

A testimonial from Naazreen Tyebally, a young mum having to cope with a son with learning disabilities.

I was referred to Adida Shahab of Wellness Integrated by Aqeel's teacher (Anisa of My Montessori Classroom). Anisa pointed to me that Aqeel had difficulties in focusing in class and he had very poor writing skills. He had difficulties forming his letters and was rather slow in processing the information that was being taught in class. It did not occur to me that a young child would have such issues as I thought it was part of a child's learning process where some children are just faster in learning than others. However, Anisa recommended seeing a therapist to assess the situation and I was open to the suggestion.

I started at a well known centre initially and it was confirmed that he had some issues to this. With that, I had also received other recommendations on special programmes and therapy sessions until I was highly recommended to try Craniosacral Therapy.

I had no idea initially, but went along with the recommendation. It was not apparent to me that Aqeel had other issues. All along I had perceived him to be a difficult child and very temperamental. I had challenges speaking to him, asking him to do simple tasks and having him listen to instructions. I was terribly wrong.

After about 6 sessions of once a week Craniosacral Therapy treatment I noticed a remarkable change in my son. Not only was he more attentive in class, he is more responsive to his environment. He does his school work without much deliberation with me. His outburst of anger and explosiveness becomes less frequent. He now interacts well with his classmates and is more gentle and kinder to his younger brother. I do not know what specifically what Adida did, but it really changed my relationship with my son. He is not easily frustrated with the people around him.

I am glad I was introduced to Craniosacral Therapy at an early stage in Aqeel's life. The early intervention has indeed helped in his development and Aqeel has shown tremendous improvement. I am thankful for the support and help I have received.