

The Story of Joey
Post 5 - Session 25-30

Session 25:

Joey has returned from a trip to Legoland with his father and he had a wonderful time. He says that not much is going on in the internal world, but also that he isn't seeking them out because they are busy in meetings. When he closes his eyes he can see where they are. Sometimes he knows what is going on even when he's not paying attention, but usually he has to close his eyes to see them. He told me all this in response to my inquiry. He reports that when he was at Legoland-this boy loves Legos-that all the people were happy; that they all came up to his eyes to see what there was to see. I asked him if he was happy and he said he was. I think he felt particularly and concretely happy in his eyes. Legoland was a visual feast for Joey.

During the training, he had a very specific report. It was the first time he'd done this. He said his brain felt 'sleepy on the right side' and the left side is feeling fine. He feels that his left eye is wide open and his right eye wants to close. He corrects his posture, sitting up and is aware that this makes it easier for him to train. He reports that he feels "a little heavy on the right" at the end of training. Of course, I will be watching to see if this frequency is too low. I will only know over time if the in-session report is predictive of the longer term outcome. But in the meantime, I am delighted that he can tell me what he is feeling, as a feeling, directly.

As he is getting ready to leave I asked him if he liked coming for training. He said "Yes!" "Do the people inside you like coming, here?" He answered yes again and said, "The angry ones come up from deep in my body"-he gestures to his stomach- and they get calm and go back down."

Joey is making progress and I think he will continue to, but not as quickly or as significantly as could be possible, so today I recommended a brain map, a qEEG. Joe's mom and I had discussed this as a probability early on in his training but there is the matter of considerable expense. So, the agreement we had was based on progress. We would see how he responded to symptom-based protocols. If his responses were clear-cut and positive, we could forgo the map. If not, I would recommend it. We'll see what the Q adds to this picture, to the training protocols and to the outcome.

Protocol: C4-P4 4.5-7.5; 2-7Hz inhibit.

Session 26 & 27:

The report is that everything is very good. Joey is preparing for his Bar Mitzvah and is consulting the Rabbis in his head. Mother's report is positive too. It is only two days since the last training, so we probably don't know all of the training effects yet.

He looks tired and with no other reason given, I asked him whether it would feel better to train a little higher. He wanted to try this. Since he is beginning to be able to report very specific effects and I want him to have as much control as possible, I go up 1/2 Hz to 5-8 HZ at C4-P4. He immediately looks better and reports that this time his right eye is wide awake and his left feels sleepy. He comments that this is the opposite pattern from last time and finds this interesting, as do I. Neither of us knows, however, what to make of it.

After three periods, I asked him again, what would feel good-staying where we are, going down or going up. He wants to go up. So until the following report (10 minutes later), we trained at 5.5-8.5. He says that some of "his eye people" have been drinking coffee. Some people have begun to fight in his head. Coffee and

fighting-this is not too hard a call- we have gone too high and I ask him about it. I ask him to help make the translation for me and he does. I asked him what he thought about these responses, what does he think they mean. He thinks we should train at a lower frequency and see what happens. One of the problems that Joey's brain leaves him with is a very concrete representation of feeling states. His people get excited and come to his eyes when he is at Legoland rather than he loves what he sees. So I think it is significant that he is able to make this translation and recommendation. It is much less concrete, although, it still does not require the step- "I feel...". This is, of course, a difficult sentence for most thirteen year-old boys to complete, (if not most men) but my hope is that one day he will be able to know that he is feeling a feeling and speak to that directly, without all the surrogates.

He is quiet at 5-8. The fighting stops and he reports very little internal activity at all by the end. He has the feel of someone "in the zone". His concentration and focus were enviable.

Ending protocol: C4-P4 at 5-8, 2-7 inhibit.

During the last training, Joey looked tired and reported feeling tired so I raised the frequency reward at C4-P4 to 5.5-8.5 after nine minutes at 5-8 Hz. He immediately looked better, but people begin to fight in his head and the coffee began to flow, so after ten minutes at 5.5-8.5, I lowered the reward again to 5-8 Hz. At this frequency, he seems to be "In the Zone". His reports are positive in this session a week later. It is easier to ride his bike [!], his mood is good, no bad dreams and there is the sense that he is beginning to split his attention more equally between the external and the internal world. He still does not spontaneously remember things but seems to have more rapid access after prompting. Prompts, in fact, prompt him and this hasn't been reliably the case in the past. He reports that the people inside are "pretty quiet today", that they are drinking coffee, specially formulated (he doesn't use this word but he definitely has this concept) so that it has only 6% caffeine. This took "alot of experimentation" but they have figured out how to do it. There are six people in his body. This number usually indicates a "maintenance crew".

Joey is still quite involved managerially but he has brought about some interesting changes. He is still fully in charge of "The People Company", the name of the group within him that is devoted to helping people throughout the world (now being trained in neurofeedback) but he has found a suitable replacement to run the Simpson School. The Simpson School, as it turns out, is something of a conglomerate. As he describes it, the company takes over failing schools, runs them as the Simpson School for as long as required to get them operating well again and then returns them to their community. His replacement is the principal of one of these schools. I don't know exactly what this means in terms of his regulation and recovery. It could represent that he is less busy inside; or that he requires less internal distraction; or that he can trust others a little more to look after his interests. His description of the whole process does, however, demonstrate a good grasp of the corporate take over reality so dominating the world of business, perhaps quite a bit better than that of the average thirteen year old.

At the end of the session he does not look tired and reports feeling, "Good!"
Ending protocol: C4-P4 5-8Hz reward; 2-7 inhibit.

Sessions 28 & 29:

Last time, in response to Joey's in-session reports and wanting to train him as high as is comfortable for him, I continued to reward him at 5-8 Hz. This time, his mother reports that he has been "off". He was defiant, his first response has been 'no', and he has been talking more with his internal world. He also has been talking about more 'far out stuff', like having a rug on top of his brain and rug cleaners in his brain. This is a new delusion/metaphor. In the past Joey has believed that he was born on another planet and that he was an alien visitor. He reads alot about this kind of stuff. This is not new, but it hasn't been up for him recently. It is up this past week. The behaviors are uncharacteristically aggressive for Joey but they too have occurred once before when I trained him too high. So I will drop back down to 4-7 Hz to see how he does there. It is interesting to see the likely correlation between overarousal and his deeper retreat into the internal world; more active conversation and more bizarre.

He had a brain map this week as well as a consultation for Hyperbaric Oxygen Therapy. We will see what the map has to tell us in due time. I have no doubt that it will offer some other approaches to training.

Joey returned the next day for session 29. His father reports that he is no longer negative or agitated. His mood is sunny and he is definitively more sociable. Joey tells me that a new filing cabinet that he bought two days ago, fell apart and that his papers are all over the floor. He told me this when I asked him if he still remembered the Gettysburg Address. He goes on to tell me that people are in there cleaning up and that he is lodging a complaint with the company about the faulty filing cabinet. This filing cabinet is in the parietal part of his brain-he points to it-and I think it represents some function of alpha. In a common metaphor, we might say, "It's in the back of my head/mind". He's both more concrete and poetic. He tells me that he "can't find the Gettysburg Address right now", that he is in the process of "reorganizing". Other than the collapse of the filing cabinet and all the memory it so precariously holds, all is quiet inside. The clean-up/reorganization has no turmoil in it.

Joey started to feel agitated after an episode of sleepiness and reported feeling better at 3.5-6.5. At the end of the training, he said that it was quiet inside, but there was a meeting going on. Commenting on his score, I said, "Look you have one red gem, seven amber gems and one diamond." He said almost immediately, "Nine gems in all." I looked at his father and asked, "Does he do that?" and his father smiled and said, "Not before now."

Ending protocol C4-P4 at 3.5-6.5 reward; 2-7 inhibit.

Session 30:

The report is that Joey has been edgy over the last week. He has not been oppositional, but perhaps a little irritable. Joey reports himself that he has been feeling slightly irritated with his parents. This kind of reflection on his feeling state is unusual.

We will learn later on this week, when he brags about this at school, that he has been out with some friends of his brother who were shoplifting sunglasses. His mother was quite disturbed about the other more responsible boys engaging in this behavior and about the fact that Joe hadn't told her of it. This was unlike him. I shared with her how alarmed I was when my daughter told her first lie. At the time, a clinically sophisticated friend told me that it was, in fact, a developmental milestone. My four year old was now able to recognize that I didn't know everything she did. There was enough cognitive capacity and capacity for "otherness" that she could actually form a lie. Joey didn't really lie, but he did omit, until he

couldn't bear the delicious secret any longer and spilled it at school. He may have had the nascent sense of separateness himself for the first time.

His edginess may have been related to this caper and his new experience of keeping a secret, more than the protocol. The school principal also reported that Joey was proud of his behavior. This too, understandably, concerned his mother and I made note of it. My sense is that his shoplifting and his pride in it is unrelated to the training. I think he was motivated by his need for peer attention and "normalcy". But I note it, because I believe that neurofeedback is a rule/out in all behavior of all people who are training.

We didn't know anything about this at the time of session and didn't know what to make of the edginess. Too high? Joey reports no increase in sugar craving and no decrease in his love of chocolate. His sleep is still good, with no nightmares but it may be a little harder for him to get up. We decide to keep the protocol where it is.

During the training, about ten minutes in, he reports that an office supply/school supply store is opening in his body because there are so many people with information in boxes entering the office in his brain. (Clearly, he sees this as a marketing opportunity. This boy, in his own unique way, has a very good grasp of business dynamics.) He points to the frontal region of his brain to indicate where the store is opening. His office, he says, is on the right side. This is exactly where Allan Schore, Siegel and many others would locate the agency in the sense of self. He reports that he has billions of people training to go out into other bodies and that it is his job, in essence, to make the placements. He explains that they cannot go into old people's bodies because he is worried about how long they will live. These trainers do not know how to leave a body after death. As a result, most of them will work in people who are 20 years old or younger. Later in the session, Joe reports that he is talking to a very important person, the second owner of the People Company, who wants to move into Joey's side because where he comes from is too loud. Joe ends by reporting that it is quieter in his office and in his head than when he came in (!!)

He leaves after this session to return to school and I won't see him again until summer vacation. Stay tuned.

Protocol C4-P4 3.5-6.5Hz reward, 2-7Hz inhibit

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