



# Onmega Health Tourism Turkey

## Dolphin Therapy Report

Patient: Marie Schwarze

Date of Birth: 29.11.2006

Marie has got 10 sessions of dolphin therapy since 08 October 2017 till 18 October 2018 with the dolphins "Daisy", "Frosya" and "Splash!". The patient also had 10 sessions of physiotherapy.

Marie already had a positive experience with the dolphins in our center in 2013

Our primary therapeutic goals were:

- To improve overall development of the patient
- To improve mobility of her extremities
- To improve self control and self-confidence
- To improve body balance
- To improve fine motor skills

The positive experience of communication with the dolphins have been identified as an additional goal of the therapy.

During therapy we focused on the tactile contact and direct ultra-sound waves sessions, and also we used to play games with the dolphin and performed different exercises.

From the first session Marie showed her interest in communication with the dolphins. She was relaxed and calm, and also she was smiling all the time. From the beginning she was very motivated to perform all exercises, both on the platform and in the water. From the very first session Marie allowed to put her head to the head of the dolphin, also she was able to lay out with her ears in the water near the dolphin, so we did this exercises frequently and long time. Also Marie performed belly ride with the dolphin alone without assistance of the therapist, but she couldn't keep herself on the dolphin the whole belly ride.

During all course Marie did her best to perform as good as she can all exercises, even those out of her comfort zone. She was using a lot her right hand, and already after 4 sessions her right hand's ability to grab and precisely give back improved. Also after few sessions she became able to hold herself on the dolphin during belly ride, even when the laps were big and the dolphins were fast. And Marie became friends with all our dolphin therapy crew.

In the end of the therapy Marie showed good discipline and ability to control and manage her emotions. She became more relaxed and self confident. Almost all exercises Marie performed, and she was very enthusiastic and full of fresh ideas. Also her ability to use fingers of the right hand increased. And Marie got so much positive emotions during this course.

We wish Marie and her family good luck, health and success in future.

Dolphin therapist, psychologist

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