

# Positive results with autism

*Editor's note: this study was sent following an enquiry I made and was not intended for publication. The sample size is very small and the author is agreeing to publication as it demonstrates the usefulness of the MYMOP format, but he/she does not wish to be named.*

The respective parents of four autistic children who attend the Kids Can Achieve group agreed to their children having sessions for six consecutive weeks. Feedback forms were completed by three of the participants or their parents (one participant did not attend the last session); the feedback was very positive and the results are encouraging.

The results showed:

- that participants felt calmer and less anxious
- that they would all participate in another block of CST if offered and that having a block of six sessions was the most appropriate
- participants thought that the care organisation would benefit from having the following complementary therapies available: CST, reiki, play therapy, music therapy, counselling and drama therapy
- they considered that a donation of £5–£15 per treatment was appropriate

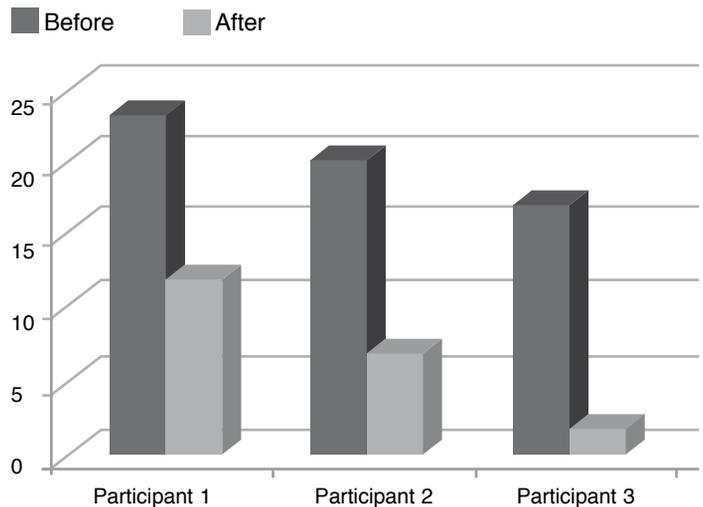
## Feedback score for three participants

	A Lot	Not Sure	Not at all
Did you feel that craniosacral therapy sessions have been useful for your child?	100%		
Do you think the child enjoyed the sessions?	66+%	33+%	
Were you happy with how the sessions were run?	100%		
Were you happy with the conduct of the therapist?	100%		
Did you think the setting (ie room) was appropriate for the sessions?	100%		

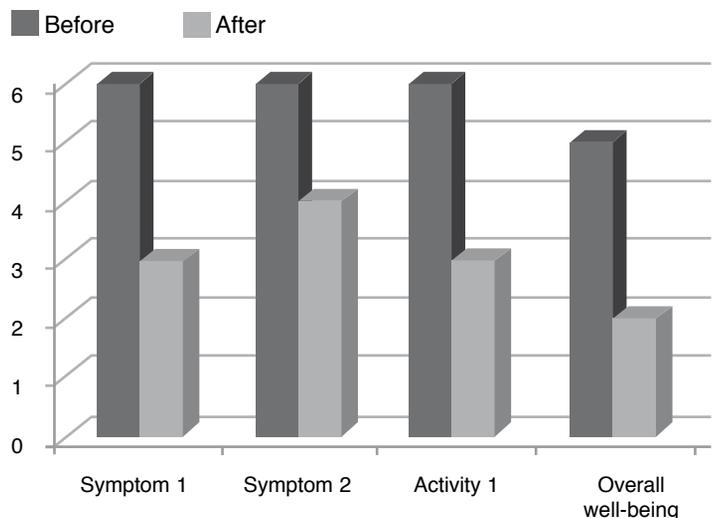
MYMOP forms were used to measure the effectiveness of treatment, so the participant could record their symptoms and well-being on a scale of 0 (as good as it can be) to 6 (as bad as it can be) before and after the treatment block. Participants were asked to write down two symptoms and one activity and score their overall well-being. For children

under 11 years of age the parents filled in the forms. Symptoms included: shyness, playing with friends, anxiety and sleeping difficulties. The total score can range from 0 to 24 and the individual symptoms score from 0 to 6.

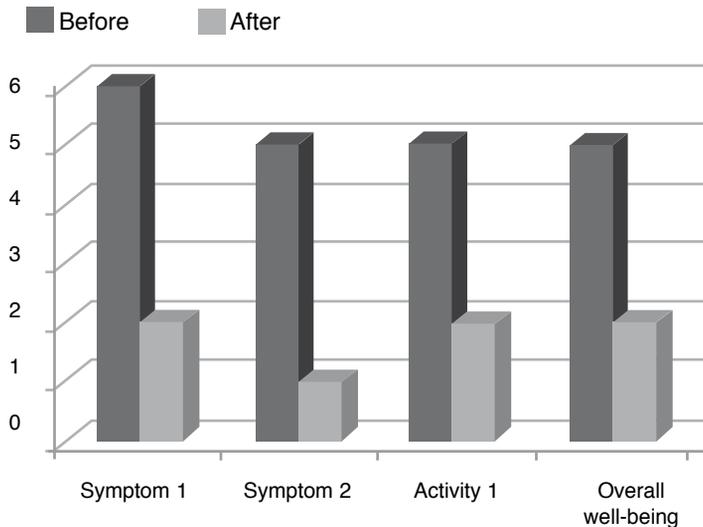
## Individual total scores before and after treatment, per child



## First child's scores: before and after treatment



Second child's scores: before and after treatment

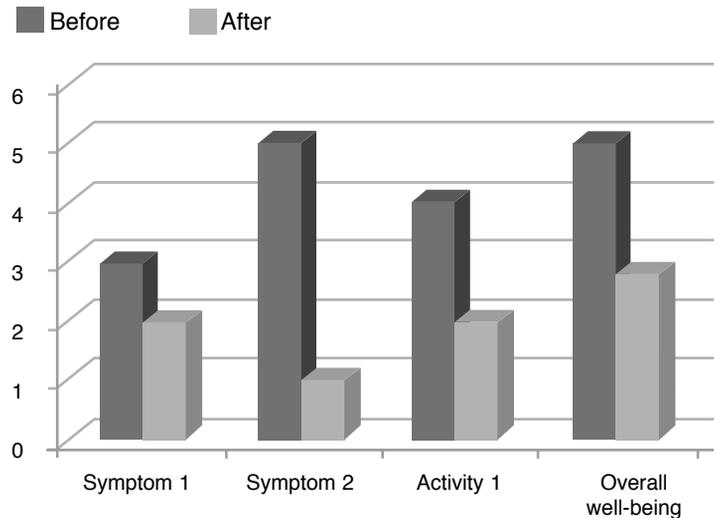


The scores show a significant improvement in all symptoms and activities as well as the children's overall well-being.

I thoroughly enjoyed the sessions and felt that the staff and parents were very helpful, open and supportive. I feel that an initial block of six sessions is sufficient for children who allow hands-on treatment from the first or second session. For other children it may be suitable to extend that to eight to ten sessions to allow the child to relax into the sessions and get the full benefit.

It has been my dream to combine my skills and

Third child's scores: before and after treatment



knowledge as a craniosacral therapist with my role of paediatric physiotherapist. I am delighted to have been offered a job in the Republic of Ireland where I will be able to combine those skills.

Sadly this means that I will not be able to offer any more sessions at Kids Can Achieve, but I sincerely hope that further complementary therapy sessions will be offered, embracing a holistic approach towards the children's well-being.

I would like to thank the team at Kids Can Achieve and the ADHD support group.