



# The Family Hope Center

“Where Hope Comes Home™”



## The Goodwin Family *Case Study*

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# The Goodwin Family's Story

## **Dr. George Goodwin, MD**

**Internal medicine physician at Fort Belvoir Community Hospital, US Army colonel, and former Director of Disability Evaluations at the Office of the Surgeon General**

### *"Foreword to Healing Your Child's Brain"*

As an internal medicine physician with more than twenty years of experience, I carried a high degree of skepticism toward alternative treatment systems that had not already been clinically proven. I received my doctor of medicine from the Uniformed Services University of the Health Sciences in Bethesda, Maryland. I am board certified in internal medicine. I had the privilege to serve for over twenty-five years in the army. During my career, I was deployed twice, serving our soldiers in both Iraq and Afghanistan. I also was the chief medical officer for a military medical facility at Fort Eustis, Virginia. I culminated my career as a colonel in the Pentagon overseeing the disability program for our wounded warriors and directing all the medical standards for readiness in the army. All this experience was within what would be considered traditional medicine.

For my wife, Renee, and I, our journey began with a son who had developmental delays and social challenges in a spectrum disorder. We noted within the first couple of years that although our son was developing physically, he had severe difficulty interacting with others in normal social environments (preschool, church, and other social gatherings). We had our son evaluated several times. We were encouraged by both his teachers and conventional medical

providers to put him on medication for ADHD, but never elected to do so. Instead, we were looking for alternatives to help him succeed. Therefore, when one of my colleagues at the Pentagon informed me of the work that Matthew and Carol were doing with their three children, I was cautiously intrigued. He shared the impacts that they were seeing in their children's progress, which was a personal perspective that I could see firsthand.

Renee and I chose to go to a three-day parent training conference to research the actual methodology being implemented at the Family Hope Center. Employing a very holistic approach, Matthew and Carol demonstrated the observable impacts they have seen over nearly forty years of clinical experience. During our time there, I studied all the material that was provided and researched as much medical literature as I could obtain on neuroplasticity and brain healing. Although I still did not fully understand all the underlying physiology of the healing that they were observing, Renee and I decided to partner with Matthew and Carol and the team at the Family Hope Center to see what impact it would have with our son and family because I was convinced that sufficient evidence existed in literature and in the early research Matthew and Carol were completing.

We did have to make some changes in our life to integrate the holistic approach to obtain



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improvement for our son. The biggest changes were in our schedule (time management and calendar planning) and our diet. The whole family made some adjustments. However, the results were unquestionable.

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**Our son's improvements in his physical abilities, social interactions, and application of cognitive learning were immense. I was unsure how my son would be able to survive in the world with the deficits we were seeing, but now we are confident that he will be able not only to survive but to thrive in the world around him.**

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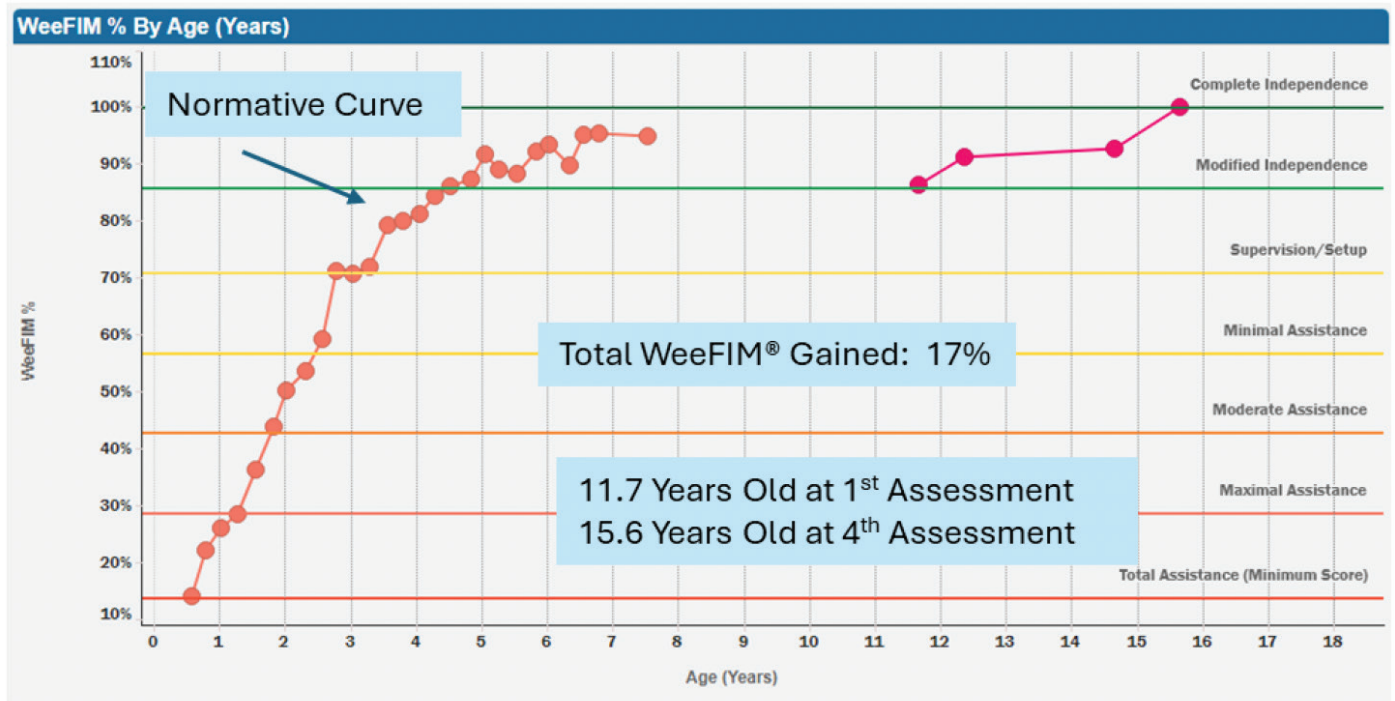
As the fields of neurocognitive research, neural development, and brain healing continue to develop, it is exciting to see pioneers that continue to partner with families and to see clinical impacts in the lives of young men and women. Both as a physician and a father, I am thrilled to witness this work being published. It is imperative these perspectives on healing be shared.

This book will begin to provide insights into the application of the principles that Renee and I have used to see the improvements in our home. These clinically proven results based on this fresh approach will positively impact more families, providing hope!



# The Goodwin Family WeeFIM® Results:

Progress as a function of age compared to children without developmental delays or disabilities.



| Helper / No Helper | Category            | Rating Descriptor     | Rating   | Level of Function  |                |
|--------------------|---------------------|-----------------------|--|--|----------------|
| No Helper          | Independence        | Complete Independence | 7  | Child safely performs all the tasks without assistance from a helper, within a reasonable amount of time, and without modifications, assistive devices or aids   | 4th Assessment |
|                    |                     | Modified Independence | 6  | Child performs all tasks without assistance from a helper but requires either an assistive device/aid/prosthesis/orthosis, takes more than a reasonable amount of time, or there is a concern for the child's safety | 1st Assessment |
| Helper             | Modified Dependence | Supervision / Setup   | 5  | Child performs all the tasks but requires either supervision without physical contact or setup assistance  |                |
|                    |                     | Minimal Assistance    | 4  | Child performs > 75% or more of the tasks, requiring no more help than touching  |                |
|                    |                     | Moderate Assistance   | 3  | Child performs 50% to 74% of the tasks, requiring physical assistance beyond touching  |                |
|                    | Complete Dependence | Maximal Assistance    | 2  | Child performs 25% to 49%, requiring maximal assistance from a helper  |                |
| Total Assistance   |                     | 1                     | Child performs <25% of the tasks, requiring total assistance from a helper |  |                |