

Sessions 19 & 20

"It just feels right. I don't really have specifics". This is Joey's mother's response to the P3-P4 protocol. She goes on however to report that he has been impatient with her helping him, wanting to do things by himself. Initially she described him as a little more animated but also more impulsive. As she went on, she described some playful behavior that was also somewhat aggressive-he pushed her. He isn't known to rough-house like that. He is less receptive to her touch.

Of course, I am wondering what's what here. Joey, although he looks closer to ten, is 13. These behaviors could be those signaling the approach of adolescent autonomy. But then she went on to describe his voice as loud and Joey as easily distracted. OK, this part has nothing to do with normal developmental pressures. This indicates to me, too long or too high on the left side, or both. He has been more talkative with the interior but he is also singing better. He is learning a chant for his bar mitzvah and is beginning to pick up the melody. He read two poems well to prepare for the ceremony, but there is no change in his articulation. Still a little less clear than when we started.

He was re-evaluated by a psychiatrist at Children's Hospital who has been following him and he felt that Joey was doing well. He maintained him on Welbutrin. When Joey and I talked he said that there was 'no coffee at all, only 2% caffeine tea'. I asked him if things felt more organized in his body and he said yes but I am not sure if he knew what I was asking.

Overall, he seems a little too jacked up, so I feel I may be too high everywhere. His mother expresses some concerns that since he does not know how to cue socially, this impulsivity will cause him trouble at school, so I make the following protocol decisions:

Protocols: P3-P4 at 8-11 Hz (down two Hz) for 9 minutes
C3-CZ at 12-15 Hz (down 1.5 Hz) for 3 minutes (down from 6)
C4-P4 at 5-8Hz for 9 minutes, then to 4-7Hz for 9 minutes (down from 6-9)

The next day, the last training before he returns to school, Joey is smiling and calm. Mother reports a good night, talkative at the dinner table but related to the family. He reports no bad dreams and waking rested. When he was asked about his internal world, he said that he hadn't spoken to anyone yet today but the question seemed to wake them all up. Or the training does. As this happens, he reports that he doesn't listen to the audio feedback-he is very attentive to the visuals-because he is talking to the people inside his body. There are seven people today preparing him for his return to school. He also reports that he is getting a new heater in his body, because the old one is not regulating temperature very well. He knows the person from the heating company, a man that used to work for him.

Temperature regulation is an important brain stem function and it seems as if we may be making him cold. In my experience, this is an indication of a major shift in brain function, and can be an indication that we are training too low. But he has gotten the problem under control evidently, so for now, I am not concerned. He also reports that there are women in his body and that they are in charge of cleaning and vacuuming (he seems to be absorbing cultural sexism without too much

difficulty!) He also reports that the group in his body is cooperative with the changes in his internal world.

The only change in protocol is to go to 4-7Hz at C4-P4 for the entire 18 minutes, to help maintain his sense of calm, to enhance his social cueing and to keep him out of trouble with his somewhat tough peers. Tomorrow, he returns to school and I will miss him. His mother will let me know how he is doing at school and I will see him when he comes home for visits.

Session 21:

Joe has been back in school for two weeks and everyone describes him as "peaceful". He is still struggling with the clarity of his speech and is having no luck grasping math concepts. His mother reports that he was somewhat "hyped up" after the last training, that his mood has been good and he has been doing fine at school. There is, however, an increase in his "grappling for words". Perhaps most importantly, he has invited a friend to stay over with him. This is new behavior. His mom says that in the past he had to use the weekends as "recoup time", and that he never asked to bring someone home. It may be the case that the exterior world of peers is beginning to compete for his attention.

Again, as training starts, the interior system wakes up and he is excited to report that something very good is happening. Animals are being trained to work in people's bodies, as well as people in the bodies of animals. Dogs and cats are involved in this program but soon it will branch out to wild animals and fish. Blake is working with him today, and she has brought her dog with her. She wonders if Joey is inspired by this. Joey loves animals. In the summer, he rides his bike to the zoo nearby his home, he watches Animal Planet devotedly, he surfs the web looking for articles about animal care and he has a Chocolate Lab whom he loves. He would want animals to have whatever he felt was good for him. He goes on to report that a lot of people want to do neurofeedback training. During his session, they started training a dog and he is concerned that they may have "messed the dog's mind up" because it is difficult to keep the dog quiet.

Is he trying to alert us to problems he feels in his own training? Within several minutes it was also difficult for Joey to stay still. He was beginning to fidget. It is always hard to discern the meaning of this particular behavior, even when someone can talk to you about it directly. It could be a manifestation of overarousal, a discharge of excess energy, or an attempt to keep the system alert? Blake, operating on the first assumption, chose to lower the frequency and Joey's body quieted for the remainder of the session. Given that he felt hyped up after the last training, that he returns to school at the end of the weekend, that his mother expressed some apprehension about his miscuing in a hyped up state and this in-training response, I think, Blake discerned this accurately and made the right protocol adjustment. Neurofeedback training requires continuing assessment and reassessment. The patient's responses are an invaluable contribution to the decision making process. Although Joe's way of tracking his brain is far from typical, it is extraordinarily accurate.

The rewards are reduced at all sites by .5 Hz.

The protocols for this session: P3-P4, 9 minutes, at 7.5-10.5; C3-CZ, 3 minutes at 11.5-14.5; C4-P4 for 10 minutes at 3.5-6.5 and then down to 3-6Hz for 8 minutes.

Sessions 22:

The reports from school are mixed. He is still unable to decipher math concepts or to add or subtract without using his fingers and he still struggles to articulate clearly. But there are gains. His mother called to tell me that Joey, who has always been liked, has begun to invite friends home for the weekend. She sees this as a significant change, since in the past, he has used the weekends to 'regroup' from the demands of social interaction. Joey reports that he has a new doctor in his head, actually two new doctors, who are there working on friendship.

Mom reports that he has tried new athletic activities. He went ice skating, which he has never wanted to do and which he now wants to take up. He also went bowling for the first time. He needed to throw the ball from between his legs, but he also had a strike. These activities have always been available to him, but he hasn't had the confidence to try them.

His father called also. At Joe's school, graduating students are required to memorize and deliver the Gettysburg Address. He has never been able to do this, until now.

Session 23:

The first after the decision to go to C4-P4 for the entire session, Joey reports that an old worker has returned to tell him about a new job, - as if this boy needs more work!. At the same time, a new job could suggest change. Today there are 19 people in his body, visiting and "playing around". He reports that the internal people are "getting better jobs", because he is helping them. During the session two people return who he hasn't seen since he was five or six. They have come to see all the changes and both remark that things seem "better inside and they wonder why they ever left".

Protocol today: C4-P4, rewarding 4.5-7.5, inhibiting 2-7.

Session 24:

Joey has been away at school and I haven't seen him for three weeks. He's home now for Spring break and he has a lot to tell me. He begins with his unwavering, predictable self report: "Good!" He thinks his memory is working better and that his body is working better. There is no yelling at his body or in his body. So it appears his internal world is quieting down. There is now a maintenance crew in his body fixing phone and computer wires. He said there were two dogs in there too, just hanging out like dogs do, keeping the workers company. He has a secretary now who screens his calls.

He reports that he got a call when he was skiing but he put his answering machine on. It was a good thing that he didn't let himself become distracted because he was skiing the Double Black Diamond trail and doing so when it was icy. This is an expert trail and he was unafraid and, apparently skied it well, well enough anyway, to tell the tale. He has never done this before, both because he was afraid and also because he lacked the skill, even the capacity for the skill.

He has no bad dreams but says his dreams have changed. He is able to note this but unable to describe the changes. He says he wants to be with people more than he used to. He has asked his mother to teach him Spanish which she is reluctant to do since he can't yet clearly speak in English. His mother is a native English speaker who speaks Spanish and Joey was born in Spanish speaking country. His father speaks three

languages. He does have room in his schedule now to begin a new course of study because he has gone down to part-time as the principal of the Simpson School and is presently looking for a replacement!

Protocol: C4-P4 4.5-7.5 HZ, 2-7 inhibit

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