improve quality of life and medical issues in spite of ongoing problems relating to brain traumas." "I think that anyone, brain injured or not, would benefit from this work to lower stress and to enable relaxation."
- (10/3/07 Ruth) Class Evaluation from one of the Helpers: "The most important thing I learned from class is that the application of the TTouch was physically and emotionally life-changing for the participants. It was incredible for me to see a person change from one state of being to another in just one session. That is, via the touch therapy, I witnessed several participants transform from a stiff, tense, unbalanced body to a body that was relaxed, poised, and much more balanced. Through the entire body-sequencing this was achieved....and it was amazing."

5. Follow-Up from Robin Bernhard

Dear Linda,

Sandy's group has ended, and I am speechless. I feel so blessed to have been a member and to have a role in offering such a gift to our group members. Our last meeting was so moving, to hear what this group has meant to everyone. One member said that a worldwide online Apraxia support group is listening to hear about the project's outcome because the medical community has not given them anything to assist in their mobility since their initial rehabilitation following head injury.

Jessica will be doing the post group assessments, and we have tons of videotape. The taping was absolutely essential to show the beyond amazing changes in people from the beginning of the entire group, and simply from the beginning to the ending of each session.

After we allow the members to spend a number of months integrating the TTouches and adding to what they have learned, we will introduce the Low Energy Neurofeedback.

To see phenomenal changes in people who've been told by their physicians that their stuck-status is what they can expect for the rest of their lives, which was literally a death sentence, and to see how TTouch has empowered them, and offered new hope and happiness for a future. It is beyond amazing to have been involved in this project. We will definitely be making another DVD.

Disclaimer: All information enclosed is all based upon our experiences of using TTouch with people who have experienced Traumatic Head Injuries. Participants attended classes for self-help and to improve the quality of their lives. Information included in this article is for educational purposes only.