



Holistic Learning Centers, Inc.

Advanced Training for Holistic Practitioners and Beings Seeking Empowerment

HOW TO TAKE ACCURATE, CLINICAL SELF-HELP MEASUREMENTS **DURATION – INTENSITY – FREQUENCY**

REV-11-20-07

As the years passed and Hu Dalconzo's session hours passed the 20,000 hour mark, he got better and better at taking accurate clinical stats. Below are four things that Hu learned that will help you take accurate clinical measurements.

Highest¹ Subjective² Score - Use the highest subjective score as a constant³ when taking measurements. For example, if the student says that their Intensity level is averaging a 7, ask, "Is that your highest top-end⁴ average score?" And if they concur, ask them, "Okay, then if I record an 8, would that be a somewhat pessimistic, but still realistic, score for you?"⁵

Duration- Of the three measurement areas, duration (how long the upset lasts) has proven to be the most reliable way to subjectively measure a student's psycho-spiritual (emotional weight loss) improvement.

Intensity- Intensity (level of power) is very reliable for the first and second measurements, but loses its clinical accuracy with each succeeding measurement thereafter.

Frequency- Frequency (how often it happens) is the least reliable measurement and it is the hardest to subjectively measure accurately.

THREE REAL-WORLD CLINICAL MEASUREMENTS

Jane: From 7-13-01 to 6-25-04

Duration: 2 months - 1-day - 3-hours - 1-hour

Intensity: 10 - 7 - 6 - 5

Frequency: 13-14 times a day - 8 X a day - 5 X a day - less than once a day

Mike: From 3-5-03 to 6-25-04

Duration: 2-weeks - 2-days - 3-hours - 1-hour

Intensity: 10 - 8 - 7 - 7

Frequency: 7 times a day - 4 X a day - 4 X a day - 4 X a day -

Cheryl: From 11-9-00 to 12-21-02

Duration: 1-weeks - 2-days - 3-hours - 1-hour

Intensity: 9 to 10 - 8 - 6 - 5

Frequency: 11 times a day - 6 X a day - once a day

¹Remember that our goal with this work is to move toward *lower* levels of duration, intensity and frequency, so as with golf, the more we practice, the lower our scores will be – the *less* intense, frequent and lengthy our upsets will be.

²Because you are measuring your own duration frequency and intensity, you are the subject – the one who does the action (seeing yourself from within), and your work is called "subjective" (whereas if someone else were taking the measurements for you, we would call the measurements "objective," since you would be the "object" of their study).

³"Constant," as it is used here, simply refers to the measurement from this period that will be used for comparison the next time a measurement is taken. In the example above, the constant is 8.

⁴"Top-end" here refers to the average score of your most intense periods of upset, as opposed to your day-to-day levels of intensity.

⁵Using a realistic, but somewhat more pessimistic, number as the constant decreases the impact of any subjective measurements that might be prematurely optimistic, and adds a built-in check to the validity of improvements that are recorded.

"HLC COURSES EMPOWER THE AWAKENED"