

Separation Anxiety; A Case Study

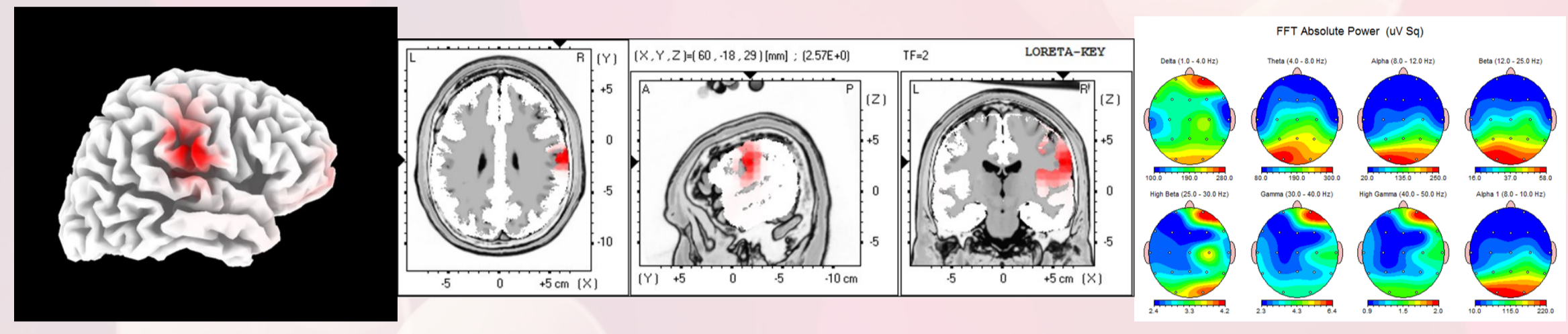
History.

A 6 six year old female presented with severe separation anxiety, problems with short term memory and an inability to read and learn. She was born full term by caesarean section but required 50% oxygen for five days following birth. Previous therapies included behavioural optometry, paediatrician for ADD and a psychologist for anxiety with no observable improvement. As a result she had fallen behind at school and had great difficulty socializing with others.

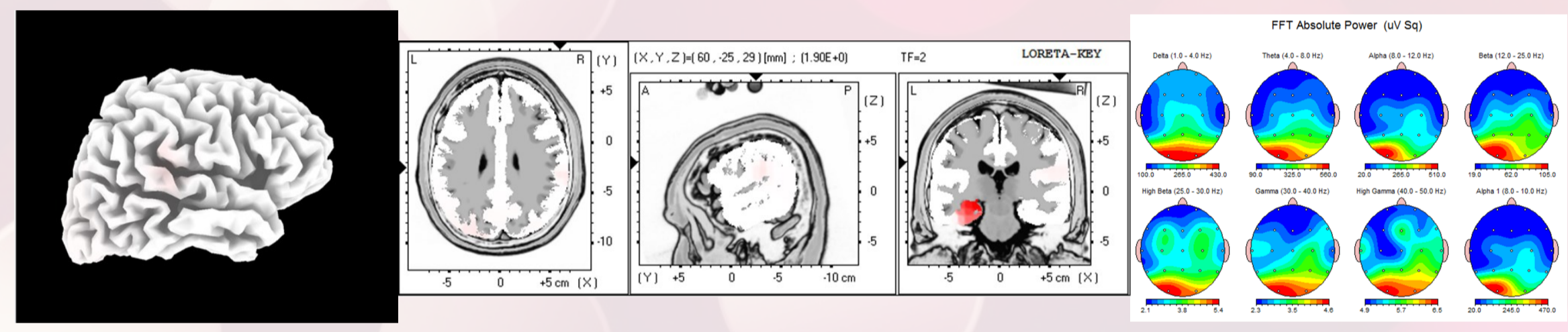
Physical Exam

The inability to orientate herself in space, become easily confused and only being able to concentrate on one task at a time were typical behaviours. Socially she had a poor sense of judgement, problems performing executive functions and an inability to follow social cues. Physical examination revealed a dysmetric opticokinetic reflex from left to right, a positive Romberg's test to the left and back, rapid alternating movements at the shoulder where dysdiadochakinesic on the left and demonstrated poor balance on the right leg. Cranial nerve examination eye revealed dysmetric eye pursuits from left to right.

Initial Findings



Final Findings



Report Findings

Initial qEEG analysis demonstrated hypoactivity in the frontal and left parietal across all frequencies except the Delta range. LORETA analysis showed Brodmann areas 1, 2 and 3 as the most significant areas of dysfunction. These Brodmann areas correlate to somatosensory localization of touch, temperature, vibration, pain, proprioception and skilful coordinated orofacial movement. Other functions of these areas include pain anticipation, touch anticipation, mirror neurons for speech perception, motor learning.

From reading book 2 to reading book 19 in only 14 weeks.

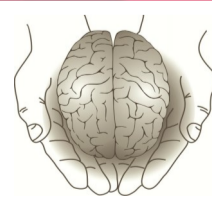
No more anxiety

“ has demonstrated significant improvement across all areas” (School Report)

Following 12 weeks of treatment significant reduction in the hypoactive areas across most frequency ranges was observed. LORETA analysis demonstrated a return to normative ranges in Brodmann areas 1,2 and 3.

Conclusion

After 6 weeks of treatment her reading had progressed from reading book level 2 to reading book level 10. She was also demonstrating increased on task behaviour at school and completing her work in class. Her self-confidence had increased such that she was able to perform an assembly item without being scared. By week 14 her reading book level had advanced to level 19 and her spelling and mathematics skills were rapidly improving. Her mid-year report was the best she had received *“ has demonstrated significant improvement across all areas”* and indicated that she was on a par with her peers in most areas now.



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