



## **BrainAdvantage ADHD Client Case Report #3**

This client was a 7 year-old female. She had a history of AD/HD and behavioral issues.

Parents reported she “melts down” when faced with a problem or when she can’t do something perfectly. She fights with her younger sister and has trouble doing her homework in school.

### **Assessment**

The client completed initial assessment. The tests showed significant problems with attention, focus and impulsivity. Her memory, recall and sequencing abilities were very low for her age

Her neuromotor skills showed evidence of auditory processing issues.

### **Recommendations/Training**

We recommended the client train with BrainAdvantage for 20 sessions. Re-assessments were scheduled following the 10<sup>th</sup> session and at the end of training.

Her training protocol included:

- Audio Visual Entrainment starting in Beta frequencies targeting left at a target rate of 15-18Hz
- HEG Neurofeedback 3x/week for 20 sessions focusing on increasing the activity on her left side.
- The Listening Program for vestibular exercise, balance and auditory processing, 30 minutes a day, 5 days a week for 10 weeks.
- Interactive Metronome 30 minutes 3x/week for rhythm, coordination, visual and auditory processing
- Cognitive software 3x/week for cognitive, memory, recall and sequencing.

At the end of the third session with this client, her Mother remarked that she had changed. She no longer reacted to problems. It could be described as “loss of drama.”

During the course of her 1<sup>st</sup> 10 sessions, the client did extremely well.

### **10th Session Reassessment**

Reassessment showed this client was now out of ADHD. Her impulsivity, inattention, focus and concentration were now much better. There was also significant improvement in neuromotor skills as well as sequencing auditory processing and memory.

### **20th Session Reassessment**

After 20 sessions this client had improved significantly. She continued to be out of ADHD range.

### **Final Observations**

She has made a remarkable progress. She was happy and had made new friends at school. Her sister was having some difficulty because she could no longer "push her buttons." She was not overreacting to situations or perceived failures.

Her Mother stated she is a "changed child." She also noted that as the client became more and more stable, the Dad was looking more and more like the ADHD kid. He'll be in soon.