

## Oskin TBR2 Free Introductory Session Cases

### Case 1:

21-month-old male with spells of turning blue and passing out (several per day). When he gets upset, like when a toy is taken from him, he will stop breathing, arch his back & become rigid, become blue in the face, and pass out. Sweats on his head in his sleep. Ate eggs daily. Large head. Slightly delayed in speech. Consulted a neurologist who indicated that these were breath-holding spells, not seizures, due to the emotional etiology of each episode.

### Case 2:

10 y/o male with Pitt Hopkins Syndrome (rare genetic disorder – 350 known cases in world). Mental retardation. No speech. Visual disturbances with difficulty recognizing changes of planes (no depth perception). Breath holding spells (pathognomonic) when he is unsure (scared) when crossing a visual plane like from carpet to tile, stepping off a curb, or getting out of the tub. < frightened like at the doctor's office, he will hold his breath until he vomits. Hypotonia < when he becomes overheated. Diminished pain sensitivity. Nocturnal enuresis. Awkward coordination and gait. Chronic constipation. Not toilet trained. Bed wetting – still wears diapers.

### Case 3:

ED is an 8 y/o female who was brought by her parents for treatment of angry rages that have been occurring almost every day for the past couple of years. She is very well behaved at school and her teacher reportedly loves her, however at home she has lots of behavioral problems. Her tantrums can last up to one to two hours per day. She can hit, throw things, and will be thrashing about as her parents put her in “time-out.” Specifically, triggers for the main complaint are when she has a perception that she gets punished unfairly when her siblings should be punished. She frequently says, “It’s not fair!” and will yell things like, “You’re the meanest Mom in the world. It’s not fair! I don’t know what I did. You are not the boss of me.” In addition to her anger outbursts she has a history of fairly regular reflux esophagitis.

### Case 4:

4/18/14: 10 year old male PTC for treatment of emotional trauma from a canoeing accident with Dad where the boat overturned (1 month prior). They were in the cold water for 2 hours and 30 minutes. During the incident he was afraid he was going to die of hypothermia and exhaustion. Now he can't go to sleep at night. Frightening images of the event pop into his head or he has dreams reliving the event. Overall, he feels very sad since the incident thinking that he could have died and would have missed out on so much in life. He hasn't been talking to anyone about his feelings of being sad or be consoled because it makes him feel worse. Has trouble focusing during school do to flashbacks. Sighs frequently and cries. Holds in his feelings and doesn't tell anyone because it causes more flashbacks.