



## Testimonials Related to ADD/ADHD & Autism

### **ADD/ADHD, Focus, Attention**

"My research project with a school specializing in (learning disabled) kids trained six ADD/LD kids 3xs a week for 40 sessions. Four out of five began reducing their medications early on, within first 12 sessions, and by 20 sessions had stabilized at 10mgs reduction. One did not have to go on meds when she was expected to need to. All exceeded in their academics, test scores, and at least half mainstreamed back into regular high school the following year. Four years later, I've been in contact with at least half the kids and they are doing really well, even honors in mainstream high school."

Shannon Warwick, NeuroOptimal® Trainer, Hornby Island, BC

"I'm quite impressed with the speed at which I see improvement in the kids with ADD. I first started NeuroOptimal® with my 10 years old son three years ago and saw amazing results after just five sessions. He enjoyed watching the movies and we completed 20 sessions. His grades showed a definite improvement, at last he could concentrate enough to read a book and he felt much calmer and more confident in school. He recently came to ME and asked for a tune up!"

L.H., Biot, France

"A number of boys with ADHD who after five to eight sessions report feeling "normal" - that they can now control their reactions "just like the other kids can". They feel like they are now the same as others and that they fit in with the rest of the group. Recently a 15yo boy (13 sessions so far) told me about recommending NeuroOptimal® to his 15yo mate who he usually spent time in detention with after getting into trouble at school. My client reported that he now would tell his mate to "forget it" when he suggested that they get into mischief, and was now quite intolerant of his mate's attitudes and behaviours, and was spending less and less time hanging around with him."

Submitted via Trainer Survey

"I was able to really focus through my whole 3 hour class without my mind wandering"

## **Autism, Asperger's Syndrome**

"I have four awesome kids, 3 of which do neurofeedback. All are very different kids, and all of them are benefitting in so many different ways:

My oldest son, a high schooler, thinks of neurofeedback as his reset button. He starts the week fresh and focused, and more importantly calm. For him the life of being a teenage student, son, and sibling to two children with autism, all is as it will be. The world is manageable, feelings can be talked about, no more headaches he says. His video games are less important by his own choice and homework we are actually almost dare I say it?...Ahead!

For my younger children we are equally celebrating. My youngest is 11 and "was", here is the key, nonverbal. His anxiety was so much so that he feared animals, change and loud noises. Anything unpredictable could be challenging. Wanna hear the best part? All of those things are significantly better. He answers when you talk to him, he doesn't run when a dog walks by, and he loves going out now! Gets his own drinks at restaurants, often orders his own food or at least tries and just today during the school time sat for 45 minutes fully enjoying drawing, reading and coloring. He is even beginning to advocate his own sensory needs. Today he told his therapist, "I am mad!" Vocalizing his own feelings, wow! He has taught himself the sign language alphabet just recently with the help of his sister and is content with sharing if you just ask.

Finally my 14 year old, a new high schooler. Quite the lady and also nonverbal. She, however, loves to look pretty and express herself like a lady. She primarily uses a communication device which she has been known to say, "Hey, I'm talking to you" to "Man, I'm tired and need a couch!". Before neuro, all she wanted was to eat candy or a cookie, and requested those things with her talker. Just recently, she was able to communicate her feelings and concerns about her teacher not being a part of her life next school year. Can you believe that! Just days ago we heard, "Hey, stop, and go away!", all verbal requests, no talker.

The thing that all three kids have in common is anxiety, without a doubt managed, and their confidence to the moon and back! Thoughts are organized and the brain is free to think and use more of its connections and well honestly, it speaks for itself! Love neuro!"

"My son receives neurofeedback. It has allowed him to self-regulate, to be more in control of his emotions and reactions. And for a five year old with autism, that's nothing short of a miracle!" K.S.

"I had been working with a family... The daughter was 9 and had a rather severe case of Autism, no language, awful physical tantrums, beating her Mother until she was bruised. (The child) came to me and we did intense sessions for a month usually seeing each other 2 times a day. She left me able to speak in 5 word sentences, no more tantrums at all, was potty trained, and watching more than one movie (changing her own videos). These were enormous changes for this family! (The Child's) behavior was so much better; she was sleeping through the night and feeling happy during the day. Her cognitive

abilities changed drastically at home and at school."

Dr. Lise' DeLong, Cognitive Connections, Greenwood, IN

"An eight year old (client) autistic male who was very anxious around people and who would cling to his mother and not enter a room if other people were in the room. He now runs up to the secretaries and hugs everyone. He recently wrote a booklet about what 'bad food' does to your body and passed it out at a Green Festival. He and his siblings, whom I also see, are recovered from autism."

Mary Price, Tidewater Neurofeedback Center, Mt. Pleasant, SC

"I have a client, girl, 8 years old. She is one of the pupils in the school where I provide NO. I only met her two weeks ago. Her mother had told me she was autistic (classic) and severe failure anxious. No eye-contact to strangers, no hand-shaking on first meets...

I had to go to her classroom, to have her come with me for her first session. Went together with the mother, who came to school that morning (parents are allowed to come in, during school time, this is a very special school). Seeing her mother, she came with us, I kneeled down in front of her, and gave her my hand...she took it and told me her name. Mother whispers a "wow"....

Anyway, hooking her up, knowing she was afraid to be touched on the earlobes, I let her do the earlobe hook-up herself, after I had shown the hook-ups on her stuffed cat-pet.

She watched part of a movie called "Spetter" which is a story about a Dolphin. The session went well, when it was finished (regular) she smiled, looked at her mother and said: "NICE!"

They went home, had weekend, came back the next Friday, same girl, same school, same movie

Part II

Her mother couldn't stop feeling happy since they had left the week before. The Saturday morning, after the 1st session, she and her husband woke up early because of the sound of a child whistling came out of the garden. They found her daughter dancing in their sun-covered-garden, whistling tunes. When the girl saw her parents, she threw a smile and said: "Look, there is the sun, and now I can hear the birds. The dance has been stuck in my head but now it is free"

The mother looked at her husband when he asked her: "Could that be possible, after one session?" She said: "Yes, it must be, nothing else has changed." I said: "Yes, we see miracles all the time. Your daughter is experiencing one of them".

And so the miracle continues;

Last week, session number two. As the girl came in, all by herself (!) her mother entered the school as well because she had promised her daughter to be there as well. The answer to my question if anything particular had happened during the week I saw two bright shining faces smiling.

"My sister seems so much nicer", the girl said.

"Well", said the mother, "it is not that her sister is much nicer, she is still the same. But, the little one here is now able to share her needs, thoughts and joy with her big sister which makes it all so much easier and more understandable".

So, this family is really dancing together.

Today I met the girl for the 11th time. She is such a delight to work with. She now comes with me, chitter-chatting about what she has been doing during the week in between her sessions, smiling, and, well, we have a word for that: Gezellig! I have no English expression for that... sorry!

Her reading improved tremendously, and due to that her failure-anxiety is reducing fast. She was able to finish her swimming-lessons. Over here we have degrees in swimming (A,B,C) and, she managed to get them ALL during this year. She now loves swimming, and playing in the pool with other kids. I told her I am soooo proud of her!

“He (my son) has a better flow of conversation and seems more “connected”...he is better able to “push” through exercises when before he would just quit” 13 year old with Autism

"At my son's ARD meeting a couple of weeks ago his teachers were amazed at the extent of maturing since last spring. At school he has much better self-control. His behavior was really getting in the way of his learning last year, they thought they would need a BIP (behavioral intervention plan) but they hadn't even noted behavior problems this year. The only thing that has changed since spring is that we trained with the rental unit over the summer" - Mother of 13 year old son dx'd with HF Autism

