



VMB Development, Inc.
Nonprofit 501(c)(3)

A Case Study
Using Specifically Designed
Exercises & Activities
To Develop & Improve
A Child Diagnosed with
ADHD / Anxiety

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A Case Study On ADHD/Anxiety

The mother of a child in 4th grade, who we will call Brandy, stated, “she is starting sessions because she was diagnosed with extreme anxiety, ADHD and school is very hard for her. It takes her longer to grasp things and she gets very upset and frustrated with tasks that kids her age can already do, that she can’t.”

Brandy started sessions in April 2018 and was evaluated on her first day of one-on-one sessions and again at 120 hours of sessions. Her test evaluation improvements are shown and summarized in Exhibit I.

Improvements Noted By Mother:

-“We have tried many things in order to help our daughter, Brandy, & this is the one thing that is slowly helping her with lots of different things. These sessions have helped more than anything else & we are seeing huge improvements. This is not an overnight process, but if you give the effort & time, it will help your child.”

-“Our daughter has always had a hard time retaining information or things she has learned. Since having sessions, she is now able to remember things a lot more and not need to be retaught.”

-“Brandy never had the willingness to read and was always frustrated because it never made sense. These sessions have helped with her reading skills and comprehension. She can answer questions correctly and understand what she is reading now.”

-“She participates in speech and having these sessions, she is finally making progress and is able to focus and make sounds correctly.”

-“Before having sessions, Brandy was unable to draw what she saw as it got lost in her head from her eyes to her hand. The sessions have helped her and now she can copy a picture and capture it as it actually looks.”

-“Brandy is now able to smell certain smells that she was not able to before.”

-“Brandy is now able to understand when new things are explained to her and doesn’t get agitated anymore. She can tie her shoes without us having to show her every time.”

