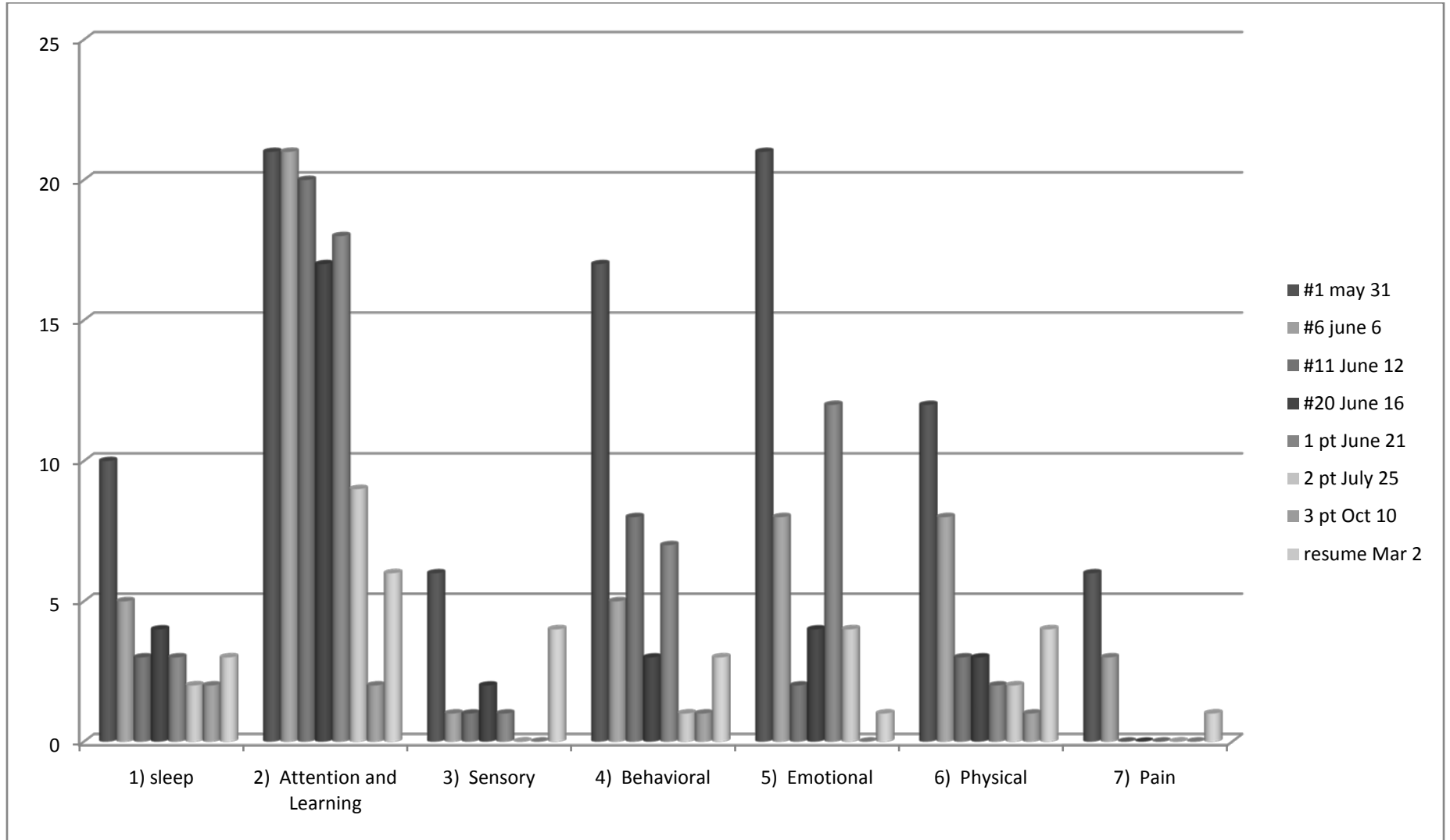


Table 8. Noelle's Summary of Symptoms (March 21, 2011 version).

Category (# of symptoms)	S	#1	2	3	4	1PT	2PT	3PT	1RT	S2
1 Sleep (17)	0	10	5	3	4	3	2	2	3	-
2 Attention / Learning (25)	4	21	21	20	17	18	9	2	6	2
3 Sensory (10)	0	6	1	1	2	1	0	0	4	-
4 Behavioral (29)	1	17	4	8	3	7	1	1	3	0
5 Emotional (24)	1	21	8	2	4	12	4	0	1	1
6 Physical (34)	1	12	8	3	3	6	2	1	4	0
7 Pain (12)	0	6	3	0	0	0	0	0	1	-
Total (151)	7	93	50	37	33	47	18	6	22	4

Note: Raw data from for Table 8 (Appendix G-2c). S = Self selected symptoms for tracking. S2 = March 2, 2011 tracking of self selected symptoms. #1 = Session #1, May 31, 2010; 2 = Session #6, June 6, 2010; 3 = Session #11, June 12, 2010; 4 = Session #20, June 16, 2010; 1PT = 1st post training measure, June 21, 2010; 2 PT = 2nd post training measure, July 25, 2010; 3PT = 3rd post training measure, October 10, 2010; 1RT = resumed training March 2, 2011.

Figure 4. Noelle's Symptom Tracking, Table 8.



Note. Raw data from Table 8.

Table 8. List of Predefined Categories for Symptom Tracking

Report each symptom using a scale of 0 ----- 10 with zero meaning no problem and 10 meaning a big problem the worst it has ever been.

Subject: N105

Dates: May 31, 2010 – March 2, 2011

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
Category 1) Sleep									
<u>T4-P4</u> Bruxism	-	8	8	8	4	7	5	3	0-10 (bruxing begins when she thinks it is time to go to sleep)
<u>T4-P4</u> Difficulty falling asleep	-	6	3	2	0	8	2	1	1
<u>T3-T4</u> Difficulty maintaining sleep	-	2	0	0	0	-	0	-	0
_____ Difficulty waking	-	2	1	0	0	-	0	-	0
<u>T3-T4</u> Disregulated sleep cycles	-	2	3	2	0	8	0	-	0
_____ Narcolepsy	-	0	0	0	0	?	0	-	0
<u>T3-T4</u> Night sweats	-	2	0	0	0	-	0	-	0
_____ Night terrors	-	0	0	0	0	-	0	-	0
<u>T3-T4</u> Nightmares or vivid dreams	-	3	1	0	2	-	0	-	0
_____ Nocturnal enuresis	-	0	0	0	0	-	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
___ Difficulty thinking clearly	-	4	2	1	1	.5	1	-	0
<u>T3-Fp1</u> Distractibility	yes	5	3	1	1	5	1	-	1
___ Lack of alertness	-	2	1	1	1	.5	0	-	0
___ Lacking common sense	-	1	1	1	1	.25	0	-	0
<u>C3-C4 / T3-F3</u> Messy handwriting	-	2	4	2	2	0	0	-	0
___ Not listening	-	2	1	1	1	.25	0	-	0
<u>T3-Fp1</u> Poor concentration	-	3	2	1	1	.25	1	1	0
___ Poor drawing ability	-	1	0	0	0	0	0	-	0
___ Poor math	-	0	0	0	0	0	0	-	0
<u>T3-Fp1</u> Poor short-term memory	-	5	1	2	1	.5	1	-	0
<u>T3-Fp1</u> Poor sustained attention	yes	2	1	1	1	.25	1	1	0
<u>T3-F7</u> Poor verbal expression	-	2	1	2	1	.25	0	-	0
___ Poor vocabulary	-	0	0	0	0	-	0	-	0
<u>T3-F7</u> Poor word finding	-	2	1	1	1	.25	0	-	0
___ Reading difficulty	-	0	0	0	0	-	0	-	0
___ Slow thinking	-	2	1	1	1	2	0	-	1
<u>T3-F3</u> Unmotivated	-	5	2	1	0	.25	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
Category 3) Sensory									
___ Auditory hypersensitivity	-	0	0	0	0	-	0	-	2
___ Chemical sensitivities	-	6	0	1	2	.25	0	-	0
___ Motion sickness	-	0	0	0	0	-	0	-	0
___ Poor body awareness	-	0	0	0	0	-	0	-	0
___ Somatosensory deficits	-	4	0	0	0	-	0	-	0
___ Tactile hypersensitivity	-	3	0	0	0	-	0	-	1
___ Tinnitus	-	1	0	0	0	-	0	-	1
___ Vertigo	-	0	0	0	0	-	0	-	0
<u>O1-O2</u> Visual Deficits	-	6	2	0	2	-	0	-	2
___ Visual hypersensitivity	-	3	0	0	0	-	0	-	0
Category 4) Behavioral									
<u>T3-T4</u> Addictive behaviors	-	2	1	1	1	1	1	3	5 (Cigarettes)
___ Aggressive behavior	-	1	0	0	0	.25	0	-	0
___ Anorexia	-	0	0	0	0	-	0	-	0
___ Autistic stimming	-	0	0	0	0	-	0	-	0
___ Binging and purging	-	0	0	0	0	-	0	-	0
___ Class clown	-	3	0	1	1	-	0	-	1

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
___ Compulsive behaviors	-	0	0	1	0	-	0	-	0
<u>T3-Fp1</u> Compulsive eating	-	2	1	1	0	-	0	-	0
___ Crying	-	2	0	0	0	.25	0	-	0
___ Exaggerated startle response	-	0	0	0	0	-	0	-	0
___ Excessive talking	-	1	0	0	0	-	0	-	0
___ Hyperactivity	-	3	0	1	0	-	0	-	0
___ Hypervigilance	-	1	0	0	0	-	0	-	0
___ Impulsivity	-	2	0	1	0	.5	0	-	1
___ Inflexibility	-	0-1	0	0	0	-	0	-	0
___ Lack of appetite awareness	-	2	0	0	0	-	0	-	0
___ Lack of sense of humor	-	0	0	0	0	-	0	-	0
<u>T4-P4</u> <i>Lack of social interest</i>	<i>yes</i>	5	2	0	1	.5	0	-	0
___ Manipulative behavior	-	1	0	0	0	.25	0	-	0
___ Motor or vocal tics	-	0	0	0	0	-	0	-	0
___ Nail biting	-	0	0	0	0	-	0	-	0
___ Oppositional or defiant behavior	-	1	0	0	0	-	0	-	0
___ Poor eye contact	-	0	0	0	0	-	0	-	0
___ Poor grooming	-	2	0	0	0	-	0	-	0
___ Poor speech articulation	-	2	0	1	0	.25	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
<u>T4-P4</u> Poor social or emotional									
Reciprocity	-	1	1	0	0	-	0	-	0
___ Rages	-	0	0	0	0	-	0	-	0
___ Self-injurious behavior	-	0	0	0	0	-	0	-	0
___ Stuttering	-	0	0	1	0	-	0	-	0
Category 5) Emotional									
___ Agitation	-	2	0	0	0	.25	0	-	0
___ Anger	-	2	0	0	0	-	0	-	0
___ Anxiety	-	4	0	0	0	.25	1	-	0
T3-Fp1 / Fp1-Fp2 / T4-Fp2 / T3-F3									
Depression	-	4	2	0	0	.5	1	-	0
<u>T4-02</u> Difficult to soothe	-	2	1	0	0	-	0	-	0
___ Dissociative episodes	-	2	0	0	0	-	0	-	0
___ Easily embarrassed	-	0	0	0	0	-	0	-	0
___ Emotional reactivity	-	1	0	0	0	-	0	-	0
<u>T4-Fp2</u> Fears	-	2	1	0	0	.25	0	-	0
___ Feelings of unreality	-	1	0	0	0	-	0	-	0
___ Flashbacks of trauma	-	5	0	2	2	.25	1	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
___ Impatience	-	1	0	1	0	.25	0	-	0
___ Irritability	-	1	0	0	0	.25	0	-	0
<u>T4-P4</u> Lack of emotional awareness	-	0	1	0	0	-	0	-	0
___ Lack of pleasure	-	3	0	0	0	.25	0	-	0
<u>T4-P4</u> Lack of social awareness	-	0	1	0	1	-	0	-	0
___ Low self-esteem	-	3	1	0	0	.25	0	-	0
___ Mania	-	1	0	0	1	.25	0	-	0
<u>T3-T4</u> <i>Mood swings</i>	<i>yes</i>	<i>4</i>	<i>2</i>	<i>0</i>	<i>1</i>	<i>5</i>	<i>1</i>	-	<i>1</i>
___ Obsessive negative thoughts	-	1	0	0	0	-	0	-	0
___ Obsessive worries	-	1	1	0	0	-	0	-	0
___ Panic attacks	-	2	0	0	0	-	0	-	0
___ Paranoia	-	2	0	0	0	-	0	-	0
___ Suicidal thoughts	-	3	0	0	0	-	0	-	0

Category 6) Physical

___ Allergies	-	1	0	0	0	-	0	-	0
___ Asthma	-	0	0	0	0	-	0	-	0
___ Chronic constipation	-	0	0	0	0	-	0	-	0
___ Clumsiness	-	2	0	1	0	.25	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
___ Difficulty walking or moving	-	1	0	0	0	-	0	-	1
___ Difficult working	-	1	1	0	0	.25	0	-	0
___ Effort Fatigue	-	2	2	0	1	.25	0	-	0
___ Encopresis	-	0	0	0	0	-	0	-	0
<u>T3-T4</u> Fatigue	yes	3	3	0	1	-	1	-	0
___ Heart palpitations	-	0	0	0	0	-	0	-	0
___ High blood pressure	-	0	0	0	0	-	0	-	0
___ Hot flashes	-	2	0	0	0	-	0	-	0
___ Immune deficiency	-	0	0	0	0	-	0	-	0
___ Irritable bowel	-	0	0	0	0	-	0	-	0
<u>C3-C4</u> Low muscle tone	-	0	1	0	0	.25	0	-	0
<u>T4-P4 / T3-T4</u> Muscle tension	-	3	2	0	0	-	0	-	0
___ Muscle twitches	-	0	0	0	0	-	0	-	1 (spasm in leg from hip to toes)
<u>C3-C4</u> Muscle weakness	-	1	1	0	0	-	0	-	0
___ Nausea	-	0	0	0	0	-	0	-	0
___ PMS symptoms	-	0	0	0	0	-	0	-	0
___ Poor balance	-	2	0	0	0	-	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
____ Poor fine motor coordination	-	0	0	0	0	-	0	-	0
____ Poor gross motor coordination	-	0	0	0	0	-	0	-	0
____ Reflux	-	0	0	0	0	-	0	-	0
____ Rigidity	-	0	0	0	0	-	0	-	0
____ Seizures	-	0	0	0	0	-	0	-	0
____ Skin rashes	-	0	0	0	0	-	0	-	0
____ Spasticity	-	0	0	0	0	-	0	-	0
____ Stress incontinence	-	0	0	0	0	-	0	-	0
<u>T3-T4</u> Sugar craving and reactivity	-	6	2	2	1	.5	1	1	5-8
<u>T4-P4</u> Sweating	-	4	1	2	0	-	0	-	0
____ Tachycardia	-	0	0	0	0	-	0	-	0
____ Tremor	-	0	0	0	0	-	0	-	0
____ Urge incontinence	-	0	0	0	0	-	0	-	0

Category 7) Pain

____ Abdominal pain	-	0	0	0	0	-	0	-	0
<u>T4-P4</u> Chronic aching pain	-	4	1	0	0	-	0	-	0
<u>T4-P4</u> Chronic nerve pain	-	4	1	0	0	-	0	-	0
____ Fibromyalgia pain	-	0	0	0	0	-	0	-	0

	S	1st	2nd	3rd	4th	1PT	2PT	3PT	1RT
____ Jaw pain	-	0	0	0	0	-	0	-	0
____ Joint Pain								-	2
<u>T4-P4</u> Muscle pain	-	2	2	0	0	-	0	-	0
____ Muscle tension headaches	-	3	0	0	0	-	0	-	0
____ Sciatica	-	2	0	0	0	-	0	-	0
____ Sinus headaches	-	1	0	0	0	-	0	-	0
____ Stomach aches	-	0	0	0	0	-	0	-	0
____ Trigeminal neuralgia	-	0	0	0	0	-	0	-	0

Note. Noelle SRS data collected Session #1, May 31, 2010; #6, June 6, 2010; #11, June 12, 2010; and #20 on June 16, 2010. S = Noelle's self selected symptoms for tracking are italicized; PT = post training: 1PT - June 21, 2011 data; 2PT - July 25, 2010; 3PT – October 10, 2010; RT = Resumed Training: RT1 - March 2, 2011