



## **Alternative Therapies.**

*The BDA welcomes publicity for good ways of teaching dyslexic learners. However, we need to consider any new ideas with caution.*

*Some so-called 'new' schemes include well-established good practice. Multi-sensory methods are used by specialist dyslexia teachers.*

*We would like to see research evidence for claims of success for new schemes.*

*We do not set out to find a 'cure' for dyslexia. It is a permanent condition just as left-handedness is. All dyslexic learners are different.*

*No single method will suit them all, but they can all improve.*

*Dyslexia is more than just reading and spelling. It often includes numeracy, memory, organisation and self-confidence.*

*The following information is from Brua, B. and Link, H. A checklist for alternative therapies. Communication, Spring 1997, p14. Reprinted with permission of the National Autistic Society.*

### **1. The therapy.**

- *How long has this therapy been used?*
- *How does the therapy work?*
- *What types of difficulties do the people who have received this therapy have?*
- *How many people with my child's/client's disability have received this therapy and what were the results?*
- *What research is available that I can see which shows how effective this therapy is for people with my child's/client's disability?*
- *How will you decide whether this therapy is appropriate for my child/client?*
- *Will you consult his/her General Practitioner/other professionals for his/her medical/personal history?*
- *Is the therapy unsuitable for certain people? Who? Why?*
- *Are there any side effects? If yes, what are they?*
- *How will you tell whether the therapy has been successful with my child/client? What signs will you look for?*
- *Will you compare his/her behaviour/condition before and after the therapy? How?*
- *Will you be following up my child/client at all to see if any change has been long-lasting?*

### **2. The therapist.**

- *How long have you been using this therapy? How many people have you treated using this therapy?*
- *How were you trained in using this therapy? Who trained you? How long did the training last?*  
*What qualifications are needed to undergo training?*

- ***Can I see your certificate?***
- ***Does anyone still monitor you to see if you are still doing the therapy correctly?***
- ***My child/client is: .... years old with problems in these areas:***
  - ***language,***
  - ***behaviour,***
  - ***learning,***
  - ***etc. (describe)***
- ***How many people have you treated who resemble my child/client and what were the results?***
- ***Can you give me the names and telephone numbers of any other parents/carers who have a child/client similar to my child/client who has received this therapy?***

### ***3. The arrangements for therapy.***

- ***How much will the therapy cost in total?***
- ***Where will the therapy take place?***
- ***Will I have to arrange transport and or accommodation for myself and my child/client? How much will this cost?***
- ***When will the therapy take place? Dates, times, time span, time off school/work?***
- ***Do I have to pay for the therapy in advance?***
- ***What happens if I wish to abandon the therapy before the course of treatment is completed? How much would I have to pay?***
- ***Will we have a written agreement about the terms and conditions of the therapy?***
- ***If my child/client gets worse, can I have my money back? Will I be entitled to compensation?***
- ***If my child/client's condition does not change after therapy, can I have my money back?***