



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

A Case Study
Using Specifically Designed
Exercises & Activities
To Develop & Improve
A Child Struggling With
Anxiety / Attention / Focus /
Impulsiveness

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A Case Study On **Anxiety/Attention/Focus/Impulsiveness**

A child in 2nd grade, who we will call Ashley, started sessions because a friend of her grandmas, from church, mentioned trying the sessions to help her granddaughter with her struggles in learning and bad behavior.

Ashley started sessions in September 2019 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 Grandmother:

- “Ashley is no longer in fight or flight mode of thinking and problem solving.”
- “Ashely hasn’t fought me over daily things as much or to the level she used to.”
- “Reflecting her behavior, Ashley is continuing to improve and balance out.”
- “Last night skating, when a song was on that gave instructions to do or go right or left, Ashely was doing as instructed and is now able to differentiate between the two without hesitation.”
- “Thank you for helping me change the path of her future.”
- “Ashley has a day or two where she is off track, who doesn’t, but as a whole she is able to self-regulate and think things thru now.”

One Improvement Stated By Ashley Her **Last Week Of Sessions:**

-“I think the sessions are really great. Before sessions I didn’t like myself, but now I do and I get to learn really cool stuff. I feel fine and don’t argue as much with my grandma or parents now.”

Exhibit I (Continued):

VMB Development, Inc.																					
Nonprofit 501(c)(3)		Name: Ashley																			
Test Evaluation		Page 2 7 years old																			
(Performance Ability)	Test Date	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
TSF	9/17/19	█	█	█	█	█	█	█													
Self																					
Confidence	9/22/20	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█			
VVO	9/17/19	█	█	█	█	█	█	█	█	█											
Balance/Concentration																					
With Distractions	9/22/20	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█
VCD	9/17/19	█																			
Eye Movement Control																					
(Reading & Comprehension)	9/22/20	█	█	█	█	█	█														
VD	9/17/19	█																			
Focusing & Following																					
Left To Right	9/22/20	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█
VP	9/17/19	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█			
Process Pictures																					
In Mind	9/22/20	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█
Test 1 Overall Percent:		40% (First Day of Sessions)																			
Test 2 Overall Percent:		No Testing																			
Test 3 Overall Percent:		88% (Week of 120 hours of Sessions)																			