

Observational Summary Report for Dr Suzman's Full Spectrum Trial in Namibia

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Context

This report reflects anecdotal observations gathered from parents and teachers of children with Autism Spectrum Disorder (ASD) in Namibia who have recently begun a trial of a natural therapeutic protocol incorporating three formulations: Presence, Victory Over Thought, and Cloud 9. The trial commenced at varying points in April and May, and although it is still in its early phases, initial trends have emerged across home and classroom environments. The participating children range from pre-primary to early adolescence.

1. Emotional Regulation and Mood Stability

- Harry (11 years old) exhibited an insightful shift in emotional awareness, identifying habitual emotional responses and choosing more adaptive reactions.
- Isabella reported that "every day was the best day ever" and described herself as having more energy. She appears less anxious and more at ease.
- Imbeni demonstrated a newfound ability to manage provocations, even in typically dysregulating situations.
- Gabriella experienced calmer states with meltdowns becoming less frequent and shorter in duration.

2. Communication and Social Engagement

- Karl, who is non-verbal, made eye contact and held both his mother's hands to say "hi", a profoundly meaningful moment of connection.
- Imbeni has become more responsive, is following instructions better, and is echoing more words during conversations.
- Teachers noted increased willingness from Scott and Imbeni to engage in classroom activities and more spontaneous communication.

3. Initiative and Executive Functioning

- Cara independently set reminders for self-care tasks, including bathing.
- Callum completed a long-overdue art project and made atypical food choices.

- Harry began completing schoolwork and practising piano with reduced prompting.

4. Cognitive and Academic Engagement

- Harry completed a science test independently and scored 84%.
- Teachers observed increased interest and participation from Callum and Harry.

5. Sleep and Physiological Regulation

- Scott began sleeping more easily and now wakes up independently.
- Several parents noted calmer morning transitions.

6. Reduction in Stimming and Repetitive Behaviours

- Scott's vocal stims have become quieter.
- Other parents noted persistent but reduced stims, especially when tired.

7. Functional Participation in Therapeutic Settings

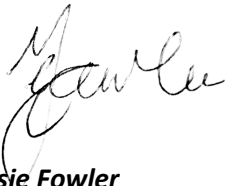
- An occupational therapist reported being able to work with Karl for an extended session without additional support, a first in years.

8. Teacher-Specific Observations (NeuroNexus Staff Reports)

- Scott: Calmer, more settled, less prone to frustration-based behaviours.
- Gaby: Shorter dysregulation episodes and improved ability to follow instructions.
- Karl: Fewer physical outbursts, calmer demeanour, increased attention span.
- Owen: Improved emotional regulation when upset.
- Imbeni: Greater engagement, spontaneous communication, and better sequencing.

Conclusion

While this trial is still in its preliminary stages, the volume and consistency of observed changes across emotional regulation, communication, executive functioning, social participation, and therapeutic engagement are promising. These anecdotal accounts suggest that the combination of Presence, Victory Over Thought, and Cloud 9 may positively support neurodevelopmental outcomes in children with autism.



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