

Kinesiology for the Geriatric Population

Zofi Graczyk

My Name is Zofi Graczyk MSc, Ph.D., and I have been a Licensed Brain Gym® Instructor since 2006. I am a very energetic person, with an interest in long and short-term behavioral patterns. In my travels throughout the world, I have acquired a broad knowledge of different cultures, religions and ethnic customs. My passion involves understanding current human nature. In many cases I have found that when clinical medicine doesn't provide a solution - alternative therapy does!

Here is an example of how I used Brain Gym® movements with a 93-year-old woman, Valeria, who was



The author, Zofi, with her client, Valeria

diagnosed with gum cancer. After surgery, she was on a feeding tube and unable to move, although her mind still worked very well.

In our first balance* session, Valeria decided on an ambitious goal: to

essentially return to the life she had before her surgery. Her goal was positive, active, clear and energetic; however, I asked an additional question – which of her activities

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would she specifically like to have back? She wanted to enjoy her meals and swallow everything easily once again.

With a condition called dysphagia, she could not swallow on her own. Although dysphagia can be the result of stroke, it can also arise from damage to the patient's dominant motor cortex. With my physiology background, hypnotherapy experience and kinesiological point of view, I wanted to help re-educate my client, to teach her to swallow, and thus to improve her everyday living.

Valeria was not mobile because of the constant connection to the feeding tube. Most of the time she was depressed and in pain, refusing to take pain medicine. However, she was still able to do some movements as described by Paul and Gail Dennison in *Personalized Whole Brain Integration*. Once or twice a week, she and I practiced PACE* as well as some of the action balances from Brain Gym 101.

Over time, her demeanor changed from unhappy to alert and

communicative, even smiling! After our sessions, she would tell me stories about her life and seemed happy to recall them. After six weeks of balancing, Valeria's attitude changed so much that she asked her physician to remove the feeding tube. After that, she gradually returned to swallowing on her own.

For years, Kinesiology has been proven to resolve many clinical conditions such as ADD, ADHD, autism and aggressive behavior. It has helped children attain better grades and social skills, and helped adults relieve stress, improve mood, and achieve positive results in their daily lives. I'm happy that Educational Kinesiology* could help Valeria improve the quality of her life.



Valeria six weeks later

Zofi Graczyk earned her Master's Degree in Psychology and her Ph.D. in Neurophysiology. In 2006 she became a licensed Brain Gym® Instructor/Consultant. She currently implements her knowledge and experience with kinesiology in different psychotherapeutic cases. zofigraczyk@yahoo.com