

Gains and Improvements with MNRI® Are Remarkable

C's MNRI® parents



C.O. is a 39 year old female with a diagnosis of autism and disarthria. She does not take any medications but has been on various supplements throughout the years. She was home-schooled because of a lack of appropriate placement options. She can read, write, and do basic math. From a young age she has demonstrated an ability for music, solving jigsaw puzzles, memorizing names, phone numbers, and addresses, spelling, and other visual skills. Her social skills, logic, reasoning skills, spacial awareness, proprioception, balance, etc. have always been very poor.

She has been exposed to various therapies from the age of 3 years. The list of therapies include speech therapy, occupational therapy, Behavior Analyst services, Doman-Delacato method, Interactive Metronome, Neuronet Learning, Hemispheric Integration, Quadriciser, HANDLE, Rhythmic Movement Training, Anat Baniel Method, Neurofeedback, hippotherapy, dancing, and, most recently as of January 2013, MNRI®. The therapies previous to MNRI® produced some results and improvements in behaviors, intelligence, social skills, language, speech, etc., however, it was always the case that the majority of the gains were lost after reaching a climax. This proved very frustrating for her and for us as parents. The potential was seen, but then we would find a regression to previous behaviors.

In the 5 months since starting MNRI®, however, her gains and improvements have been remarkable. C had a history of violent behaviors and outbursts. When she got angry, she would physically attack property and people, many times requiring physical restraint for her own protection and the protection of others. Since participating in her first MNRI® conference, she has not had any volatile behaviors but has found very acceptable alternatives; removing herself from situations that anger her and being able to verbally express her feelings. This is a huge improvement considering her history.

Her speech articulation improved (about 25% clearer – several friends have commented they understand her on the first try now) and her language has improved greatly. Before MNRI® she would respond to questions with one word, or would usually say, “I don’t know” in a very slurred manner. Now she responds in full sentences, many times expanding beyond what is needed. She follows multiple step instructions without any problem, such as “Go take this to the kitchen, put it in the refrigerator, then bring me a bottle of water and a pen”. This was impossible for her to follow before MNRI®.

Her understanding of conversations has improved dramatically. An example would be when we were talking and I mentioned to someone that I would have to get something from my purse, C immediately went to get the purse from another room and brought it to me, without being asked.

She has become aware of and concerned about the feelings of others. When her grandfather passed away

recently, we were on the way to the funeral home when she said, “Don’t worry about me. I left the old C at home. When we get to the funeral home I will be fine. I will be calm, all I will do is say ‘Hi’ to people and sit quietly.” When she arrived she was true to her word. At the funeral home, she went to the coffin and said “I’m sorry Grandpa, I will miss you and see you in paradise,” then she touched his forehead and went and sat down. She appropriately greeted people as they arrived and sat through the service without any problem. The level of maturity was outstanding. Even after such a difficult event, she showed no regression.

C also has an increased awareness of what is happening in the moment and a desire to be recognized as being present. She now wishes to participate more often in activities with the family. Her problem solving and planning skills have shown dramatic improvement. She plays a game called Rummikub which requires planning, strategy, and organization skills. She is able to play the game independently and often wins. Her father said that she has played the game while working on a search-word puzzle simultaneously and she made some very good plays that required planning about two or three plays ahead and won the game fairly (no concessions made). I think she is very intelligent.

C’s self-confidence and independence have also improved. She has no problem going into an elevator alone (in the past it was an ordeal to get her to go in an elevator, many times impossible). Car trips have become pleasurable, whereas, in the past it was an ordeal requiring many stops and with various outbursts. The list of improvements goes on and on. We look forward to more improvements as we continue with the program.

P.S.: Update after last Therapy Clinic: A frequent problem we had with C was, when my husband and I were eating with C, she would begin screaming and become hysterical. She sometimes refused to be in a car with us, and to go to restaurants with us. This behavior was present when C started MNRI® in January 2013, but for some reason that we do not know, the frequency, intensity, and duration of this behavior appeared to have been increasing to the point that we, the parents, did not know what to do. This, I think, was the only setback we observed since she started MNRI®. Although, she gets angry, she does not try to hurt anyone but just goes running upstairs to her bathroom, slams the door, and takes a long bath in her bathtub. This behavior was repeated up to eight times in a day because she had this same reaction when she saw that a meal was being prepared and also when we got a drink, even water.

So during the clinic, Svetlana and a therapist did a psychotherapy process one day with C. (Her Mom was not present at the time.) Svetlana said, “It was a very strong process of learning to please parents and taking care of them and to be good to them, and so on. We did goal setting.”

We saw the results very quickly. We noticed a big change in C’s behaviors within a couple days of coming home. There was an immediate reduction in explosive anger episodes after the MNRI® Clinic. My husband also observed positive changes in her behavior in general. Last night C went to sleep without the ‘white noise’; she seems happier, and even is sharing more time with us. I have not tried to push issues like her eating with us yet but we had to make two trips to the hardware store on Saturday and I observed she was acting much more normal. She still refuses to eat with us but does not seem to get angry, just takes her food to her bedroom. Also she has not been taking baths when we eat downstairs because her bathtub has been disabled due to a present plumbing problem. The out-of-order bathtub issue, although a coincidence, may be working to break her old bad habit. I am not sure if the positive changes in her behaviors are a result of the procedure Svetlana did with C during the Friday morning MNRI® session or if maybe it is a combination of the cumulative effect from all the other sessions as well. Anyway, I thank God, Dr. Masgutova, and other therapists who worked with C that week (and before) for the positive lifesaving changes.



C, we wish you many new achievements in your future; your dance abilities are just amazing! We look forward to seeing your other skills developing as well! Thank you for your parents – so giving, caring, and loving. We wish C her best in taking good care of them! – The MNRI® Team