

From: [Lisa Young](#)

To: bob.bowen@mandtsystem.com

Sent: Thursday, March 05, 2009 3:35 PM

Subject: Lisa Young's testimonial

Dear Bob,

God blessed me with a wonderful gift 12 years ago, my beautiful son, Nicholas. It became evident quite early in his life that he was going to struggle with many challenges. However, I trusted that I would be given the strength to see us through.

I often say that Nick was born angry. He displayed aggressive behavior from an early age, and as he grew and became stronger, so did his rage. At the age of 9 he had been hospitalized twice for life threatening aggressive behavior. By the age of 10 his rages were uncontrollable. My 13 year old daughter had attempted suicide as a result of the inner turmoil of living with such stress. She was hospitalized and treated for Post Traumatic Stress Disorder brought on by witnessing Nick as he held a knife to my throat with every intention of killing me. I sought help from everyone. However, the general opinion was to place him in residential care for the sake of our entire family. That recommendation was never considered to be an option. I was left without help or most importantly, hope.

After weeks of searching for advice, I learned about the Mandt system. On the first day of Mandt training the other participants were alarmed by my bruises. It was June and I didn't have the option of covering my arms with long sleeves. They quickly became quite interested in my plight for help. I insisted that the instructor show me at least one hold to convince me that Mandt would be the answer. He graciously obliged and I successfully completed the training. At that point I felt empowered, but not convinced. After all, I had been a prisoner, trapped in the "hell" that had become my life, for many years.

To my astonishment, I began noticing changes in my son within days. Mandt gave me the necessary tools to recognize and handle the escalation prior to the rage. In just two weeks Nick's teachers, my friends and family, church members and even neighbors were noticing a change.

We encountered a challenge three months after implementing the Mandt system. For the first time, I had to rely on my restraint training to see us through a very explosive episode. More importantly, I was unafraid! It was a short rage, lasting only 47 minutes. The hold was held for only 1 minute 32 seconds until he began to deescalate. He and I were both worn out at that point. Exhausted, he went to his room to rest. After a few minutes I checked on him. Although drowsy he sat up and really looked into my eyes. He then said, "Wow mom, you handled me!" Then he hugged me and spoke for the first time the words, "I love you," while keeping eye contact.

On that day my life dramatically changed. My son felt safe and secure in the fact that I could handle him, even when he couldn't handle himself. Borrowing from MasterCard, "Having a child with behavioral issues, a challenge. Having Mandt training that empowers you with the knowledge to handle the behavior, priceless." That was 605 days ago. Since then we have lived as a typical family, able to eat at restaurants, attend church, see movies in a theater and even go to crowded public places like the zoo and amusement parks. Because of the Mandt system, I am alive and enjoying every minute of being a mother to my son, Nicholas.

Sincerely,

Lisa Young

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