

# UpClose

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## UPLEDGER FOUNDATION'S COMPASSIONATE TOUCH PROGRAM YIELDS COMPELLING RESULTS

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**UI HealthPlex Hours  
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*During the 1999-2000 school year, The Upledger Foundation conducted a Compassionate Touch program for children in kindergarten and first grade at New Glarus Elementary School, New Glarus, Wisconsin. This article contains excerpts from the post-program report Compassionate Touch: Helping Children Help Others.*

Statistics compiled over the last 30 years confirm with chilling effect the youth crisis we're seeing played out in the United States.

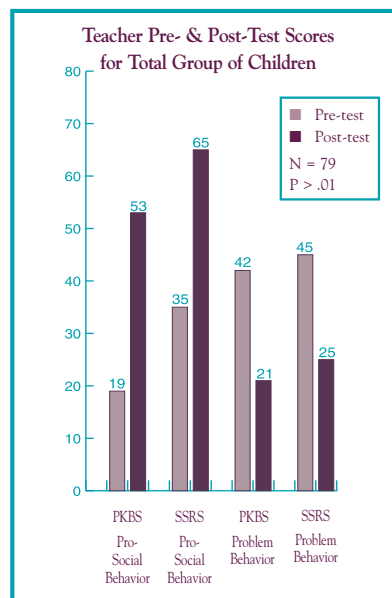
- From 1979-1994, violent crimes committed by juveniles rose some 50 percent (National Center for Injury Prevention and Control).
- In 1997, more than 6,000 students nationwide were expelled for bringing guns to school (U.S. Department of Education).
- Since 1970, the incidence of teen suicide has increased 300 percent. In fact, in 1994 alone, more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and chronic lung disease combined (American Psychological Association).

Believing this trend could be turned around, delegates of The Upledger Foundation embarked in 1997 on a pilot study on the use of compassionate touch among children — in particular to evaluate the effects touch could have in increasing pro-social behaviors and reducing behavioral problems. The results of the initial study were impressive and served as the impetus for the New Glarus project.

Leading this second program were a clinical psychologist and a certified CranioSacral Therapist. The techniques taught to the children

were based on Dr. John E. Upledger's Direction of Energy technique, an extremely light-touch process that uses the hands as a channel for directing positive energy through a physical injury. To perform the technique, the hands are placed on opposite sides of a painful area, and a line is then imagined connecting them. This position is held until a palpable softening is felt in the tissue at the injury site. This is often accompanied by a pulsation and localized rise in body temperature, which dissipate as the process comes to completion.

*Continued page 3*



# THE UPLEDGER FOUNDATION UPDATE ON CURRENT RESEARCH PROJECTS

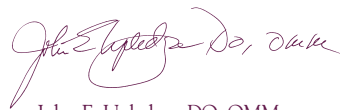
Dear Friends,

What a year it has been since our last update to you! Through our various Foundation programs, we've seen the efficacy of CranioSacral Therapy confirmed in ways that have both excited the hearts of eyewitnesses and satisfied the minds of the scientific community. We've watched compassion and self-esteem blossom in children. We've seen a door to dolphin research open that we'd only dreamed about a few years ago. And we've observed hope, love and trust restored in Vietnam veterans.

When you contribute to The Upledger Foundation, you share in these successes. In fact, you play a major role in the final outcomes. A reality of this world is that progress usually comes with a price tag. Without the financial support of those who believe in the work of the Foundation, we are unable to expand on these programs or research new avenues of healthcare.

It is my sincere hope that you will partner with us in the coming year. We promise to honor your giving and to keep you apprised of how your gift is making a difference in the lives of people in need.

Regards,



John E. Upledger, DO, OMM

## The Compassionate Touch Program

The outcomes from the New Glarus Compassionate Touch program demonstrated the value of this approach in reinforcing positive behaviors and building self-esteem in children. (See cover story.) Now comes the question: How do we use the knowledge gained to its best advantage to reach the greatest number of children? Among the possibilities being explored are development of an instructional video for classroom teachers and/or a course where practitioners are taught how to take the program into schools to teach children.

## Dolphin-Assisted Therapy

In April 2000 we experienced a giant leap forward in our dolphin-assisted therapy program. Thanks to the financial support of Foundation patrons, the Dolphin Star research vessel was christened on April 29th during ceremonies commemorating CranioSacral Therapy Awareness Month.

The next step is to prepare therapists to work with patients both on-board the vessel and in close proximity to dolphins. For the rest of this year and likely the next, the vessel will be taken on small-group excursions to the Bahamas, where 10 therapists at a time will have the chance to work in this unique environment. These initial expeditions will be conducted

as part of The Upledger Institute's new four-day BioAquatic Exploration course for therapists.

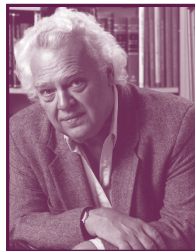
## Post-Traumatic Stress Disorder

In 1999, Dr. Upledger and a team of therapists led a total of 22 Vietnam veterans through four separate two-week intensive programs. The project was groundbreaking on many levels:

- The protocol was co-designed with the West Palm Beach Veterans Administration Medical Center.
- Results showed that the veterans who completed the programs experienced fewer

symptoms, as well as a reduction in the severity of symptoms, in areas such as depression, hostility and anxiety. (See graph, this page.)

- A report by an independent licensed psychologist noted a more than 95 percent correlation between the veterans' improvements and the treatments they received.



Dr. Upledger recently presented these findings at the 10th annual International Society for the Study of Subtle Energies and Energy Medicine (ISSEEM) conference in Boulder, Colorado. Joining him were four of the veterans who underwent the program. They shared with the audience the profound impact this program had on their lives. Roger Lansbury, one of the participating veterans, said this about the experience: "The conference was for me yet another giant step in my healing process, and a continuation of my growth that was jump-started by the original intensive program."

This statement drives home the point that the positive changes realized through the PTSD program involve an ongoing process. Our responsibility now is to help perpetuate the progress for these 22 veterans, while also providing two-week PTSD intensive therapy programs for new groups of veterans.

Your Support Matters

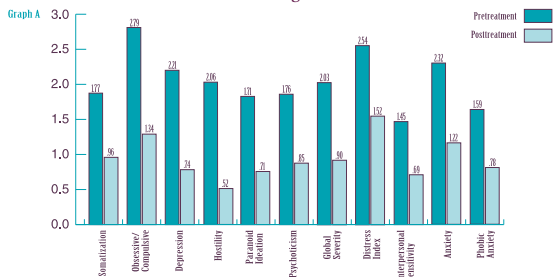
These programs cost tens of thousands of dollars to run. One PTSD program for six veterans, for example, costs \$60,000. We ask you to please consider The Upledger Foundation in your charitable giving. To make a contribution, call the Foundation at 561-624-3888, or send your donation to 11211 Prosperity Farms Road, D-223, Palm Beach Gardens, FL 33410-3487.

## Would You Like to Know More?

A Research Articles List is available that includes recent articles written on the subjects of dolphin-assisted therapy and post-traumatic stress. To obtain a copy, simply call The Upledger Institute Educational Services Department at 1-800-233-5880, ext. 89004, or visit the UI website at [www.upledger.com](http://www.upledger.com).

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Results of PTSD Programs for Veterans



Graph B

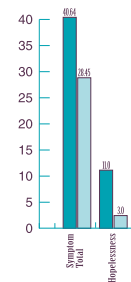


Table A

| Test Scale                | p ≤ .05 |
|---------------------------|---------|
| Somatization              | x       |
| Obsessive-Compulsive      | x       |
| Depression                | x       |
| Hostility                 | x       |
| Paranoid Ideation         | x       |
| Psychoticism              | x       |
| Global Severity           | x       |
| Symptom Distress          | x       |
| Interpersonal Sensitivity | x       |
| Anxiety                   | x       |
| Public Anxiety            | x       |
| Symptom Total             | x       |
| Hopelessness              | x       |

# UPCOMING INTENSIVE THERAPY PROGRAMS



For more information  
or to register for an  
Intensive Therapy Program,  
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ext. 89004.

## Brain & Spinal Cord Dysfunction: Improving Structure and Function

November 6-17, 2000; November 27-December 8, 2000;  
December 11-22, 2000

### Call for Dates:

- **Addictive Behaviors:  
Uncovering the Cause**
- **Autism: Initiating  
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Facilitating Success**
- **Shared Healing: Harmon-  
izing the Emotional Link**
- **Therapist Rejuvenation:  
Replenishment and Renewal**

## SHARECARE® WORKSHOPS

This one-day workshop explains  
CranioSacral Therapy in everyday  
terms and teaches a few simple  
techniques you can use to help  
yourself or family members.

November 11, 2000 – Coldwater, Mich.  
February 24, 2001 – Ossining, NY

## UF'S COMPASSIONATE TOUCH PROGRAM

### *Continued from cover*

Because the Compassionate Touch program involved young children, the term *helping hands* was used to help them conceptualize the touch as light, positive and caring. The children placed their hands on either side of an "owie" and then directed "happy thoughts" about the person they were helping. If the pain was an emotional one, the administering child would place his or her hands on either side of the other child's heart or chest to perform the process.

At the conclusion of the study, teachers observed more than twice as many acts of compassion and empathy, and only half the acts of aggression or behavioral problems they reported at the study's onset. (See graph on cover.) In post-program interviews, the six classroom teachers involved were unanimous in their support of Compassionate Touch.

On the homefront, one parent summed up her impression of the program in a note to her daughter's teacher. "I came home with an awful headache last night," she said. "Sara jumped up and said, 'I can help!' She placed her hands proudly on the front and back of my head and held it. It worked!" Out of that one simple act of using *helping*

*hands* to aid and comfort another, Sara had demonstrated the joy, satisfaction and sense of self-worth that can come from helping another.

Now imagine this same outcome on a larger scale. Imagine the impact of the Compassionate Touch program on children and communities everywhere as anger and

frustration are replaced with loving care and awareness of personal value. Where might our national statistics on youth violence be then?

### IN THEIR OWN WORDS

*Two teachers at New Glarus Elementary School speak out about the Compassionate Touch program*

"Some children have become very caring to those that are hurt. I have also noticed that this technique of helping others has increased the self-esteem of some children. This is a simple technique that young children are able to do regardless of their academic abilities."

— Janet Austin, First-Grade Teacher

"Through this study, I have been able to observe the growth of my students' abilities to help others in need. The Compassionate Touch Study has not only helped to foster good feelings in my classroom, but also acted as a strong community builder for our room."

— Jamie Brecklin, Kindergarten Teacher

*For a copy of the full report, call 561-624-3888. A videotape titled Compassionate Touch: A Program With Lifelong Benefits is also available for a \$10 donation to The Upledger Foundation, 11211 Prosperity Farms Road, Suite D-223, Palm Beach Gardens, FL 33410-3487.*

# COMMUNICATIONS PLAN BENEFITS

## UPLEDGER FOUNDATION'S CHARITABLE PROGRAMS

Excel Communications, the fourth largest communications company in North America, is offering Upledger Foundation

supporters the chance to donate to the Foundation while saving on their long-distance, Internet and pager services. For

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