

Client Name: Child A

Age: 14 years

Conditions diagnosed: ADD/ADHD, Aspergers, Dyslexia, Dyspraxia

Program Start Date: 14/03/2016

Program Completion Date: 20/07/2016

Program Sessions:

11 NeurOptimal Neurofeedback Brain Training sessions

2 Kinesiology Sessions

4 Child Center Method Sessions (Primitive Reflexes)

Overview of positive benefits in Child A's life after completing the program

- Child A is more calm and more confident in himself
- More aware of his actions
- Happier to be on his own
- Child A is having less tantrums
- Child A feels more in control of tantrums
- He is able to communicate his feelings to diffuse a tantrum
- Tantrums not as intense
- Having less Panic attacks
- Arguing not as physical/Intense, less fights with Sam(brother)
- Child A is more reasonable
- Memory improvement, remembers to eat lunch and remember items from locker
- Improvement in completing homework
- Improvement in speed of copying from the board in school
- Focusing is better and completing tasks is better
- Home environment is more calmer
- Home environment is less stressful and less dramatic
- Child A is communicating better with family/people
- Improvement in balance after getting out of bed
- Not tripping over as much

The following sections covers areas of Child A's life, showing concerns before starting the program and outcome after completing the program.

Major Areas of concern for Child A's Mother:

Area of Concern	Frequency per week before program	Frequency per week after program
Mood Swings	1 a week	1 a month
Panic Attacks	1 a week	1 in 6 weeks
Problems with Balance	5 times a week	Nearly disappeared
Difficulty Focusing	7 days a week	Seen improvement, especially in school. Improvement in Maths exam results
Not completing task	7 days a week	3 days a week

Other areas of concerns before the program:

Concerns before the program	After completion of the program
Fatigue	Seen significant improvement in fatigue levels
Dizziness	Not as dizzy, especially in the mornings
Memory Loss	Seen improvements in memory
Hyperactivity	Seen significant improvements
Motor/Vocal tics	No longer has any tics
Difficulty Focusing	Focus has improved
Easily Distracted	No improvement seen
Difficulty organising task	Has seen an improvement
Not completing tasks	No improvement seen
Lose train of thought	No improvement seen
Difficulty completing school work	Significant improvement seen, especially Maths
Feeling down, Depressed, Flat	No change due to summer routine changes

Behaviour that gets Child A into trouble	Seen improvement in behaviour
Attention	Interested in reading again. When playing games is holding his attention for longer
Calm Brain enough to absorb what people are saying - get distracted	Significant improvement. Able to listen and engage in conversation more. Family members have noticed improvement in communication
Speed of Writing	Seen improvement in speed of writing. Was able to complete more Summer exams. Writing speed in class has improved.

Detailed comments/improvements per session

Comments after 1st Brain training session(2nd app):

Child A was calm the evening after the 1st session. He was still calm the following morning after getting up from bed. This then wore off later on the day. Was feeling happy 2 days after the 1st session. Had a bit of a wobbly the 4th day(Pancake Friday) after the 1st session. Child A feels there was a 1% improvement in his speed of writing.

Comments after 2nd Brain training session (3rd app):

Child A had a bit of a shaky week. A lot of conflict with bickering. Arguing is not at a physical level like it was before, not as intense. Better at doing jobs at home when asked. Still really forgetful. Child A moves a lot in his sleep.

Comments after 3rd Brain training session & 1st Kinesiology session (4 app):

Child A felt calmer all day after 3rd session. Got all his jobs completed in about 10 minutes. This is much quicker than before. Mother only needed to ask Child A to do things once today. Child A feels like the fog in his head is starting to go. Said that he felt a bit more awake, not in as much of a dream state all day. Mother thinks Child A is more confident in himself and is walking more taller. Showed confidence in himself when he went back into the Chip shop to ask for salt for his chips, would not have done this before.

Comments after 4th Brain training session (5th app):

Child A mentions not being good to remember to take the Zinc from the Kinesiology session. Mother has not noticed any changes since the last session. Child A's outbursts are not as intense as before. Child A is now realising himself when he is out of line. Last intense outburst was last February. Child A is becoming more aware of his actions. In the past week he has been happier to be on his own. Before he was always staying around family members. Child A feels happier to be on his own. This may also be due to the lights being fixed in his room.

Comments after 5th Brain training session (6th app):

Child A said he noticed he is not having as much tantrums. When I asked how does that make him feel, he said 'I feels more human'. Things that were causing him to have a tantrum before are not worrying him as much anymore. Mother commented she wants to see what changes happen when Child A goes back to school. Wants to see more focus and attention in Child A's work. Child A said he is remembering to take the Zinc tablets now.

Comments after 6th Brain training session (7th app):

There were excellent changes in the past week. Noticing more changes. Things have been good this week. There was no drama when going to the Cinema, everything was calm when getting ready to go. Before there would have been arguments and tantrums. This time there was none and everything was calm. Child A said he felt calmer over the weekend. Stopped forgetting stuff. At school he said he did not forget anything from his locker for class that week. He did not forget to eat his lunch, before he would. Child A feels more confident generally in himself. During the movie at the Cinema, Child A got up to go out and get popcorn. This is a big change, showing more confidence in himself as he would not have done this before. Child A said he has not inflicted damage on Sam in a few weeks. The whole house is more calmer in the past few weeks. Child A feels more in controls of his tantrums. He thinks his trumpet playing has improved. Its taking him less time to get things right. Mother feels Child A is communicating better with family members. There was an incident with regards to sitting in the front seat of the car. This time there was no problem when Sam sat in the front seat. When Mother explained to Child A that he sat in the front seat in the morning and it was Sam's turn now, there was no reaction and Child A sat in the back seat. Before there would have been a tantrum.

Comments after 7th Brain training session (8th app):

Energy in the house is much calmer as Child A's tantrums are not as intense. Child A was not helpful when Mother asked him to go for a walk with her. Child A did not listen correctly to his parents when asked to put coal on the fire. He put the whole bucket on the fire instead of half like he was asked. Child A is now completing his homework for class in the past 2 weeks. There has been an improvement in completing his homework. Child A said there has been an improvement in copying things from the board in school. Child A said there has been less need for help from the SNA. In the past week he said he has not been feeling unbalanced after getting out of bed. Only forgot books from his locker 1 time in the past 2 weeks. He has not forgot to bring his lunch to school in the past 10 days. He has been eating his lunch for the past 2 weeks.

Comments after 1st Primitive Reflex session (9th app):

Not much changes since last session as it was only 2 days ago since last session and Mother was away for a few days and did not see Child A.

Comments after 8th Brain training session (10th app):

Had a cough for the past 2 weeks. Only 1 tantrum in past 2 weeks. Not as intense as before. Been day dreaming a lot this week. Writing from board in school is improving. Getting on better with Science teacher. No panic attack since Child A started on the program. Not tripping over as much as he was before. Still a bit groggy in the mornings. Focusing is better and completing task is better.

Comments after 2nd Primitive Reflex session (11th app):

Child A is a lot more calm. Patient in dealing with people and family. More able to communicate with people. Blended in seamlessly with other people, when his cousins were around. Lot less stressful and less dramatic in the house. Child A's interaction with people is better. Not getting frustrated like before. Communication with people is better.

Comments after 9th Brain training session (12th app):

Been an up and down week for Child A. Child A feels like a fog has been lifted after the last session, but it was only for 1 day. Bit stressed this week as Child A had to walk down the street. Stress would have been a 9. Child A changes what he says a lot.

Comments after 10th Brain training session (13th app):

Been really calm and quieter than usual. Less talking back to mum. Not asking as many questions. Child A was able to take information down from the board in school at the same speed as the others in class. He is still getting his things from the locker in school. Got bitten by mosquitoes and got lump behind his ear.

Comments after 11th Brain training session (14th app):

Child A felt stressed, angry and frustrated and he said this to his mum. This is the first time this has happened and this helped to diffuse the tantrum. This is a very significant change for Child A. Child A had a tantrum this morning of the session, when he could not find his locker key, but the tantrum was not as intense as before. Had a bad sleep the night before.

Comments after 2nd Kinesiology session (15th app):

Things are good with Child A. Been checky this week. Got bitten by a midget. Thinks exams went good. Thinks he could have done better. Did not get all questions on the exam papers done. Did better towards the last exam. Was calm during the exams.

Comments after 3rd Primitive Reflex session (16th app):

Child A has been good. He is taking his tablets after 2nd Kinesiology session. Had 1 incident of fighting with Sam last week, but this is happening much less. He is not being flexible with what other people want to do. Had a panic attack on holidays. Last time before that was about 5 weeks ago. This is reduced from previously have a panic attack 1 time a week.