

TEN GET-TOGETHER
(TFH E-K Network)

by

Joy Lindsey

Eleven Southern Californians and one Aussie gathered at my home in January for (1) a special welcome to Gillian Buckingham of Brisbane, Australia who was here for a month; (2) share progress on E-K/TFH work in school systems as well as educational programs in other institutions; (3) for a scrumptious pot-luck lunch; and (4) just because we enjoy the magnetic energy of each other's company.

In a nutshell, here are the seeds we are all planting.

Joseph Luptowitz (Palm Springs, Ca.), who did his masters thesis on, "Water therapy for Remediation of Psychiatric Disorders", coached a rock bottom Banning, Ca. swim team, with poor self-image, to League Champions using Touch for Health, relaxation and guided imagery geared to create self-esteem and the I-can-do-it attitude for sports and life.

Candace Luptowitz, Joseph's wife and also a teacher, is teaming with him this year in a new project at St. John's School for Boys. At this incarceration facility for boys 14 to 18 years of age, they will be using many of the same balancing techniques with these kids, most of whom have serious learning and self-image problems.

We have two studies in progress using Educational Kinesiology. (Represented at this get-together, I know there are others.) One by Gillian Buckingham, who was released from her regular teaching assignment to do this study for the North Brisbane School District (Queensland, Australia) under the guidance of Regional Director, John Dwyer. The other is by Ji (Guruchiter) Khalsa of Pomona, Ca. for her master's thesis at California State Polytechnic University, Pomona.

The contrast of these two studies was interesting and enlightening.

The purpose of Gillian's study was, "to ascertain whether or not E-K techniques could be of use within the Primary Education System in Queensland to help children who were not achieving well academically, although they seemed to have the required intellectual capacity. The study was based on an 8 week trial of E-K techniques using before and after testing on word recognition, oral reading (comprehension and speed), silent reading, spelling, oral and written expression and physical skills. The Regional Director was not interested in a double-blind study as he felt the classroom variables too numerous to control.

Ji's study, on the other hand, is "multi-blind" following all the criterion for experimental design that is required in university research. Being a Sensory Motor Integration Specialist, her thesis - now accepted, is Measuring the Effect of E-K on Static Balance of Learning Disabled.

Anyone doing or planning on doing a study might like to request these tapes (at cost) as the discussion on the two types of studies - problems and direction - is quite thorough.

I, Joy Lindsey,^{Tarzana, Ca.,} continue to do Basic E-K Classes for parents in Los Angeles Unified School District and was able to video tape my 8 hour class this year due to a grant received by another teacher to expand technology in the schools. I also had a chance to work with inner city high school students for the first time and hope to work with teachers in the same school this fall.

Judy Levin, of Canoga Park, Ca. and also of Los Angeles Unified School District, is a substitute teacher who shares TFH and E-K with Resource Specialist Teachers as she goes from school to school. She is now moving toward presenting the idea to personnel development staff who train the Resource Specialist Teachers. (These teachers bring children with learning problems into their classroom for special tutoring.)

Marilyn Lugaro of Huntington Beach, Ca. is now on staff at the Christian Counseling Center at Schuller's Crystal Cathedral in Garden Grove as an E-K Instructor. She works at the academy there with K to 8, as well as, teachers. They send the difficult children to her. Marilyn is also director of Alive - a suicide prevention and education corporation for teenagers, and recently she flowed to Chino State Men's Prison where she is starting a new program there.

She uses E-K successfully in all this work. Perhaps I should mention here that we all started with a Basic Class!

Ann Boyle and Jenny Righetti, both of Chino, Ca., are another exciting team. Ann reported on the work they were doing in a Catholic School where they took an unruly fifth grade class and frustrated teacher to a happy, organized, learning environment which had "improved 150%" according to the teacher who also claims that the E-K techniques in the classroom have "saved her life". (See TEN material # 10 for a five page report on this.)

Jenny, a Mental Health Nursing Teacher, reported on the work they have started at House of Ruth Shelter with abused women and children. She expressed her frustration at working with such a transitory population, but as a result has created a new concept of a Family Switch-On. More immediate support of E-K techniques within the family unit.

Maria Anthony of Granada Hills, Ca. is a trained Waldorf teacher. Though not teaching at present she has been making in roads on a one to one, word of mouth basis at that school.

We were lucky to catch Dr. Paul and Gail Dennison between airplanes. They had just finished work in Florida with a Montessori School where they were able to work with extremely supportive administration, students, teachers and parents. What an ideal situation! They were also recently at Murietta Hot Springs here in California where there is a school for children of all staff. And, of course,

we heard about Vision Training, the Brain Gym Book, E-K for Kids in Spanish and other languages and the up and coming Australian Tour, which I understand, at this late writing from my sources down under, was quite successful.

Paul presented Gillian with her E-K Instructor Certificate - a lovely ending followed by our pot-luck lunch and lots of conversation!

Marilyn had said earlier, "If nothing more goes on today we can at least encourage each other to keep on doing what we are doing." What is going on is very powerful - we all felt that! And as Joseph said, "It's the right time to do the right thing." There truly was a sense of timing that everyone was aware of.

But we all need to be patted on the back every so often, and there's not always a John Thie or a Paul Dennison to do it. We don't need expensive speakers and we don't need \$25.00 luncheons. Just a livingroom, pot-luck and our-caring-sharing-selves. One member of our group felt she wasn't making any progress. (As we all feel perhaps half of the time.) The way everyone jumped in to support her and ensure her that she was on the right track was very moving!

The love and support we can create by networking in this way is very effective. Try it. You'll like it!

Love and light.

For the way