



**EMOTIONAL MANAGEMENT THE KEY TO UNLOCKING
CHALLENGING BEHAVIOURS**

HET: HOLISTIC EDUCATIONAL THERAPY

STEPPING STONE 3

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Throughout this book you will be directed to a fully interactive companion website for personal support and many interactive films and projects. If you are using a computer or iPad you only need click on the link to be taken to the webpage you need. However if you are on Kindle, you may need to make a copy of the link to paste into your browser bar next time you go online.

At the end of this book you will find the opening chapters to another book called HETties. This is aimed at young people aged approximately between the ages of 8 – 13 (depending on their ability levels). This is provided here for you to work in an introductory step by step, (HET stepping stone approach) with a child or young person and to help them through their challenges in a proven, positive and productive way. More materials are also available for younger children and older adolescents as well as adults.

Emotional Management

To be ready for Stepping Stone 3 you should have worked out and agreed what the desirable behaviours are and what we don't want to see going on in terms of behaviour. You should have an idea of how to know when you've got an improvement in the right direction and you should have a structure in place to identify and reward those desirable behaviours which gives you and your child a direction forward. However, it's also very important to see what your child's feelings are around the time that any of the undesirable behaviours are triggered.

The Cycle of Crisis

When I am delivering staff training to professionals who support young people with extremely challenging behaviours, who may not be able to be educated within a main stream system, I address something referred to as "The Cycle of Crisis".

This is an important part of identifying, pre-empting and turning around difficult and / or violent behaviours before they become out of control. This is all done through observing and recognising the child's emotional reactions and responding to them, rather than reacting to them yourself as this is what escalates the situation often to a crisis level.

If this is handled successfully at this point, it is possible to start to make some really significant changes in the child's behavioural patterns and outcomes. To this end, I propose to suggest some interventions that hopefully, will make life more enjoyable for all concerned.

With extreme behaviours particularly with older children and adolescents, situations can escalate very quickly to violence which can lead to damage and/ or assaults. There are 5 stages in the 'Assault' or 'Crisis Cycle' cycle:

Each young person will have their own unique baseline behavioural pattern. This is their optimum or 'normal' level of day to day functioning. It is through getting to know and observing the child in home and school settings that we are able to get a measure of how they operate at this level in maintaining their constancy. This is why filling in the diaries in Stepping Stone 1 and carrying out the consultations is such a powerful tool in changing the behavioural pattern.

It is often at some point during their day, that there will be something that will cause a shift at this baseline level. This may be an obvious external trigger point, for example a disruption or a change of activity or some act on the part of another that will create a reaction from the young person concerned. It may however be just as likely to be an internal trigger that we are not aware of and cannot see, as it is so unique to the individual concerned. Internal

triggers can create some distant association like a perfume or aftershave or particular coloured jumper or shirt. It may also be a dietary or physical exercise influence that suddenly shifts their internal chemistry. It could be that they are locked into a particular experience or scenario that is going on at some level in their life at the time and then this overflows onto everything they are doing.



Here are the 5 stages to an ‘Assault’ or ‘Crisis’ cycle:

- I. The first stage is referred to as the ‘Triggering Phase’** – This is the Baseline to the child’s ‘normal’ day to day behaviour. It is the observation of a particular behaviour which indicates a movement away from their baseline. It may be they start to get loud, boisterous, hyperactive, withdrawn, twitch etc. This is showing you that the child is reacting to a trigger. Identifying this behaviour and managing it at this stage will break the cycle and prevent it going up a notch to the next level.



There are numerous techniques for this discussed in the HET Introductory book. It is helpful to prepare the environment or situation first to avoid known triggers, but often distraction, or changing the profile of what and how you asking them to do something, may be sufficient at this stage. At this point I would always recommend them taking their Bach Flower Remedy. If it has been correctly prepared it will turn the emotions around almost instantly and it serves as a powerful distraction in itself. By the time they have taken the drops the situation has moved on and they come back in a different space.

- 2. The next stage is known as the 'Escalation Phase'** – If the behaviour has not been identified and an appropriate intervention administered, or if the trigger is more deep reaching like a dietary hypersensitivity for example, then you may find their behaviour deviates more and more away from their base line of being able to cope. Without intervention it becomes increasingly dangerous at this stage and can very quickly escalate out of control and become dangerous for the young person and those around them.



At this stage they will be less reasonable and less inclined to respond to reminders of incentives, as they are operating from a different part of their brain (this is explored in stepping stone 10 – Rainbow Journey). At this point self control is lost and they are in an adrenaline response. If you normally act in a particular way, they will be aware of where this is going and usually play it out to the end. Sometimes responding to the situation in a very different way is enough to confuse them to getting back on track as they are unused to a different approach. When working with young people

with complex needs in this situation I tend to vary the way I deal with it, which will keep them guessing.

These tactics are discussed in the Introductory book but can involve the 'Good Cop / Bad Cop' routine or if they are expecting me to take a particular stance like 'the broken record technique', I might give them a cuddle and empathy, or if you can turn it into humour and something to make them laugh. I have even stood in front of a child and called their name saying in a firm tone: "David look at me -you need to look at me now!" Once you can hold their attention through eye contact, it can sometimes prevent them from losing control at this stage. There are no hard and fast rules here, just trial and error, but this is why it is so important to profile the child's behaviour in different situations.

- 3. The next stage is known as the 'Crisis Phase'** –At this point it is extremely difficult to redirect the outcome as the young person has less control over their aggressive impulses and attack is more likely. At this point they 'have lost it', are in 'melt down' and are 'acting out'!

The most important focus at this time is to de-escalate the situation. Remain calm. Speak in a reassuring way to the child. Your priority is to keep the child and those around them safe and minimise any potential damage. Provoking or threatening the child at this stage will only make the situation worse. Empathise in a quiet and calm voice. "I see you are upset about this. We can sort this when you calm down. You need to show me that you are calm. This can be put right." And so on!



- 4. Following on from this is what is known as The Recovery Phase** – the young person has not been able to cope with the situation and has lost control. You, as the adult have the responsibility to maintain the control of the situation whilst being mindful that their high state of physical and emotional arousal can remain a threat for up to 90 minutes after the incident. You will need to remain calm and at this point you can

once more try to get them to take their remedies and offer incentives and choices to re-establish a positive focus with that young person.

- 5. This then leads to 'The Post-crisis Depression Stage'** – the young person regresses below baseline behaviour. They are exhausted and may become tearful, remorseful, guilty, ashamed, distraught or despairing. Often it is a question of reassuring at this stage. "We can out this right together," or just quietly holding them or giving them a cuddle with reassurance.



It is recognising and managing the escalation phase that is the key to turning the situation round and breaking the cycle. This will be different for each child. It will also depend on the trigger, for example, the young person may be oppositional and defiant, in which case just the 'no' word will trigger behaviours. This may be more easily dealt with by creative strategies as discussed in the Introduction to HET.

A hypersensitive reaction to high energy drinks or food additives may be less responsive at this stage but if these are a known trigger, they should be avoided. This is what is meant by making observations from the diaries that you were asked to keep and finding out information from the consultation forms. A parent will always find out more from a school consultation and schools will find out more from a parental consultation. This is what is meant by an 'Holistic Profile' and is the basis for monitoring improvement.

Knowing this information is also very important in helping you to decide what Bach Flower Remedies to put into their emotional management blend.

I have included a chart for you below. This is so you can list down the information gathered and your own observations. This is useful to put together alongside the profile you have created after doing the consultations, goal setting and rewards:

Your **observation** is a comment on what you know about the young person concerned. This may come from consultation or observation e.g. if he is not allowed his own way he will get increasingly difficult / threatening / violent.

The **trigger**, this will be what starts the journey towards the escalation cycle off. Where the behaviour starts to deviate from coping with day to day routines. For example: He refuses to participate in the activity and will disappear inside his hoodie.

The **intervention**, this is something you do during the triggering phase to stop it escalating or during the escalation phase to prevent the crisis / assault or damage. This will be an active intervention on your part with the young person. For example, a distraction from the situation such as a change of activity, or a timely reminder of the proximity of a reward or incentives process. Leaving the situation for a while to take Bach remedies or even removing the audience if there are friends or peers around to provide encouragement for inappropriate behaviours.

The **strategy**, this is put together when you know what interventions are effective or not with the young person concerned. It is what you plan ahead to put in place should the need arise. It can be an opportunity to switch activities, even in a different venue, to remove dynamics that are fuelling the situation or just somewhere to go to take some time out. And this final column requires you to list the different interventions as a plan to avoid unacceptable behaviours – this is your strategy! It will need to be regularly reviewed for effectiveness.

Obviously WHAT you say and HOW you say it is critical in de-escalating a potential crisis situation with a young person.

You will need to:

- Observe the child's baseline activity: watch this child's reaction to certain tasks or influences around them throughout the day.
- Monitor their reactions to different tasks and different individuals round them, viz. what happens next?
- What do they respond to well? What do they react badly to?
- Try spotting situations in advance where they could react badly and pre-empting them

- Try implementing what they respond well to in situations where they are starting to react badly to divert them
- What works well? What doesn't work well?

Defining what works well enables us to put interventions into place for each child. If these can be spotted in time and put in place during the escalation phase we can often break the cycle.

The chart is on the next page.

OBSERVATION	TRIGGER	INTERVENTION	STRATEGY

Our behaviours are a barometer for our emotional state.

This is what Stepping Stone 3 is about!

Having a handle on your emotions and also what the child or young person's emotions, feelings or stresses are around a particular situation give us a very valuable tool into turning things around.

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Knowing how you feel is an important lesson

So, what are emotions?

Now emotions are an energy 'in motion', like a pulse moving through us 'E-motion'! This is really the fuel in the petrol tank that drives us forwards and onwards. Taking us away from what we do not want and towards what we do want. Understanding our emotions and the emotional responses of those around us is a very important way to turn around situations, before they become out of control. In this way we can create different outcomes and turn our lives around towards a more positive approach.

Now what very often happens in these emotional situations is that we enter into certain scenarios that are happening around us and take on board the emotional energy of other people. That is when we end up feeling a particular way (and that's not usually a good feeling) about something and guess what? It isn't even our stuff – this is what I call "Passing the parcel". It's just like that game of pass the parcel. Remember when everyone passes the parcel around whilst the music is playing and then when the music stops we take off the wrapping. Well whoever is left holding the parcel ends up with something very unpleasant. Doesn't smell good! Has been going around for years and wasn't even 'their stuff' in the first place.



We end up taking on board stuff that was never anything to do with us in the first place.

OkLet's take on board a situation that we all know about, because we have all been there at some point:

We meet up with someone, something happens or someone says something and all of a sudden all our buttons are pressed. They say or do something that makes us feel a particular way, let's say for arguments sake they 'make' us feel angry. We start to own their 'parcel of stuff' that they have been carrying around with them for a while (adding to it at various stages along the way!) and they don't want to carry it around anymore. So they use this situation and their encounter with us to off load itAnd 'Hey Presto'that makes them feel better (or so they think!) It's that game of pass the parcel.

Well this is exactly what happens Someone has some blockage from the past – that is not very nice; they didn't sort it out at the time, (what we call 'processing'). Probably because they didn't understand that it was someone else's stuff anyway, felt bad about it and re-enacted it at various times ever since in some guise or another. So, there they are carrying it around and it smells nasty, it's unpleasant and so they want to pass it on to someone else because they are feeling bad about it – NEGATIVE EMOTIONS!

They are going to come across some kind of situation at some point, that in some way reminds them of whatever it was that happened way, way, back whenever, that made them feel really bad in the first place! So, that memory has been triggered and will stir up the associated emotions – the same feelings that are stuck around the original incident.

Ok – you are starting to get the picture now! The incident triggers memories that bring up the emotions and these emotions wash through us, which gives us the opportunity to wash them away and to move on. The negative emotions such as anger, sadness, irritability or whatever it is that we are feeling at this point is the signal for us to turn it around and create a positive emotion around the situation and that is what will dissolve it and wash it away. This is the 'process' that moves us on and opens things up for a fresh start.

If we don't manage to change the negative feeling into a good feeling – then guess what?

That feeling stays with us - still negativeand waiting for the next trigger to bring the memory up again the next time something similar happens in the future.

Now, when we listen to the signal of negative emotions calling us and giving us the cue, we can do something about it.... (Like turn it around perhaps?) This is so we can have a new association with that type of incident, so that when we encounter it again, because we have a new association with it, we feel differently and then we can start to make progress. The positive emotion wipes out or dissolves the feeling around the incident that triggered the old reactions and now we can start again – feeling better about ourselves and about the situation.

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Time out to process!

Right so let's get back to our story line here – we've met someone who is behaving in a way that is going to press our buttons – we feel angry about it – OK!!! That is the SIGNAL!!!!

We have been waiting for this. We now know that they have a 'parcel' of stuff to pass around, something from the past, that is making them feel bad and they want to off load it onto us – ok ...so now we have choice!!! We can own it and react to it, open the wrapper and then pass it on to someone else OR we can recognise and honour the button pressing signal and say to ourselves "ok, this is their parcel I am not going to own and open that one to find out what's inside it!" And so we can pass it right back, thank you very much! This is how we avoid falling into the trap of re-act-ion.

I actually do this, by explaining this process to people and saying: – "If you have a problem with me or something I am doing or saying, then that is exactly what it isYOUR problem!" and I thank them, because what they have done is shown me that through my FEELINGS about what has just happened, it has triggered something in me, which has bad feelings, thoughts, memories or emotions around it, that need to be turned around.

I can usually find out what this is about by tracing it back to last time I felt like that, then the time before that and so on. *This is like the activity we took part in for Willow's Theme in the music tracks in Tommy's Story.* Eventually it can be traced back believe it or not, to a time when something occurred that we didn't fully understand through the innocent misperception of childhood, usually between the age of 0 – 7! This is when we understand it and we can forgive ourselves for feeling bad about it in the first place, turn around our feelings from that situation and then move on.

But this process isn't always easy and in all honesty, it does take a bit of practice to move it forward in a conscious, (i.e. a knowing and understanding way), of what is actually happening here.



Most issues stem from childhood, when we take on board the projected 'Parcels' from adults around us. This is where we learn the 're-act-ive' process.

Now, I did say we have a choice and this is what most people choose to do when they have their buttons pressed:

They choose to sit down, take the 'parcel' in hand and unwrap it!

They own it!

They feel the NEGATIVE Emotion projected at them from the other person. They choose to own it, react to it and then that gives the other person something back again. That re-'act'-ion, justifies the other person in what they were projecting in the first place. Then, they can go away having off loaded in the full knowledge that they were absolutely 'right' in the first place – to do what they did!

And, they have still got the parcel to keep passing on in the game.

Now another scenario playing off here, may well be that what they 'said' or 'did' was just your reaction to something in your past and which acted as your trigger and the other person may be totally unaware that you are 'processing' an issue here and equally, they are totally surprised at your reaction to the trigger. It's your own 'trigger' that you are pulling – about to shoot yourself in the foot.

There is a short cut that can be taken to this sorting out of emotions, which can be very confusing and complicated and always very difficult to see when we are standing in the middle of our own personal fog. The short cut is through using something called the Bach Flower Remedies.

Now this is a very simple healing system – and in harmony with the whole HET concept so safe and so simple that the worst thing that it can do is not work – However – if you take it, it works and I'll explain how....

Bach Flower Remedies



Dr. Edward Bach, originally from Birmingham in the West Midlands, was a Harley Street physician in the 1930s and was very inspired by the concepts and results around homeopathy; he took this work to another level by developing a system called the 'flower essences'. He became discouraged by the limitations of conventional medicine and turned to alternative approaches. This is when he developed the system of flower essences that we refer to today as the Bach Flower Remedies. Most people are familiar with the internationally famous 'Rescue Remedy', which is a combination of 5 of the 38 remedies he introduced which covers the whole spectrum of emotions.

Now the effectiveness of these remedies depends on how accurately we can pinpoint the emotions which are being felt at the time. These Flower essence remedies can be taken either as mood remedies which are for fleeting or passing moods, or treatment remedies which are combinations of anything up to 7 of the remedies taken together, which are prepared in a treatment bottle and taken over 3 weeks.

It would be great if we could take all 38 remedies together, to sort out any bad feelings at any time, but anything more than 7 taken together and they kind of tend to dilute one another and are nowhere near as effective. So the trick is to identify which (of up to 7) emotions are present right now and address them with corresponding remedies. They work a little bit like flipping a coin round from negative to positive. The beauty of this system is if the positive emotion is already showing then there is nothing to turn around. So the worst thing that can happen is that they don't work. There is something like 23 million different possible blends that can be taken in various combinations, so you can see that it is a personalised approach.



So safe, so simple and the worst thing they can do are not work.

It really is important to stress at this point that the Bach Flower Remedies are all perfectly safe and have no side effects. They are suitable even for babies and animals – even plants benefit from taking them!

The treatment remedies usually include something called a ‘type’ remedy. This is about the type of person that we are – it is linked in with our personality and when we are under stress, the negative aspects of our personality manifest through our emotions in our behaviour.

BEHAVIOUR IS A BAROMETER FOR OUR EMOTIONAL STATE!

Right, well the Bach Flower Remedies are our first port of call within the HET system; the reason for this is because it is directly linked to our behaviour. Once we feel better about things, our behaviour becomes more productive and positive with ‘feel good’ factor. By simply taking a remedy, it can turn things around very quickly.

We do this by preparing a treatment bottle to unblock the stuck emotions which are playing out negatively in our lives. This is a little bit like a blocked sink, we need to unblock whatever it is that has got in the way of the flow of our emotions in the first place and then we can get things flowing again.

We know the remedies are starting to take effect when we suddenly become aware within ourselves that we are saying or doing things differently – that “Oh, Gosh – where did that come from?” feeling. When we say or do things differently, then we create different outcomes and this makes a huge difference in our lives.

When we’ve turned things around to a more positive focus in our lives then, we can learn which remedies we need to take as our ‘type’ remedies when we are stressed. We can also

learn which remedies to take for fleeting or passing moods, to help move us forward at difficult times.

So, the real trick is identifying which remedies are appropriate for the way we are feeling. This means that we are able to look at the negative traits that each remedy works upon and also the positive state of mind or feeling that it brings us to, when we have taken it. It is the accuracy of this part of the process that determines how effective the remedies are when we take them.

So let's take a good look at how to work out which ones we need.

I have prepared a power point presentation on all the remedies with case studies and examples of how I have used each one to give you an idea of how they all work. This is available on – line at:

<http://www.holisticeducationaltherapy.co.uk/bachvideo/bach1.html>

This should give you a very good overview of how each remedy works.

The following checklist should also be very helpful to you – have a read through it and tick the ones that sound relevant to you:



I have indicated in green below in the table which remedies I would recommend for specific behaviours in children.

The table also includes pictures of nature scenes which are linked to an underlying emotion. It is sometimes helpful to get a person to look at the pictures and to choose one that is close to how they are feeling “right now”. This opens up a discussion. They could choose up to 7 of the pictures and this could form the basis of their blend with a close discussion relating to which each one indicates.



I would suggest that you cut the pictures out and mount them on card and use them this way.

I have also included emoticons which are helpful for working with younger children (see below the remedy pictures).



ASPEN

REMEDY	INDICATION	TICK HERE IF YOU THINK IT IS NEEDED
ASPEN	– This is the remedy for those suffering from anxiety or fear of unknown things; they are unaware of exactly what it is they are fearful of. This remedy helps to lift the fear so that they become aware that there REALLY is nothing to be afraid of.	
	 <p>Fear is only a shadow... ...Of something that doesn't exist</p>	

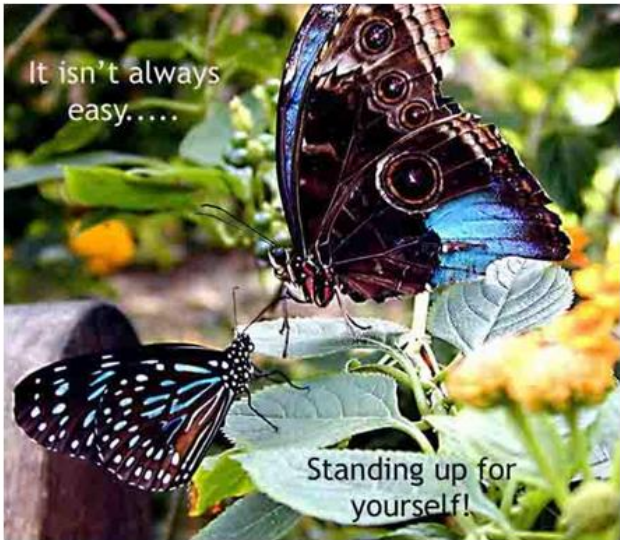

AGRIMONY

<p>AGRIMONY</p>	<p>- This is the remedy for people who put on a brave face. Often they are the jokers and the life and soul of the party and others would never believe the torment they are going through under the surface. This remedy helps people who are generally like this or those who may be going through a tough time and hiding their issues, putting on a brave face. Whilst the situation doesn't go away, it helps them to face up to it and move it on without the stress of masking it.</p>	
	<p>Putting on a brave face....</p>  <p>Doesn't make things go away.</p>	



BEECH

BEECH	<p>– This remedy is for those people who are critical of others and intolerant of other people's habits and ways of doing things. The remedy helps them not get their buttons pushed, or be easily bugged by others, so that other people's shortcomings go over their heads like water off a duck's back.</p> <p><i>Often this remedy is helpful for children with ADHD; the short attention span can make them very intolerant of those around them.</i></p>	
	 <p>Bugged?</p>	



CENTAURY

<p>CENTAURY</p>	<p>– This remedy is to help those who are not able to stand up for themselves. It can help them to be more assertive and putting boundaries in place in situations where they have been unable to previously say no to others.</p> <p><i>Very helpful for children who are being or have been bullied.</i></p>	
	 <p>It isn't always easy....</p> <p>Standing up for yourself!</p>	



CERATO

CERATO	<p>This remedy is for those people who need reassurance and confirmation from those around them that they have made the right decision or that they are doing things properly. It may be that they feel they need the approval or acceptance of another. This may be a tendency in some personalities or it can be a phase or mood that they may be going through. Cerato will give them the reassurance within themselves to be who they truly are without the need to have to check it through with someone else first.</p> <p><i>Useful for children who are constantly bringing their work to you to check that they are doing it right!</i></p>	
	 <p>BE YOU!</p> <p>You don't need anyone's permission to be who you truly are!</p>	



CHERRY PLUM

CHERRY PLUM	<p>– This remedy is helpful for those people who may have bizarre or frightening thoughts going through their mind or even fearful of losing their minds. The fear is of losing control of the mind and the remedy helps people in this situation to regain their control and composure.</p> <p><i>This remedy is most suitable for children who experience night terrors. Also those who lose control in temper outbursts.</i></p>	
	 <p>Losing Control...</p>	

CHESTNUT

CHESTNUT BUD	<p>– This will help those who are always making the same mistakes and never seem to learn from their experience. It can be a characteristic or it can be a repeat situation, either way it helps that person to see things in a new light, learn from the error of their ways and move on following the guidance that is given to evolve the situation.</p> <p><i>Again this is often helpful for children who are always getting into trouble for doing the same thing and never seem to learn from it.</i></p>	
	<p>Following PRESENT guidance in the FUTURE...</p>  <p>...prevents repeating PAST mistakes.</p>	

CHICORY

CHICORY	<p>– The remedy for those who need to be needed. They very often feel that their input is necessary and things can't be achieved without it. They may be quite clingy, possessive and suffocating in their approach, very often overshadowing how others would go about things under the delusion that they 'need' their input. This remedy would help them let go of situations and people in an appropriate way.</p> <p><i>Helpful for children who are very clingy</i></p>	
	<p>A need to be needed...</p>  <p>...Is when 'they' can't do it without 'you'!</p>	



CLEMATIS

CLEMATIS	<p>– An ideal remedy to assist those people who are not in the here and now. They may be daydreamers or imagining different scenarios, places and situations and are not fully engaging in the present. This remedy helps to focus the mind and interest in the present circumstance. The remedy focuses on the NOW.</p> <p><i>I usually put this as an anchor remedy in blends for those on the autistic spectrum.</i></p>	
	<p>The sum total of all that was... The seed potential of all that will be...</p>  <p>Is held in the N O W</p>	

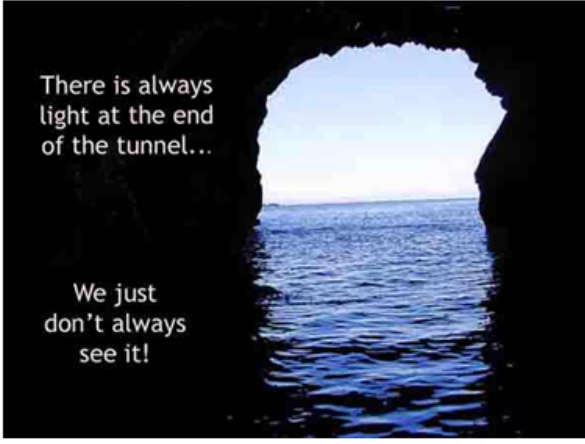

CRAB APPLE

CRAB APPLE	<p>– This is valuable assistance for those people who may be lacking in self esteem or self worth. They may not like looking at themselves or dislike aspects of themselves. It is also helpful for those who have ritualised behaviours or compulsions and may need everything around them clean, perhaps often washing or cleaning themselves or their environment. Even believing that something about them is unclean and needs to be washed from the system. This remedy therefore contributes to a grateful acceptance of oneself and easing of punishing routines that are self-administered.</p> <p><i>Often a helpful remedy for those who have been victims of abuse in the past. I would also put this in a blend for autism as it helps to overcome obsessive traits</i></p>	
	<p>Mirrors reflect distortions of how others see us....</p> <p>...Real beauty shines from within us and reflects on those around - We don't need to see it.. Just know that it's there!</p>	



ELM

ELM	<p>– This will help those who feel so totally overwhelmed with circumstances they wouldn't know where to begin. The remedy helps them to be able to cope with what is happening in a bite sized way and thus see a way through the situation</p>	
	<p><i>Seeing a way through..</i></p> 	



GORSE

GORSE	<p>– This is for those who are so rock bottom that they have given up on everything. They see no light at the end of the tunnel and no point in bothering as it can never be any better. They might even be harbouring dark thoughts of suicide. The remedy helps to lift the mood and recognise that things can and do get better. It restores hope.</p>	
	<p>There is always light at the end of the tunnel...</p> <p>We just don't always see it!</p> 	



GENTIAN

GENTIAN	<p>– The remedy for life's setbacks and downfalls. Gentian is valuable for those who are brought down for known reasons, like there is always one step forward and then two steps backwards... like "here we go again" type feeling. This remedy restores optimism and helps them see that there is always a way around every obstacle, even if we just have to see it differently. The sun is always shining despite that sometimes rain clouds cover it. Gentian helps move the rain clouds from the situation.</p>	
		



HONEYSUCKLE

HONEYSUCKLE	– is the remedy for those people who live in a different time or place when things appear to have been so much better, savouring the details of the past, or some situation has occurred which resulted in them being stuck in the past. The remedy helps them release the attachment to the situation and appreciate their present circumstances.	
	 <p><i>Savouring the way it was....</i></p> <p><i>loses the flavour of how it REALLY is</i></p>	



HORNBEAM

HORNBEAM	– The remedy for people who are not able to get down to doing what has to be done. They can't be bothered and get stuck, lacking the enthusiasm and motivation to even get started. Very often they will put things off, procrastinate and feel like it's permanently Monday morning and so the remedy will help them enthuse; to enjoy and involve them in what needs to be done, feeling a sense of satisfaction from their involvement.	
		


HOLLY

HOLLY	<p>– is the remedy for anger, suspicion, jealousy, revenge and frustration. It can be a hot and explosive feeling and like a volcano, quite eruptive for those around. The remedy therefore helps to restore a feeling of release and relaxation in situations that might have been previously provoking. Allows them to take what triggers their anger as a tool to shape change in their lives and not a weapon which ultimately destroys them.</p> <p><i>Again this one is helpful for children with ADHD type behavioural disorders who can be very volatile in certain situations.</i></p>	
	<p>ANGER...</p>  <p>...The greatest tool for change... ...the greatest weapon for self destruction!</p>	



HEATHER

<p>HEATHER</p>	<p>– This remedy is aimed at people who feel lonely, cut off and not listened to. The problem then becomes worse as they can over talk and drive others further away as they don't want to listen to it. The remedy helps them to communicate as part of a two way process, listening as well as speaking, thus making life less lonely.</p> <p><i>Ideal for when children never stop talking!</i></p>	
	 <p>Life's lonely.....</p> <p>...When no-one BLOOMIN' WELL listens!</p>	



IMPATIENS

IMPATIENS	<p>– This is the remedy to help those who become easily irritated, impatient or fidgety with people, things or situations. These are the people who are always waiting for the world to catch up with them! The remedy helps them slow down and relax waiting for others to catch up with their way of thinking or doing things without causing stress all rounds.</p> <p><i>Helpful in blends for hyperactive children who never keep still.</i></p>	
	 <p>IMPATIENCE is what happens....</p> <p>...Whilst waiting for the world to catch up!</p>	



LARCH

LARCH	<p>– This is the remedy for people who do not sit in their own driving seat and do not attempt things because they feel they will fail. The remedy restores confidence and empowers them to go for it, believing they will accomplish what they hope to achieve. They can let go and see themselves as high fliers.</p>	
	<p>Confidence...</p>  <p>...is KNOWING that when you let go you will FLY!</p>	



MIMULUS

MIMULUS	<p>– This remedy is for fear of known things or for those who feel nervous and embarrassed or may blush easily. They may be worriers constantly running through the ‘What if?’ scenario. It will help them overcome their fear and being timid creating a natural courage within themselves. They can learn to see their own charm in their situation without embarrassment or worry. <i>Ideal for nervous or timid children.</i></p>	
	<p>AWKWARD AND EMBARRASSING MOMENTS...</p>  <p>...Are only difficult for those who are experiencing them. Those who perceive them only see their charm!</p>	


MUSTARD

MUSTARD	– This remedy is for the kind of depression that comes and goes like a heavy dark cloud for no reason. This will therefore help the cloud to lift and restore a natural sense of well being and uplift. It allows the smile to shine through on a cloudy day!	
	<p>The darkest clouds always lift in the face of a smile!</p> 	



OAK

OAK	<p>– is the remedy for sheer exhaustion and this may be mental or physical or even following an illness. Like the mighty oak tree felled, there is no more energy left apparently. The remedy restores the inner strength to move on and helps the mind to listen to the body's call for relaxation. To hang out for a while whilst you rebuild one's strength.</p>	
	 <p>When the burden gets too much to carry..</p> <p>Rest up and hang out!</p>	



OLIVE

OLIVE	– is for tiredness and can assist in keeping going and lifting the sense of heaviness thus restoring energy.	
	 <p>Too tired to give a hoot!</p>	

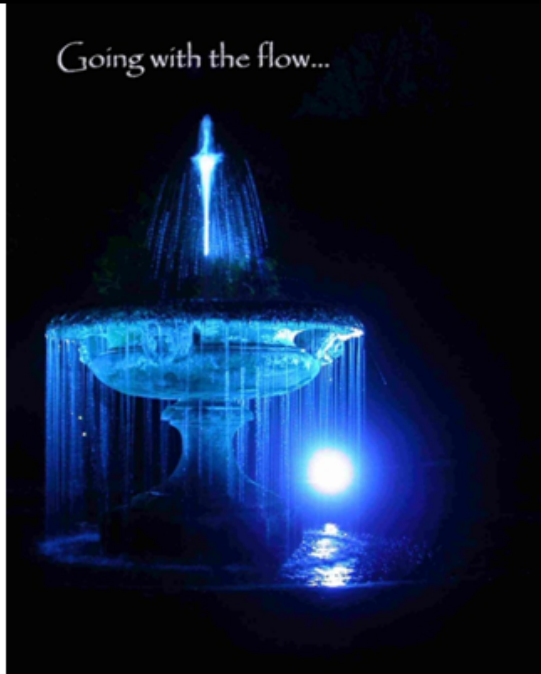

PINE

PINE	<p>– Is the remedy for those people, who are always apologising, even for things they haven't done or they may feel guilty or that they are to blame for something in some way? The remedy helps them to allow others to make mistakes and learn through their own process without them having to take it on board on their behalf.</p> <p><i>Again often helpful for victims of abuse, who are made to feel guilty or to blame by the perpetrator of the <u>abuse</u>.</i></p>	
	 <p>If we never made mistakes...</p> <p>...Then how would we ever learn?</p>	



ROCK ROSE

ROCK ROSE	<p>– This is the remedy for terror and is a little bit like the rabbit trapped in the headlight, frozen in fear and unable to move. This remedy eases the terror, freeing the mind from paralysis and allowing appropriate responses to the situation to fall into place.</p> <p><i>This is the remedy for children who suffer from Night Terrors.</i></p>	
	 <p>FREEZING IN THE FACE OF FEAR...</p> <p>...DOESN'T GUARANTEE YOUR SURVIVAL!</p>	



ROCK WATER

ROCK WATER	<p>– Just as flowing water can wear away rigid rocks, so too can this remedy ease the rigid mind. It helps people with very fixed and rigid ways of thinking. They may be perfectionists or stress out on things not going the way they ought to go – very often being stuck in set routines and structures. The remedy eases the stress when things do not go as planned and helps the individual go with the flow!</p> <p><i>This is another anchor remedy that I would put in the blend for autism; it is very helpful for rigid thinking and inflexibility, resistance to things not going as they 'ought'.</i></p>	
	<p>Going with the flow...</p> 	

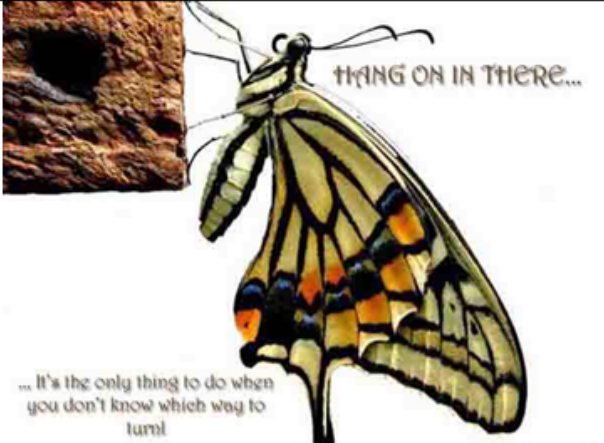

RED CHESTNUT

RED CHESTNUT	<p>– is the remedy for those people who become over anxious for the well-being and welfare of others, very often close family and friends. This worry can cause them to be unduly stressed about others safety etc and may cause them to be over protective. The remedy therefore helps ease this concern and get things into a more realistic and helpful perspective. It stops them from overshadowing the lives of their loved ones.</p>	
	<p>Over protecting someone...</p>  <p>Overshadows their painting of life's canvas.</p>	



SCLERANTHUS

SCLERANTHUS	<p>– This is the remedy for where there is a swing from one extreme to the other, it could apply to mood swings but usually it applies to where there is some indecisiveness where people are unable to make up their minds. The remedy helps them find a sense of balance and enables them to come to a place within themselves whereby making a decision is possible.</p> <p><i>Helpful for using with children with mood swings or unpredictable behaviours.</i></p>	
		

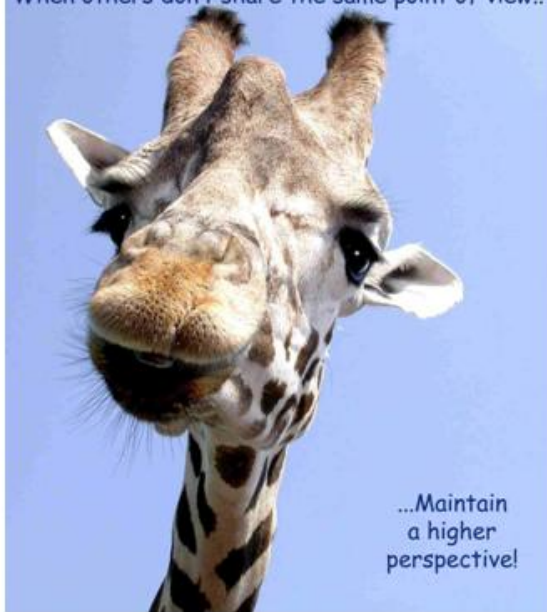

SWEET CHESTNUT

SWEET CHESTNUT	<p>– This remedy is for those people who may be experiencing such despair, anguish and despondency they have no idea which way to turn. They do understand that things can be better but they have no idea how, where or when and like the headless chicken, running round not knowing which way out to take. The remedy assists them in bringing a sense of calmness and relief. Helps them to hang on in there, focusing them on resolution.</p>	
	 <p>HANG ON IN THERE...</p> <p>... It's the only thing to do when you don't know which way to turn!</p>	

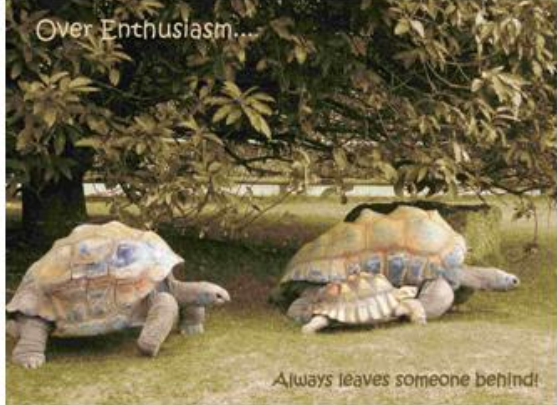

STAR OF BETHLEHEM

<p>STAR OF BETHLEHEM</p>	<p>– This remedy can deal with shock, trauma, bereavement or grief issues and may sometimes go back years, to remove the effects that the original impact had on the individual concerned. Once the initial effects of shock are removed from the system the person is then able to release, shake themselves free from the shock that has trapped them and become free and flexible to move on.</p>	
	<p>Grief and shock can tie us to past traumas...</p>  <p>Until we let in the light and free ourselves to grow.</p>	

VINE

VINE	<p>– This remedy is for people who can be very inflexible in their interaction with others. They can often be quite domineering in their approach and unyielding in compromise. The remedy focuses them back to their natural born leadership qualities and enables them to bring others around to their way of thinking without coercion. It helps them keep their higher perspective even when those around them don't agree.</p> <p><i>This can go into blends of children who are showing bullying behaviours. This is helpful for children who can be very uncompromising and everything has to be their way.</i></p>	
	<p>When others don't share the same point of view..</p>  <p>...Maintain a higher perspective!</p>	

VERVAIN

VERVAIN	<p>– This remedy is aimed at the enthusiasts and campaigners who can often get too carried away with their cause. Their over enthusiasm and natural exuberance can often be very off putting for others and have the opposite effect in turning them away. This remedy can allow such individuals to inspire others to their way of thinking without driving them in the opposite direction or leaving them behind.</p> <p><i>Helpful for hyperactive type conditions where there is over enthusiastic, difficult to contain behaviour</i></p>	
	<p>Over Enthusiasm...</p>  <p>Always leaves someone behind!</p>	

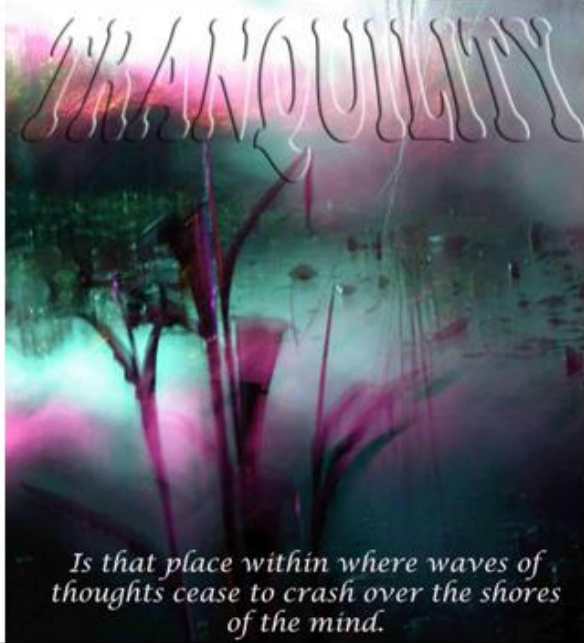

WALNUT

<p>WALNUT</p>	<p>– Walnut is the remedy for those who may be going through a time of change. That can mean a time of life for example starting or leaving school, jobs, house, relationships, puberty, menopause etc. thus helping them to adapt more easily. It is also the remedy for protection from the influence of others.</p> <p><i>Useful for children who are under the influence of others or have undergone some change in their lives.</i></p>	
	<p>Without change we could never fly...</p> <p>Never let anyone else's shadow....</p> <p>Ever block you from seeing the light!</p>	

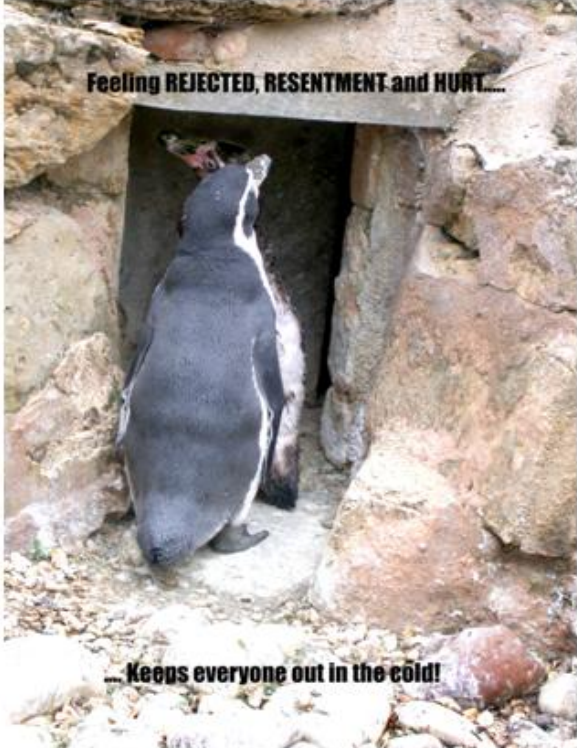

WATER VIOLET

<p>WATER VIOLET</p>	<p>– is the remedy for those people who feel that they are life’s loners. Very often they feel cut off and distant from others around them, who often perceive these individuals as distant and aloof. The remedy helps to lift the sense of aloneness and restore a sense of belonging. Allowing them to still hold their head high with others around them. <i>For children who are not integrating with their peers and seem socially isolated.</i></p>	
	<p>It’s not easy being different...</p>  <p>...Especially when you’re head and shoulders above the rest!</p>	

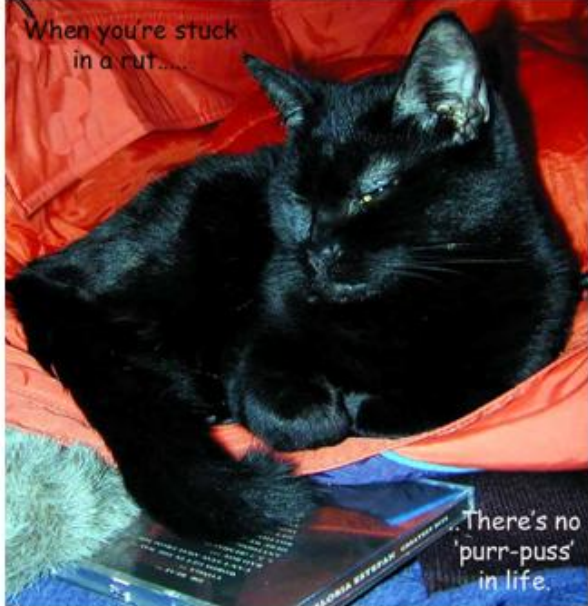

WHITE CHESTNUT

<p>WHITE CHESTNUT</p>	<p>– Helps in situations where negative thoughts situations or scenarios go round and around in the mind. Very often giving no resolution and often creating sleepless nights. The remedy helps to stop the thoughts chasing each other and brings a sense of tranquillity and peace of mind.</p>	
	 <p><i>Is that place within where waves of thoughts cease to crash over the shores of the mind.</i></p>	



WILLOW

WILLOW	– is the remedy to help those who feel a sense of hurt, rejection, injustice and a general cold feeling of ‘it’s not fair’ and ‘why me?’. The remedy helps to bring about a sense of forgiveness and the ability to move on.	
	 <p>Feeling REJECTED, RESENTMENT and HURT...</p> <p>... Keeps everyone out in the cold!</p>	



WILD ROSE

<p>WILD ROSE</p>	<p>– This is the remedy for those who are resigned to their way of life and although not happy with their lot, do not believe that it is worth doing anything to change this. They are apathetic and have given up the point. This remedy helps to ease them out of their rut and to restore a sense of purpose.</p>	
	<p>When you're stuck in a rut....</p>  <p>There's no 'purr-puss' in life.</p>	

WILD OAT

<p>WILD OAT</p>	<p>– This is the remedy for those who have lost their direction along the way. They are dissatisfied with their achievements and accomplishments thus far and do not know which road to follow in order to find self-fulfilment. Wild oat points the way, allowing them to recover their bearings. It restores trust in the chosen way forward</p>	
	<p><i>LOST...</i></p>  <p>= <i>Losing Our Sense of Trust.</i></p>	

RESCUE REMEDY

<p>RESCUE OR RECOVERY REMEDY</p>	<p>– This corresponds to Dr Bach’s Rescue remedy; it is a combination remedy of five of the others and is useful to take in any stressful or emergency situation, for example, bad news, shock, job interviews, driving tests, exams and so on. It is very helpful in alleviating the symptoms of such demanding situations and circumstances, by taking us out of the negative aspects of the situation we are encountering.</p> <p><i>Useful for any kind of stress situation or on receiving stressful news – great for exams, tests etc.</i></p>	
		

Now I have written a very simple questionnaire type approach to work out which remedies should go into your Bach blend. This is for you (or another adult) and is designed to give you an understanding in to how the remedies work before you put a blend of Dr Bach’s Remedies together for a child or young person.

There is a simplified version given below this one to use with young people.

The first questionnaire is designed to find out what type of person you are.

This is so you can find your type remedy and it is helpful to do this one first.

1. Read through the ‘What type of person are you?’ questionnaire and circle the three remedies that sound most like you.

2. Read through the 'Emotional Health questionnaire'. This questionnaire is designed to give an insight into your emotional state at the current time. Some answers will require a definite yes or no answer.

For example:

Are you now or have you recently been depressed? If yes then answer these questions.

Does this come and go for no reason?

Y - Mustard

Does this have a known cause or is it a setback?

Y- Gentian

If you have been depressed go to the next question (we need to get a feel for the type of depression you are suffering). If it is the sort that comes and goes for no reason then you circle yes, as this indicates mustard. If no, then you do not circle but move onto the next one – if the answer to this is yes, then you circle it, if no, then leave it and move on to the next one and so on.

The object of this is to choose 7 remedies that are relevant to how you feel right now. If you do not have 7 then just use the ones that you have identified. If you have more than 7 then you will need to prioritise, which of the ones you have circled are most relevant and meaningful to you right now. Then reduce the number of remedies to 7. This will probably mean that you need a follow up.

3. When you have done that you will need to look back over the type remedies that you circled and check that at least one of them also appears in your emotional health blend.
4. You then need to make up a blend. The instructions for this are given below.

WHAT TYPE OF PERSON ARE YOU?

Please circle up to 3 that best describe you:

Moody with regular highs and lows

Y – Scleranthus

Need approval or reassurance from other people

Y – Cerato

Find it difficult to say no for a plea for help.

Y – Centaury

Lack confidence or belief in yourself?

Y – Larch

Nervous, easily embarrassed

Y – Mimulus

Find your self taking over as leader and organising others

Y – Vine

Find that others need you to do things for them and that you take over their issues.

Y – Chicory

Put a brave face on problems and regularly laugh things off

Y – Agrimony

Are you generally critical or intolerant of others?

Y – Beech

Are you easily irritated, impatient or fidgety?

Y – Impatiens

Are you enthusiastic about certain issues and find yourself fighting a cause or a campaigner?

Y – Vervain

Do you feel lonely and cut off from others, always on the outside of what is going on?

Y – Water violet

Do you feel lonely and are you over talkative when you are with others, saying what you want to say and not listening to them?

Y - Heather

EMOTIONAL HEALTH QUESTIONNAIRE

Have a go at answering all of the questions and circle the ones that you answer yes or no to. Go back over your YES / NO answers and chose 7 that are the most true or meaningful for you at this moment in time.

Put them in order where 1 is the most meaningful and 7 still very meaningful but not so much.

If you can't come up with 7, just do as many as are relevant.

1/ Have you experienced any shocks, traumas or bereavements in the past?

Y – Star of Bethlehem

2/ Are you now or have you recently been depressed? If yes then answer these questions.

Does this come and go for no reason?

Y - Mustard

Does this have a known cause or is it a setback?

Y- Gentian

Do you feel that you are desperate and you do not know which way to turn?

Y – Sweet chestnut

Do you feel that there is no hope and cannot see the light at the end of the tunnel?

Y- Gorse

3/ Are you able to easily make decisions?

N- Scleranthus

Once you make a decision do you have to check it out with other people?

Y- Cerato

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Do you find it difficult to stand up for yourself?

Y - Centaury

4/ Do you feel confident?

N - Larch

Do you worry about certain things and feel

nervous?

Y - Mimulus

Are you bossy and tend to tell others what to do?

Y - Vine

5/ Are you motivated and enthusiastic about things?

N - Hornbeam

Do you feel lost and not sure of where you

are going?

Y - Wild Oat

Do you feel tired and very low in energy?

Y - Olive

Do you feel that you can't be bothered and resigned to all that is happening?

Y – Wild Rose

Do you feel overwhelmed by everything going on around you?

Y – Elm

Do you normally cope well but feel as though you have not got the strength to go on at the moment?

Y - Oak

6/ Do you tend to bottle things up and put a brave face on everything?

Y – Agrimony

7/ Do you ever feel guilty or blame yourself for things that aren't your fault?

Y – Pine

8/ Do you feel resentful or hurt?

Y - Willow

Do you feel angry?

Y - Holly

9/ Do you fidget and get impatient?

Y - Impatiens

Do other people and situations get on your nerves and wind you up?

Y - Beech

Do you spend a lot of time day dreaming?

Y - Clematis

10/ Are you going through or have you recently been through major changes in your life?

Y - Walnut

11/ Are you fearful or worried? Yes – answer these questions

Do you worry about specific things?

Y – Mimulus

Do you worry about people who are close to you?

Y – Red Chestnut

Do you have negative thoughts that keep going round and round in your mind?

Y – White Chestnut

Do you feel fearful or anxious but unsure what of?

Y - Aspen

Do you ever feel frozen with fear?

Y – Rock Rose

Do you ever feel you're losing control and have bizarre or frightening thoughts?

Y – Cherry Plum

Do you worry that you might be ill or need something cleansing from your system?

Y – Crab Apple

Do you dislike yourself?

Y – Crab Apple

Do you have to clean everything over and over?

Y – Crab Apple

Do things have to be in a certain order and sequence for you causing stress if they are not?

Y – Rock water

12/ Are you a campaigner with a passion for what's right?

Y – Vervain

13/ Are you lonely and feel cut off from others?

Y – Water Violet

Do you reminisce about how things were or feel homesick?

Y – Honeysuckle

Do you find others avoid you because you tend to talk a lot?

Y - Heather

14/ Do you have to tell friends and family how to do things and take over their issues because they need your help?

Y – Chicory

15/ Do you keep on making the same mistakes?

Y – Chestnut Bud

A QUESTIONNAIRE TO USE WITH CHILDREN.

When using this questionnaire with young people they may well need help in going through it and language may need to be modified for suitability of the age range.

Young person's approach.....WHAT TYPE OF PERSON ARE YOU?

Please circle up to 3 that best describe you:

Do you sometimes find it hard to make a decision?

Y – Scleranthus

Do you have to check things out with other people a lot?

Y – Cerato

Do you find it difficult to say no to other people when they ask you to do things you don't want to do.

Y – Centaury

Do you think that you won't be good at things and not want to try them in case it's wrong?

Y – Larch

Do you feel Nervous, or easily embarrassed or do you worry about things and what will happen if???

Y – Mimulus

Do you ever bully other people or try and make them do things that they don't want to do?

Y – Vine

Need to feel that people you need are close by you all the time?

Y – Chicory

Put a brave face on problems and find it difficult to talk to others about things?

Y – Agrimony

Do other people wind you up a lot?

Y – Beech

Are you impatient or fidgety?

Y – Impatiens

Do you take on other people's fights for them because things aren't fair or feel so strongly about things that you have to do something about it and end up getting in trouble yourself?

Y – Vervain

Do you feel lonely and cut off from others, like you have no friends or anyone is there for you?

Y – Water violet

Do you find it difficult to shut up and think other people aren't listening to you?

Y - Heather

EMOTIONAL HEALTH QUESTIONNAIRE

Have a go at answering all of the questions and circle the ones that you answer yes or no to.

Go back over your YES / NO answers and choose 7 that are the most true or meaningful for you at this moment in time.

Put them in order where 1 is the most meaningful and 7 still very meaningful but not so much.














































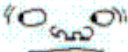

















If you can't come up with 7, just do as many as are relevant.

Check out the emoticons in the picture below before and whilst answering the questions. This enables you to explore feelings with the young person concerned. One of the ways I have worked with these with young people, is to ask them to pull the expression in the picture.

- Then when did they feel like that last?
- What made them feel like that?
- What happened just before they felt like that?
- What happened to make them change the way they felt?

- What could they do that would help them feel that way next time?

eMotions

 aggressive	 alienated	 angry	 annoyed	 anxious	 apathetic	 bashful
 bored	 cautious	 confident	 confused	 curious	 depressed	 determined
 disappointed	 discouraged	 disgusted	 embarrassed	 enthusiastic	 envious	 ecstatic
 excited	 exhausted	 fearful	 frightened	 frustrated	 guilty	 happy
 helpless	 hopeful	 hostile	 humiliated	 hurt	 hysterical	 innocent
 interested	 jealous	 lonely	 loved	 lovestruck	 mischievous	 miserable
 negative	 optimistic	 pained	 paranoid	 peaceful	 proud	 puzzled
 regretful	 relieved	 sad	 satisfied	 shocked	 shy	 sorry
 stubborn	 sure	 surprised	 suspicious	 thoughtful	 undecided	 withdrawn

1/ Have you experienced any shocks, bad things happen or has anyone close to you died in the past? Sad? Shocked?

Y – Star of Bethlehem

2/ Are feeling depressed about things? Miserable? Tearful? Sad? Negative? If yes then answer these questions.

Does this come and go for no reason?

Y - Mustard

Does this have a known cause or is it a setback? Like a disappointment or discouraged

Y- Gentian

Do you feel that you are desperate and you do not know which way to turn? Hysterical?

Y - Sweet chestnut

Do you feel that there is no hope and cannot see the light at the end of the tunnel? Helpless? Withdrawn?

Y- Gorse

3/ Are you able to easily make decisions? Sure?

N- Scleranthus

Once you make a decision do you have to check it out with other people? Helpless? Confused? Undecided?

Y- Cerato

Do you find it difficult to stand up for yourself?

Y - Centaury

4/ Do you feel confident? Helpless? Cautious?

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N - Larch

Do you worry about certain things and feel nervous? Shy? Embarrassed? Fearful? Bashful?

Y - Mimulus

Are you bossy and tend to tell others what to do? Do you bully others? Stubborn?

Y - Vine

5/ Are you motivated and enthusiastic about things? Excited? Interested? Satisfied?

N - Hornbeam

Do you feel lost and not sure of where you are going or Bored?

Y - Wild Oat

Do you feel tired and very low in energy?

Y - Olive

Do you feel that you can't be bothered and resigned to all that is happening? Apathetic?

Y - Wild Rose

Do you feel overwhelmed by everything going on around you?

Y - Elm

Do you normally cope well but feel as though you have not got the strength to go on at the moment? Exhausted?

Y - Oak

6/ Do you tend to bottle things up and put a brave face on everything?

Y - Agrimony

7/ Do you ever feel guilty or blame yourself for things that aren't your fault? Regretful or Sorry?

Y - Pine

8/ Do you feel resentful? Hurt? Pained? Negative? Withdrawn?

Y - Willow

Do you feel angry? Annoyed? Envious? Frustrated?, Hostile? Suspicious? Aggressive?

Y - Holly

9/ Do you fidget and get impatient?

Y - Impatiens

Do other people and situations get on your nerves and wind you up?

Y - Beech

Do you spend a lot of time day dreaming, Withdrawn or Thoughtful?

Y - Clematis

10/ Are you going through or have you recently been through major changes in your life?

Y - Walnut

11/ Are you fearful or worried? Yes - answer these questions

Do you worry about specific things? Nervous? Embarrassed

Y - Mimulus

Do you worry about people who are close to you?

Y - Red Chestnut

Do you have negative thoughts that keep going round and round in your mind?

Y - White Chestnut

Do you feel fearful or anxious but unsure what of?

Y - Aspen

Do you worry about other people more than yourself?

Y - Red Chestnut

Do you ever feel frozen with fear?

Y - Rock Rose

Do you ever feel you're losing control and have bizarre or frightening thoughts?

Y - Cherry Plum

Do you worry that you might be ill or need something cleansing from you?

Y - Crab Apple

Do you dislike yourself? Disgusted?

Y - Crab Apple

Do you have to clean everything over and over?

Y - Crab Apple

Do things have to be in a certain order and sequence for you causing stress if they are not?

Y - Rock water

12/ Are you a fighter for what's right? Over enthusiastic?

Y - Vervain

13/ Are you lonely and feel cut off from others? Withdrawn? Lonely?

Y - Water Violet

Do you think about how things were or feel homesick? Sad?

Y - Honeysuckle

Do you find others avoid you because you tend to talk a lot? Excited?

Y - Heather

14/ Do you have to tell friends and family how to do things and take over?

Y - Chicory

15/ Do you keep on making the same mistakes?

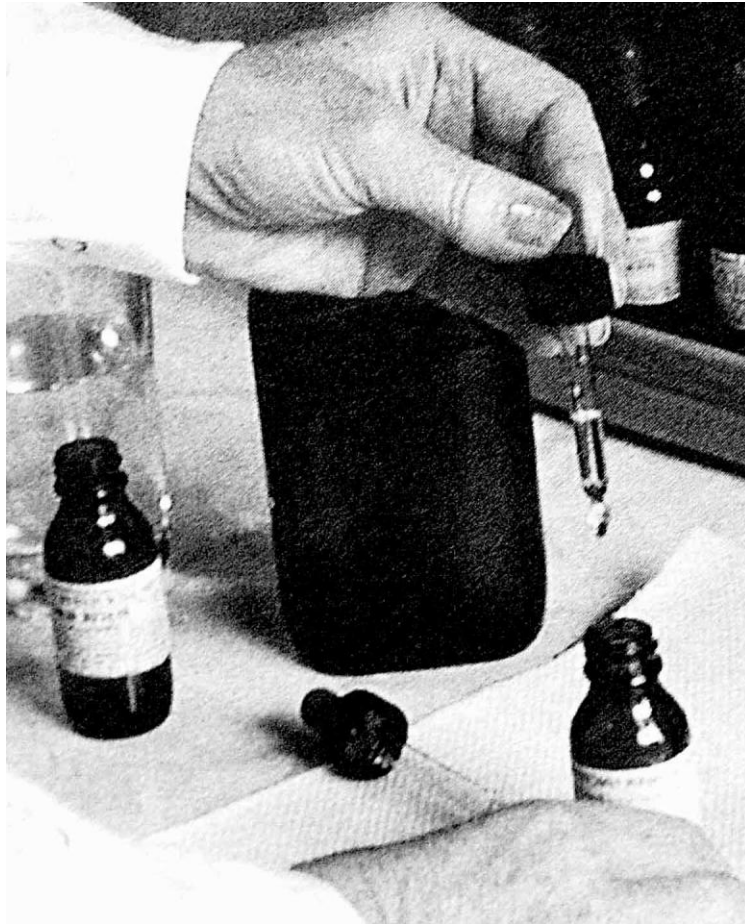
Y - Chestnut Bud

16/ Do you often get stressed out? anxious? Helpless?

Y - Rescue Remedy.

So now we can look at how to prepare a Bach Flower Remedy:

Preparation of a Treatment Bottle



You will need: Mineral water (still)

½ teaspoon of Brandy

30ml empty dropper bottle

1. Select your required 7 remedies Remember, if you need to include Rescue Remedy in the treatment bottle, although this consists of 5 remedies, it only counts as one remedy, not 5.

2. Put 2 drops from each chosen stock remedy (4 drops of Rescue / Recovery Remedy), into the empty 30ml dropper bottle. Fill the bottle up with the mineral water and the

½ teaspoon brandy (which acts as a preservative) and replace the cap. Give the bottle a little shake to mix the contents.

3. Label the bottle with directions as follows:

Write the name of the person to take it on the label

Take 4 drops (onto the tongue or in a little water) 4 times daily.

If you do not wish to add brandy to the blend, then it is important to keep the bottle in the refrigerator.

Date with day of preparation and the expiry date (3 weeks hence).

There are no side effects and the blend is totally safe. If you do not wish to put the remedies on your tongue, than you can place the drops on the pulse points of the wrist.

When working with younger children it is often difficult for them to describe how they feel, This is where you will need to focus on the behaviour and where it is useful to look at the behaviours you have agreed need to be changed around in previous 'Stepping Stones'.

NOTES: The doses should be spread as evenly as possible throughout the day, so we recommend first and last thing daily and in-between meals as this offers a convenient routine. Mealtimes do not interfere with the remedies.

The above represents the minimum dose, but additional doses can be taken if and when necessary.

A little brandy can be added to the bottle if the remedy is to be taken to a hot climate or cannot be kept refrigerated. This will help to preserve the water content.

If only part of the treatment bottle is required, the remainder should be discarded.

You can purchase the remedies from health shops, or contact your HET therapist / coach to make a blend for you, or to help you work out what to put in there, or email me

lin@HETwebsite.com

If you would like more immediate help then you can email me at:

lin@hetwebsite.com

And I will send you a Bach Flower Remedy converted into sound frequencies in special combinations to suit various situations depending on the way your child is feeling emotionally in relation to their behaviours.

Remember our behaviour is a barometer for our emotional state.

If you and your child are feeling really stressed out by everything right now you can download a sound frequency, (this is called Rescue Remedy and works with stress and trauma,) from www.healwithcards.com right away and the directions of how to do this are available from there.

The artwork included in this book and with these remedies acts as keys to emotional responses, offering guidance to select the right remedies for you right now. They are also made available to use as a visual stimulus for positive behaviours which are then associated with the sound frequency and strengthen the impact of the remedy.

This site is constantly being added to for example there are some various combinations of the Bach remedies in sound frequency to deal with certain behaviours that are often associated with the ADHD diagnosis. These may be helpful for you.

www.HealWithCards.com/ADHD

Please contact me at lin@HETwebsite.com if you do not find a combination there for you to download and we will create one especially for you and email it across to you.

These e-frequencies have been sound recorded in a special way (it sounds a little bit like a train though). This will be like taking a dose to help you and the way you are feeling at the time. You can do this whenever you feel the need.

Please drop us an email at:

info@holisticeducationaltherapy.co.uk

to let us know how you feel when you take this and how accurate you feel this is – we would love to hear from you.



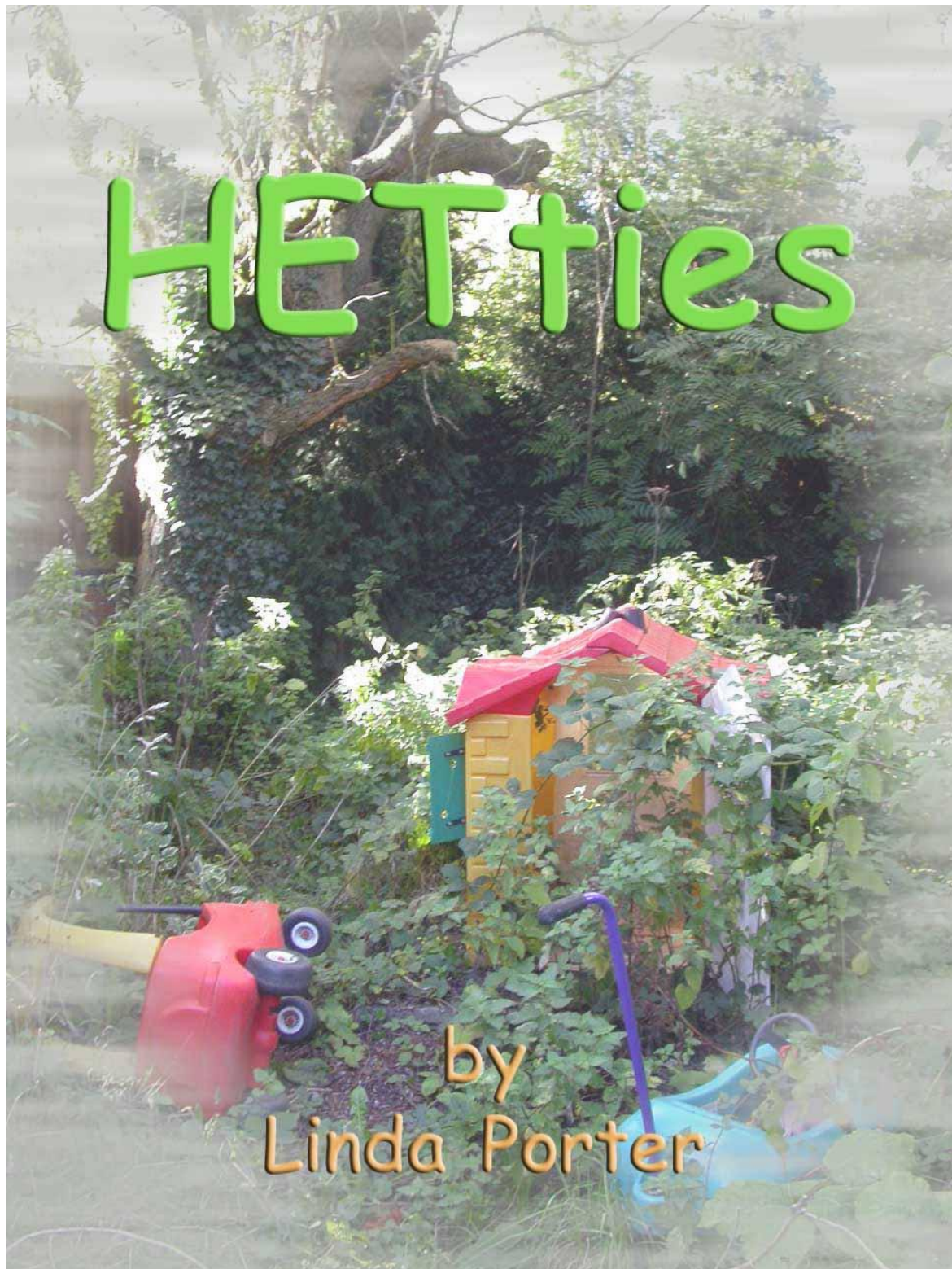
This is a case study of a young girl I worked with many years ago. Her story will give you an insight into how powerfully the Bach Flower Remedies work:

<http://youtu.be/X2PQQf9WgCo>

You will be pleased to know that she now has a degree in animal psychology and behaviour and works in training guide dogs for the blind.

The next section of this book, in the APPENDIX, includes the corresponding chapter from HETties, the children's book for HET. It is included below for you to start working with this part of the programme with a young person as soon as possible.

APPENDIX






HETTIES Stepping Stone 3 Feeling Better, Knowing How

A long time ago, over a hundred years, there was a doctor called Dr Edward Bach and he lived and worked in London, England. He had a special mission in life and wanted to help sick people get better. That is why he trained as a doctor. He was a very clever man and he realised that the way people felt, whether they were happy or sad or had problems and worries, made a difference not only to the way they became ill but also how quickly they got better. So, he left his job as a famous doctor in London and spent the rest of his life working to find a system that helped people feel better. He knew that there were lots of answers that the world of medicine had not yet discovered. He discovered that by taking some natural remedies that were made from the morning dew that could be found in the sunshine, on certain flowers that were perfectly safe. People were able to turn around their negative feelings into positive ones that made them feel a lot better. He designed his healing system to help people turn around the way they feel. This is now very famous across the world and it is called The Bach Flower Remedies.

By taking these remedies in the proper way, it can help you to feel better about things too. All the details of how to make up a blend with some of these remedies is available to your HET helper and each blend is unique and special just for you. Here is an explanation of how each of the 38 remedies that Dr Bach discovered might be able to help you.

It might be helpful to go through these with your HET helper and work out together which ones could help you feel better.

REMEDY	WHAT IT'S FOR
ASPEN	<p>– <u>this</u> is the remedy for anxiety or fear of unknown things. If you don't know exactly what it is you are fearful <u>of</u>. This remedy helps to lift the fear so that you become aware that there REALLY is nothing to be afraid of.</p> 
AGRIMONY	<p>This is the remedy for people who put on a brave face. Often they are the jokers and others would never believe the torment they are going through under the surface. This remedy helps those who may be going through a tough time and hiding their worries, putting on a brave face. Whilst the situation doesn't go away, it helps them to face up to it and move it on without the stress of masking it.</p> 
BEECH	<p>This remedy is for those people who don't like other people's habits and ways of doing things. The remedy helps them not get their buttons pushed, or be easily bugged by others, so that other people's shortcomings go over their heads like water off a duck's back.</p> <p><i>Often this remedy is helpful for children with <u>ADHD</u>, the short attention span can make them very intolerant of those around them.</i></p> 

This table will give you a good idea of what can be helpful to you. Your HET helper can get these from a good chemist or health food shop. Take a couple of drops of your chosen remedies (anything up to 7) and put them in a bottle of water and drink it throughout the day. Your HET helper may already have or might want to get a full range of the remedies to be able to mix several of the remedies for you and others as a blend to take over 3 weeks. All this information is in the HET helpers pack.

If this is difficult for you and you would like to try taking them in a different way, then you might like to know about another doctor. His name was Dr Jacques Benveniste. He did a lot

of research into understanding how Dr Bach's remedies could work and discovered that water has a special power to remember things. Many people weren't used to this way of thinking. He also discovered that remedies could be sent over an internet connection too. If you would like to try this – you can use this method and download the Rescue Remedy to help you when you are wound up or stressed and the instructions to help you do this are on:

www.healwithcards.com

Some young people have symptoms of ADHD. If this is the case for you then you can visit this page.

<http://www.healwithcards.com/ADHD.htm>

Follow the instructions on there, again your HET helper can help you do this. If you can't find anything on there to help you right now then you can email lin@hetwebsite.com and let me know how you are feeling and we will send you your own special picture and digital remedy to help you, back by email.

If you are taking any medicines then it is still quite safe to take ALL of our remedies as none of them will ever have any side effects or interact with your medication.

