



THINK! THERAPY CENTER

STUDENT SPOTLIGHT

SEPTEMBER 2020



"B", A STRUGGLING TEEN GIRL

Congratulations to "B", a remarkable overcomer! "B", though blessed with a very High IQ, was suffering with an Auditory Processing Disorder issue that was making life uncomfortable. She was hyper-aware, easily tired, irritable, and at times aggressive partly because her brain was misperceiving sounds making the average day overwhelming and annoying. This combined with her powerful brain, played tricks on her nervous system (her Polyvagal Nerve Network) and caused her, despite her giftedness, to struggle in family relationships, friendships, and school. After completing the five-day iLs Safe and Sound Protocol, "B" made great gains. She is more socially connected and less easily aggravated. Her family reports improved relationships and more warmth and love. Completing iLs Safe and Sound has prepared "B" to move into her current round of full Cognitive/Educational Therapy to balance her extraordinary mind and teach her how to manage as a twice-gifted learner. We tell her she has a 'stallion' in there and she needs to master the reins—a big task for a kid. She is working hard to increase her gains and achieve her goal to make it into Mensa, *yes, wow*. Here at THINK! we APPLAUD her progress and encourage her to keep up the good work. Bravo, Bright and Beautiful "B"!

A PARENT'S INSIGHTS

We started ILS therapy with THINK! Therapy about 3 months after our teenage daughter's OCD, anxiety, and sensory processing disorder resulted in Tourette's, self-harm, and depression. She was dissociated, avoided physical touch and was in a constant state of irritation. She was very angry and frustrated with herself and others. At the time we started therapy, our daughter had difficulty completing even the most basic homework without great effort and was unable to focus due to the sheer quantity of symptoms. She was a high school freshman, enrolled in 3 honors classes and had received an academic scholarship. In other words, she was a brilliant student who was failing miserably because of her psycho-neurological issues. It was a very dark time for her and as parents we were lost as to how to proceed. The drugs prescribed by the psychiatrists and psychotherapy did little or nothing to help.

After a 5-day session of ILS Safe & Sound program, our daughter started making eye contact more often and began interacting and laughing with her siblings again. She even gave us some spontaneous hugs and was more cooperative in daily activities. She seemed less defensive and had a higher noise tolerance and generally responded better to the unexpected changes/disruptions that occur in daily life. Likewise, her teachers said she participated more in class.

We will forever be grateful for the help and treatment we received at THINK! Therapy. Susan Addams was kind, empathetic, and truly invested in our daughter's well-being. She was extremely patient and quickly gained the trust and confidence of our daughter. Susan's interaction style is inspiring: she listens attentively, demonstrates a true respect for our daughter, and conveys a hopefulness and optimism that is refreshing after so many roadblocks. Susan Addams is a ray of light and hope! *-T., MBA, Satisfied Parent*