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light therapy

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drug dependency and probation

any room for complementary therapies?

A pilot study with dependent drug offenders has proven the effectiveness of vibrational medicine techniques integrated with more conventional stress management approaches. **Shirley O'Donoghue**, Principal of Lucis College, reports.

At Lucis College we have been teaching complementary therapies to practitioner level for some years and have been running holistically styled stress management groups in partnership with many different organizations. In March 2003 Surrey Police secured funding and commissioned a pilot study on behalf of The Safer Guildford Crime and Disorder Reduction Partnership, which is made up of representatives from Surrey Police, Guildford Borough Council, Surrey County Council, Guildford and Waverley Primary Care Trust and Surrey Probation Service.

The funding was for initially five and then ten two-hour complementary therapy sessions targeted at crack cocaine users as there was felt to be a lack of provision for this client group.

Although this was new ground for us, we welcomed the opportunity to pilot our materials with a client group with entrenched behavioural problems on a physical, emotional, mental and social level due to their persistent drug use and the associated crime. The overarching aim of the study was to increase the confidence and

competence of participants to manage stress holistically.

The objectives of the pilot were to introduce a range of approaches and techniques drawn from a variety of complementary therapies, to promote self-assessment, self-help and personal responsibility for change, and finally to reduce the need to resort to drug use as a response to stress.

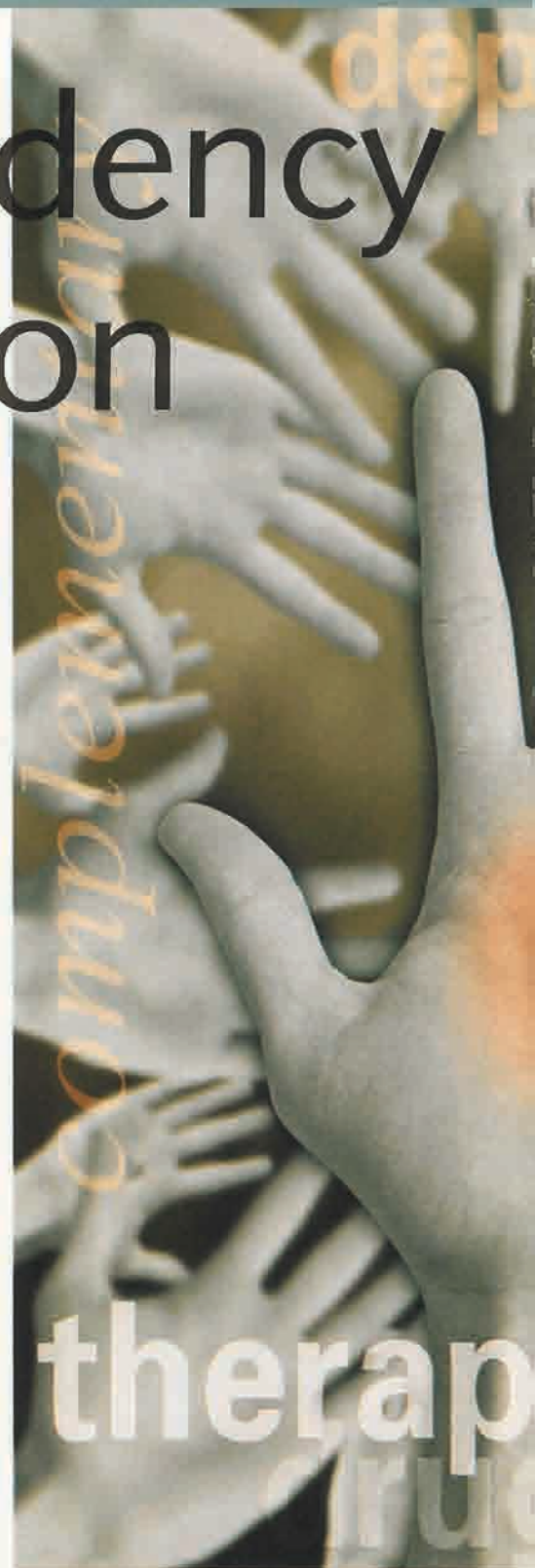
Probation Practice

One of the most common approaches to working with offenders in probation practice is the use of cognitive behavioural techniques. This is used on a one to one basis and in groups. The emphasis in this approach is working with thoughts and feelings to bring about a change in behaviour as well as identifying and working with underlying belief systems. These beliefs often originate from early family experiences and are being unhelpfully repeated in adulthood.

Research suggests that offenders have particular thinking problems, often struggle to reflect on their behaviour and tend to be

impulsive. They tend to have rigid, often negative thinking styles and struggle to see other people's perspectives. Often their values are anti-social and they have difficulty in critical reasoning skills, such as recognising mistakes and evaluating and learning from them. Problem-solving skills tend to be poorly developed or incoherent.

The approach in cognitive behavioural practice involves a collaborative relationship between worker and client where the client's



endency



Effectively we are working with the same areas but using more varied approaches based on assessing and managing the subtle energy system.

Session Content

By increasing offenders' understanding of their subtle energy system they are able to assess the impact their past and present experiences have had on them in a holistic way.

We work with the chakras because that encourages a broad approach incorporating mind, body and emotions. The spiritual dynamic is kept to a simple level in terms of beliefs and values. The sessions are very practical and promote experimentation with a range of tools and techniques during and in between sessions, which fits well with the clients' learning styles. Even offenders with learning difficulties fare well due to the practical nature of the sessions. The self-assessment approach promotes reflection and disclosure of personal information at the individual's pace.

The nature and content of the sessions is such that we rarely discuss drug use as this tends to be symptomatic of other more fundamental issues that underlie their dependency. This works

balance the entire subtle energy system, thereby allowing for a better flow of energy through the meridians.

Some of the participants have had access to other therapies, which affect the subtle energy system such as yoga, and tai chi while in prison and in community based projects. In these cases we found generally that individuals were able to engage significantly more quickly than the others. We were also able to support the techniques by relating them to something that they had already experienced as positive.

We started this project with an open mind and a willingness to accept negative feedback; so far all feedback has been extremely positive – but it is still early days. Although we follow a holistic approach we have found that the discussions arising from the exercises usually give the participants a chance to express emotions and experiences in a "safe" way by relating them to a corresponding weakness in a chakra, for example. Discussion on any mind/body/spirit issue is usually dictated by the group. We are not there to supply them with a spiritual belief system, and if the subject arises we try to give them an overview and sufficient information for them to go away and explore any concepts in more detail

“We are working with the same area, but using more varied approaches based on assessing and managing the subtle energy system.”

well in building rapport with clients as individuals rather than just drug users or criminals. A key characteristic of the group has been poor coping skills in the face of stressful situations. Over time their dependency has developed and has become their primary coping mechanism whatever the cost – even loss of liberty. Varied meditation techniques and working with a variety of “vibrational” tools which have an impact on the subtle energy system have enabled some to experience altered states of consciousness without resorting to chemicals. This has proved a revelation to some participants.

Participants' Experiences

Our experience has shown that participants' perceptions and sensitivities to the subtle energy system, including the chakras, have been heightened when compared to most people. Auricular acupuncture has been popular in work with drug users to manage their habit. While reports of their responses to auricular acupuncture have been mixed, it may be that auricular acupuncture treatment could be enhanced if the recipients were taught ways to

on their own. The key messages we try to encourage them to hear are how to be more objective about their own lives and experiences and to see opportunities for growth in their life experiences.

We structure the sessions so that there are a lot of practical, experiential exercises which keep them engaged, although participants are given the option to take part or not. Usually the more reticent join in as they relax. In terms of working with a group such as this our experience is that we have had to keep the sessions fast paced; as a teacher it can be exhausting work.

The ratio of teacher to pupil is relatively high – 2 teachers and a class assistant to around a maximum of 15 participants. This is due to a number of factors. Primarily as the sessions are experiential it is important that the participants are given sufficient support and encouragement as they work with the exercises. In addition to this some issues may crop up for individuals which they may not wish to express to the whole group. When this occurs it is possible for one of us to give the person some time apart from the group. As we grow in experience it may be

perspective is viewed as a theory to be tested out. The approach is highly practical with lots of practice in between sessions and individuals are encouraged to take responsibility for themselves and their behaviour.

The work we have been doing on holistic stress management with dependent drug users on community sentences has been surprisingly complementary to the cognitive behavioural approach of mainstream probation practice.

► possible for this ratio to be reduced.

There is also the aspect of security as this client group can be volatile, particularly when some continue to use drugs. Managing anger has been a significant issue for some people who have been helped by attendance at these sessions. However, our own insurers have stated that there will be a need to increase the cost of our insurance due to the perceived higher risks which they feel are involved in teaching such groups.

Evaluation

It is our experience that the clients leave the sessions with tools and techniques that they can work with at very little cost.

While there is no denying the benefits that can be gained from such therapies as acupuncture, reflexology, massage and so on, the harsh reality is that many of these people, once they have been rehabilitated, will be on limited incomes and the opportunity to receive these therapies will decrease. Paying £20-£30 for a session is not going to be viable for them, but the techniques they are given in the session can be used whenever they wish at little or no cost to themselves.

Probation staff have told us that participants have used the techniques and found them helpful in particularly stressful situations such as before

attending court. A number of participants have passed the techniques onto friends and family. One person whose father is suffering from cancer found that some of the techniques helped his father manage pain. This resulted in a rise in self-esteem and confidence for the individual concerned.

One of the surprising aspects of the work is that some participants have wanted to know more, prompting the possibility of encouraging them back into learning. We are currently exploring that with the help of a local college. We have developed a range of courses accredited by the Open College Network, which offer the potential for progression and are accessible due to their practical nature and the flexible approach to learning that is offered by the Network. This in turn could be supported by the Learning and Skills Council, who are currently very concerned in addressing a decrease in the number of people with basic skills.

Our subjects lend themselves excellently to "blended learning", whereby basic English and maths skills can be incorporated into the teaching.

And finally...

Evaluation of this work is ongoing. The aims of this innovative project were to increase individuals' confidence and competence in

About the author

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managing stress holistically. So far we have continued to achieve this for a significant proportion of participants, and the feedback from them and their probation workers continues to be very positive.

This approach is not a miracle cure; the complexity of issues facing dependent drug users requires a multi-dimensional approach. However, we have succeeded in engaging this client group and by offering a broader range of techniques and approaches we hope to have contributed to their process of change.

All the evidence therefore supports the conclusion that this pilot project achieved what was intended, despite some of the practical problems. Holistic stress management clearly adds to the range of interventions on offer to drug users. However, the success so far realised by this pilot study has led us to believe that other groups, such as those suffering with long-term pain, life-threatening illnesses or high stress levels could be helped by this approach, and we are hopeful of securing funding to continue this work in other environments such as the NHS.

We already have funding from the Police to run another six-week pilot in September, where we will be liaising with other referring agencies. Sgt Tina Griffiths of Surrey Police said: "I am pleased that The Safer Guildford Crime and Disorder Reduction Partnership was able to try something new for our crack and heroin users. We are pleased with the response that we got and have commissioned further sessions in the autumn with some local clients."

We also hope to secure further funding from the Probation Service to continue for another six months, which will enable us to more fully evaluate the tools and techniques which have the most impact as well as being able to monitor the longer term effects on participants who have been able to increase their levels of confidence and competence. Some interesting challenges lie ahead! ☺

What we do

We use conventional stress-management techniques and teaching but blend it with the concept of the subtle energy system – chakras, meridians and so on. Once we are able to get participants to acknowledge the presence of this energy source within the body, we teach a range of vibrational techniques using tools such as crystals, flower essences and colour, as well as meditation and visualisation to support the conventional stress management/cognitive therapy they receive and to enable participants to balance their energies whenever necessary outside of the group.

Participants have usually come across some therapies which acknowledge the subtle energy system, such as acupuncture and yoga, in prison, so they can relate it to a therapy they are already aware of.

In addition we have devised related courses

which participants further along the line can engage in via a local college.

This enables progression back into learning and opens up the opportunity for those who are really interested to continue on and ultimately work as therapists themselves.

