

Client Name: Child C

Age: 7 years

Conditions diagnosed: Sensory Processing Disorder (SPD)

Program Start Date: 24/05/2016

Program Completion Date: 24/08/2016

Program Sessions:

10 NeurOptimal Neurofeedback Brain Training Sessions

2 Kinesiology Sessions

2 Child Center Method Sessions (Primitive Reflexes)

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

- Less stress in mornings as Child C is getting dressed for school himself
- Less shy and less anxious
- Anxiety issues are much less
- Coping better in school and much happier coming out from school
- More calm, relaxed and mellow
- Showing less anger and less crying
- Playing rough and tumble with other kids for the 1st time
- No sensory overload or meltdowns after rough and tumble play
- Sensories are getting less sensitive
- Touch and feel is less of an issue
- More open to touch
- Now giving parents a kiss before bed
- Gave mother a kiss on lips for the 1st time
- More confident and content in himself
- Home environment is much calmer due to changes in Child C
- Communication with parents is significantly improved
- Now able to explain his feelings to parents
- Now communicating with kids his age in play groups
- 1st time asked a boy his name and started to play with him
- Started a conversation with Neighbour for the 1st time
- More sociable
- Has now tried several different foods and different colours
- More active
- More interactive at home
- More interactive with other kids
- Child C now standing up for himself against other boys
- Very well behaved in queues
- Over all behaviour has improved
- Asking less for mum when going to bed

- Climbing walls, jumping into fields next door, stood up on Zip line, Climbed rock in play park, all these actions showing more confidence in his own abilities and being more adventurous
- Was brilliant and calm at the Dentist

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

Major Areas of concern for Child C's Mother:

Area of Concern	Frequency per week before program	Frequency per week after program
Anxious	Constant everyday	1 or 2 times a week
Feeling Overwhelmed	In school only, 5 days	No changes seen in school, definite improvements seen in home environment
Feeling Sad	3-4 times a week	Rarely happens now, 1 time in 2-3 weeks
Mood Swings	2-3 times a day	3 times a week
Easily Distracted	Every task every day	1-2 times a day instead of every task. Is able to stay on task now

Other areas of concern before the program:

Concerns before the program	After completion of the program
Nail Biting	No improvements seen
Grinding Teeth	Great improvements seen, does not grind his teeth anymore
Sensitivity to Heat or Cold	Moderate improvement seen
Difficulty Focusing	Moderate improvement seen
Easily Distracted	Moderate improvement seen, is able to stay on task most of the time. Would need to be something really big to distract him.

Make Mistakes	Definate improvements seen
Difficulty organising activities	Definate improvements seen
Not completing task	Definate improvements seen
Lose train of thought	Great improvements seen
Mood Swings	Great improvements seen
Feeling down, depressed or flat	Definate improvement seen
Feeling Sad	Definate improvement seen, rarely happens now
Feeling Anxious	Moderate improvement seen, still feeling anxious about the unknown
Feeling Overwhelmed	No improvements seen in school. Definate improvements seen in home environment. Before he would shutdown, now he is starting to explain it after about 30 minutes

Detailed comments/improvements per session

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

There have been 3 big improvements for Child C after the 1st session, he is now getting ready for school in the mornings on his own. This has removed a big stress in the mornings. He is eating more food. When he cut his knee at school his response when he saw his mum was much changed. He dealt with the hurt in a short time after a hug from his mum. Before he would be upset for hours.

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

Still doing same benefits after 1st session. More excellent changes regards to going to a party and no shyness or anxiety going into the party. He went into the party on his own, before his mum would have to stay at the party. Happier coming out from school, he is coping better in school.

Comments after 3rd Brain training session (4 app):

Child C has not had any changes this past week. It has been a tough week. The changes of transition from school term to holidays. Feeling needy, needs mother around, associated with anxiety.

Comments after 1st Kinesiology session (5th app):

Child C had a good week. He is taking his tablets from the Kinesiology session. He is more calm. No anger or crying. He is now playing rough and tumble with other kids in the estate, and there was no sensory overload or meltdown after playing roughly with the older kids. This is the 1st time ever. For the 1st time, Child C is looking forward to the summer holidays. He is more content within himself, making a calmer home environment. Still getting dressed in the mornings with no issues. Child C was able to communicate to his mother that he could handle the world now. He is more communicative in able to explain his feelings.

Comments after 4th Brain training session (6th app):

Child C had a good week. More mellow. No anger or crying. He is more relaxed. More affectionate. Child C's sensories are getting less sensitive. He is more open to touch. He is now giving his parents a kiss before bed. More sensitive with touch and feeling. He is very good in taking his tablets from the Kinesiology session. For the 1st time he gave his mum a kiss on the lips in the clinic this evening. This is very significant for Mother as it shows Child C is making great progress. Touch and feel is less of an issue now for Child C. He is now loving being on holidays from school. Before it would have been a big problem due to the changes in his schedule.

Comments after 5th Brain training session (7th app):

The week has been very good for Child C. He is communicating with kids his age in play group for the 1st time. Affection is still good, same as last week. Was able to climb the rock at the playground for the 1st time. Was not able to do this before, Another 1st. For the 1st time Child C asked another boy his name in the playground and started playing with him, before he would have played on his own.

Comments after 6th Brain training session (8th app):

Went to the forest and had an excellent time, the castle was good. Every thing with Child C is very good. Child C started a conversation with Neighbour for the 1st time. Playing is very good, really sociable, making conversation with other kids. Affection is brilliant. Still eating more but not as much as after the 1st session. Asking less and less to be checked at night time. Anxiety issues are much less or nothing. He is more calm about things.

Comments after 7th Brain training session (9th app):

Child C has tried several different foods. Food that were different in colour. Didn't like being away from his own bed when in Dublin. Eating still and asking for more. Child C is more active and has not put on weight. This is probably due to he being more active now.

Comments after 1st Primitive Reflex session (10th app):

Been a tough week for Child C. He is very argumentative over everything. This would have happened when he finished school last year for summer. He is now eating bread with crusts on, this is another 1st. He is more interactive at home and with kids on the green playing outside his home.

Comments after 8th Brain training session (11th app):

Child C has been argumentative about everything, challenging everything. More aggressive when being argumentative. At bedtime he is asking his mum to keep checking on him. When at the playground he stood up for himself when a boy tried to hurt him, this is showing confidence in himself. When in the queue at the cinema it was very long and Child C was very well behaved in the queue. Much better than before when in queues.

Comments after 2nd Primitive Reflex session (12th app):

Child C tried a Melon, orange in colour for the 1st time. Behaviour has improved since last week, he is not giving out. He was overwhelmed from the crowd at the farm and people at a birthday party, so cried going to sleep that night. This was just 1 day. If in a big crowd and people start bumping into him, he would have to get out after about 1 hour. Not asking for mum now when going to bed.

Comments after 9th Brain training session (13th app):

Child C is doing very good. Really settled in himself. Tried a different shape pasta for the 1st time. Has got very confident in himself. Jumping into the field at back of his house on his own. His behaviour has improved in the past week. Not asking mum to stay in bed at night time. Argumentativeness is gone. Also no longer challenging and aggressiveness is also gone. Child C stood up on the Zip line when going, this is a 1st. It is a good sign of his confidence growing.

Comments after 2nd Kinesiology session (14th app):

Things have been good with Child C. Was home sick on holidays. Was upset that he did not have his own pygamas, he was upset about this the next day until he got home. He has tried more new foods while on holidays. He eat different Sausages and Cheerios. Went to the Dentist and was very good, he was brilliant and calm. Before he would have been agitated and wiggly.