



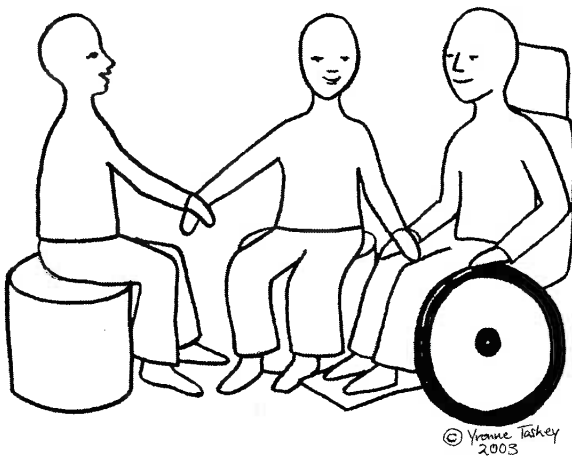
Unterstützte Kommunikative Kinesiologie (UKK)

Supported Communicative Kinesiology (SCK) –

People with disabilities request to speak

Sibylle Wiedemann

I have been relying on the productive collaboration with people who have disabilities for almost nine years now. They have encouraged me to develop a technique to communicate, based on the muscle test used in the applied kinesiology: "Unterstützte Kommunikative Kinesiologie", in short UKK (SCK). But they didn't stop there. Soon after they asked me to change my entire knowledge of kinesiology to accommodate their special needs, whereby the "Coaching für Menschen mit Handikap" (the coaching for people with handicap) was developed. The testing with the help of a surrogate plays a particularly important part in this. I would be happy to share my extensive experiences with anyone who is interested and practicing kinesiology.



But the development has still not been concluded. Fascinating progress in the field of naturopathy, the support given through kinesiology right after a severe operation and terminal care, give reason to be encouraged to further explore the possibilities of SCK. It cannot be forgotten, that this development happens only with the active support and feedback from people with disabilities. It is also a personal concern of mine to use the word "handicap" in the following text, because it is used in the German language for any kind of disability, be it physical, mental or emotional - without judgment, no matter if someone was born with it or if it was an ac-

quired circumstance, caused by for instance an accident. Precisely this group of people is the focus of my work.

SCK - Supported Communicative Kinesiology - What is that?

In recent years the term "Communicative Kinesiology" has drastically changed it's meaning from my perspective. Originally the logical synthesis between the muscle test from the applied kinesiology and the modified questionnaire of the "supported communication" lead to the choice of this term. Back then our team (people with disabilities, coworkers and I) understood the term "SCK" as follows:

S = "Supported communication" in the German language, stands for all communication methods, that enable communication without the use of the spoken word

C = Communication; regarding the understanding between two parties

K = Kinesiology (as in the study of movement)

Today, after becoming experienced in the use of SCK, I define the term in a much broader sense:

S = to support and be supported - teamwork with people who are handicapped

C = communication; to exchange views, to integrate the experience of the client into your own work

K = kinesiology; movement - being flexible regarding mental/emotional or work related matters

The "Supported Communicative Kinesiology" is regarded as being only a form of communication. The possible lack of verbal communication of a client, is being replaced with the testing of a "surrogate" (person to assist the muscle testing). The hereby produced yes/no-answers, combined with the standardized questi-

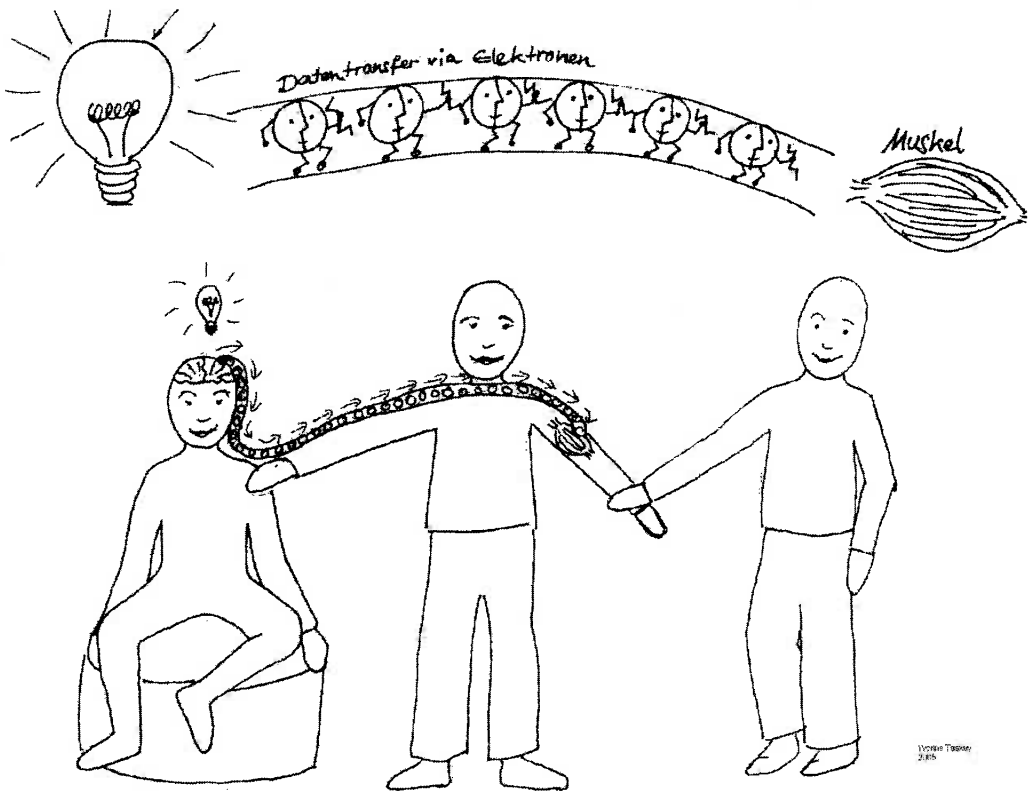
onnaire, bring forth concrete statements, that can be formulated and expressed as spoken words. The client can instantly check, if the SCK facilitator has understood and interpreted his concerns correctly. It is important to the clients to express their own thought and wishes, independently of the momentary knowledge of the SCK facilitator. The SCK-questionnaire is constructed accordingly.

Reliable surrogate testing

The surrogate test presents various possibilities for errors, which can be eliminated with the necessary prechecks.

Necessary prechecks:

- The normotone muscle function is tested according to the personal preference of the kinesiological technique. The yes/no-test is always performed.
- In addition the SCK facilitator asks the surrogate: "Is it alright for you to act as the surrogate for ... (name of client)?"
If the result of the muscle test is "yes"; you can continue working.
If the answer is "no"; this question has to be clarified. In general, the question will be answered with "yes" subsequently. If the answer is still "no"; the chosen person cannot take on the task of being the surrogate.
- After permission has been given, the surrogate makes physical contact with the client. The SCK facilitator states his/her question: "May ... (name of the surrogate) act as surrogate for you?"
If the muscle answer is "yes", the conversation can be continued.
If the muscle answer is "no"; clarification of the conflict or a new surrogate has to be chosen.
- For all participating persons it is important to know that a "no" is not a personal insult! There are many possible reasons for that answer, but they are all very human and acceptable. Details can be found in my SCK book.



The question pattern:

With the help of the key questions:

- Do you want to tell us about something?
- Do you have a question?
- Do you have a problem?
- Do you need help?

The direction of the conversation is chosen. More questions to determine the direction of the conversation, which will be asked as complete questions by the SCK facilitator, will give more clues as to the urgency i.e. the aspect of life that needs to be addressed. They will also determine if the SCK facilitator is still on the right track. In this way the chain of questions creates a statement/message, that will be formulated by the SCK facilitator as a summary. The client will now be asked if the statement is "translated" to their liking or if anything needs to be changed. Is one of the key questions assessed, the next can be approached.

The exact choice of words is not the focus in this kind of communication. Rather the client wants to make a fundamental statement, which reflects his ideas, as quickly as possible. Any sincere effort by the facilitator will be greatly appreciated by the client even if insecurities or small mistakes occur.

Coaching for people with handicap - the work with a surrogate from a completely different standpoint

Working with kinesiology typically only requires the muscle for testing purposes. In the course of my work people with disabilities have pointed out to me via SCK, that also other kinesiology balancing techniques are possible and practical when working with a surrogate person - even if they are not quite as effective as working directly would be. Thus I was told that the pulsating sensation behind the forehead while holding points on the forehead, as used when doing the direct emotional stress release (ESR), is "simply not tolerable". Using a surrogate was a big relief, without having to worry about scary "side effects".

From the very same people I was given instructions to tell other kinesiology facilitators:

When client and surrogate have given their permission to work together, ESR, TFH (Touch For Health) or any other form of balancing can be used while working with a surrogate. During balancing you ask frequently via SCK whether, what is being done, is in agreement with the client.

It is astonishing how much relief, for instance the ESR (emotional stress relief) will bring a freshly operated person, despite it being done "merely" through the surrogate.

Even if you are not working with people with disabilities as a kinesiology practitioner, it is good to know, that you can assist your family and friends with the work through a surrogate, if they suffered an accident, a stroke or if they had an operation. I was happy enough to experience this as a pleasure and relief for all involved.

Have the courage and make this next step with the next opportunity!

Conclusion

The "Unterstützte Kommunikative Kinesiologie" (Supported Communicative Kinesiologie) is a reliable and proven method for effective, unprejudiced work with people who are handicapped. Insecurities and fears of all people involved can be formulated and a plan of action can be established.

Literature

Detailed information, examples and pointers about SCK and the coaching of people with disabilities can be found in my book: "Unterstützte Kommunikative Kinesiologie - Sprachbarrieren überwinden" (Supported Communicative Kinesiologie - How to Overcome Speech Barriers); ISBN 978-3-930403-28-8; Siva-Natara-Verlag.

Sibylle Wiedemann is married and mother of two children. After 21 years of professional experience with severely handicapped persons, she now works as an accompanying kinesiologist, her main emphasis lying on the work with handicapped persons. She also offers Touch For Health- and UKK-courses. Her book about UKK was published in 2008.

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