

Outreach to Mexican Youth: Dr. Mario Castelan's work with Juvenile Offenders and Disabled Children



Presentation for the
Spanish-Language Symposium
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for the Flower Essence Society (FES)



Mario Castelán, holds a PhD in Computer Science from the University of York, UK. Since 2015, in addition to his scientific activity, he has been dedicated to flower essence therapy. His main interest is to contribute to the flower therapy from the scientific perspective, either with bio-energetic sensors with the human being or through experiments with water.

He has a diploma in Bach flowers and has obtained two certifications from the **Flower Essence Society** – Practitioner Certification and Advanced Studies.



Flower therapy to support the inmates of the juvenile detention facility in the city of Saltillo, Mexico

- In the juvenile detention facility of Saltillo, Coahuila, minors are under custody who committed or participated in serious crimes, such as kidnapping and murder.
- Flower therapy has been provided as a complementary activity to psychological therapy.
- This report includes 9 months of support.

Introduction

- The head of the ward sought help from groups of alternative therapies and so came the flower therapy.
- In October 2016 I started the activities, consisting of one visit per month.
- In the prison, there is a private space where you can speak to each inmate individually and prepare their formulas.
- Individual sessions last between 15 and 20 minutes.



Start of volunteering

- There was an initial reservation in the presence of a male companion.
- In the first sessions I was accompanied by a female volunteer friend, so the girls could feel more confident.



At the beginning a reflection was made on how a plant travels from seed to flower.



The analogy was also made with butterflies.



Problems to address



The themes that emerged were varied: anxiety, sadness, aggressiveness, guilt and attachment.

- **Star of Bethlehem**
- **Pine**
- **Rock Rose**
- **Centaury**
- **Cherry Plum**
- **Agrimony**
- **Red Chestnut**
- **Chicory**
- **Honeysuckle**



Problems to treat

The girls did not talk (nor were they allowed) about the misconduct committed.



- They talked about dreams.
- They expressed their day-to-day lives on campus.
- Problems with the guards.
- Concern for relatives (and children).
- Absence of a family nucleus.

Group activity

- Take a card from the affirmation deck.
- Read it out loud.
- Discuss what they liked about the flower (shape, color, affirmation).
- Talk about the flower's journey.

Flower affirmations on February 14.



The importance of Cerato

Who do I follow? Me or others?



Most girls took Cerato in the third or fourth formula.

- **Vine**
- **Wild Oat**
- **Echinacea**



Quaking grass + Tiger Lilly

- Community.
- Rules.
- Cooperation.



Mariposa Lily + Baby Blue Eyes



- Integrating the fragmented family.
- Absences that hurt.
- Love yourself.
- Trust in the process of life.



Staff Survey (rating 1 to 5)

- The interns have a better relation between them: **4.13**
- Have a better relationship with staff: **4.13**
- There is greater tranquility between the interns: **4.38**
- Have improved the performance in their studies and daily tasks: **4.00**
- Improved health: **3.75**
- The new interns find it less difficult to adapt: **4.25**
- The inmates who are about to leave show a better attitude compared to those who left before November 2016: **4.38**



Testimonials

- "When entering the adolescents show a strong character with reserves of companionship. I have noticed that their rates of aggression diminished, trying to develop a more cordial atmosphere and respect among them. They are now more interest in nature, especially for flowers. "
- "Although our adolescents are of a strong character, there are no problems between them. Previously, with other inmates that already left we did have problems (altercations). I think flower therapy has been very useful. "



What's next?

Home for Troubled Girls, Refuge of the Good Shepherd



More work with children

The case of Lupito (West Syndrome, a kind of epilepsy)



- **Lewisia**
- **Saint Johns Wort**
- **Rock Rose + Cherry plum.**
- **Impatiens**
- **Cosmos**
- **Lavender**

