

## News from Denmark about research in Specialized Kinesiology

In the latest IASK Newsletter I wrote about my application for a grant, which would provide me with the possibility of going more in depth with the research of the effects of Specialized Kinesiology in the format of Paedagogical Kinesiology.

The good news - and there are only good news – are that I got the grant I applied for. All the data collected from the essays written by my students at the Danish School of Paedagogical Kinesiology were processed by the means of a statistical program SPSS (Statistical Package for the Social Sciences). We got the answers to most of our questions, some of them surprising, some not so surprising:

- 96% of the clients reached their stated goals completely or almost completely
- 75% of the clients who were tested to have 100% Positive Emotional Charge (PEC) and 0% Negative Emotional Charge (NEC) in all timeframes at the beginning of their last session with the Kinesiologist had reached their goal; whereas
- Only 50% of those who had still some remaining NEC and were lacking some PEC at the beginning of their last session had reached their goal. This fact gives value to my old hypothesis, which derived from my work with children in the Special Education field (1989), that any NEC (= Distress) will make it difficult for people to reach their goals.
- It was no surprise that the population of clients in the research consisted of more females than males, but it was a surprise, that the male clients needed less sessions to reach their stated goals than the female clients.
- It was a surprise that the Kinesiologists reported about more sessions than the average with young clients (age 5 – 8) than with adult clients. But going through the essays more thoroughly, it became clear that the Kinesiologist had just split the working with the child into shorter sessions, and therefore needed more sessions to fulfil the work.

The average number of sessions for the 168 clients was 3.87 . If we relate this to the rate of success it is tempting to make the conclusion that it is a cheap way for clients to improve their health, be it physical, emotional, mental or energetic.

A report of the results was published in September 2003, and it has been well received: It is with great joy and satisfaction that I can inform you, that another researcher has expressed her interest in continuing the research into documenting the effects or non-effects of Kinesiology.

The title of her project is :

Client experienced effects of Specialized Kinesiology

If you know about possible ways of getting grants, funds or if you yourself have some money to donate for the realization of this research project, please write to me and let me know.

Warm regards from  
Annemarie Goldschmidt  
[e-mail](#)