

ADD/ADHD

(Attention Deficit Disorder / Attention Deficit Hyperactive Disorder)

THE BENDIGO ADD SUPPORT GROUP aims to provide information and support to parents, teachers and health professionals working with children who have ADD/ADHD, or who display challenging behaviours that are not yet diagnosed.

ADD/ADHD are neurological disorders, affecting children and adults. It is not a new condition, but a relatively new name for a set of behavioural characteristics which have been observed and documented since at least the 19th Century.

ADD/ADHD is most commonly observed in children more frequently in boys than in girls, but adults too are affected. Research points to a genetic component.

Jo Gray from Strathdale, Victoria has written 15 pages to us telling of the detailed treatment her son James has received from John Cockfield using the Bowen Technique. There is now absolutely no doubt in my mind that the Bowen Technique has made remarkable changes to James. James has halved his medication, with previously hurried writing, he can, now, calmly write and is amazingly articulate for a child in Year 4.

Jan Stewart of Golden Square, Victoria, who has two boys, Beau 12 years old and Taylor 5 years old, has written 29 pages of detailed treatment on her boys with the Bowen Technique. Beau diagnosed with ADD, and 5 year old Taylor was diagnosed with ADHD, when he was 2 years old.

I cannot stress highly enough just what a different child James is now. I only wish I'd known about this therapy 8 years ago - what a different life we would have had. Now I am no longer



ashamed to take James out in public, he visits friends and I'm no longer on tenterhooks. James is just so amazingly changed that I can ask other people to mind him. Previously, the only people who baby-sat my son were people trained to look after children with challenging behaviour problems. That is now a thing of the past. Thanks John and thanks Bowen.

PROCEDURES USED FOR ADD/ADHD

1. Lower Back Procedure - page 3
2. Upper Back Procedure - page 7
3. Neck & Shoulder Procedure - page 11
4. Pelvic Procedure
5. T.M.J. procedure and advanced T.M.J. Procedure

If bed wetter, coccyx move and kidney move last before turning

If Asthmatic use moves after page 7

Parents to document each day.

Watch for - EYES - PUPIL DILATION

1. Tiredness - wanting to sleep in
2. Easier to please - willingness to please
3. Concentration re - school, work, home
4. Eating less
5. Toilet habits
6. Feeling easier walking - less clumsy
7. Better Balance
8. Freedom from pain - knees back etc
9. Improvement in obnoxious behaviour when visitors are present
10. More interest in tasks - lower levels of depression

N.B. Treatment was conducted for 4 weeks - followed by a delay of two weeks

The Academy wishes to acknowledge the generous support given by Bowen Therapists, Derrick Edmunds, Graham Wakefield and John Cockfield to the children associated with the Bendigo ADD Support Group. Full documentation of treatments used will become available.

Update: Beau is going really well. Badly turned legs have responded wonderfully. Banana shaped foot has straightened out. Medication has ceased. Taylor is holding wonderfully well even after being off treatment for several weeks
- Jan Stewart

Bowen Therapist John Cockfield and Jan Stewart from the Bendigo, Victoria, ADD support group with Ossie in the Hamilton office