

Nicholas – 8 Year Old Boy with Behavioral Problems

Nicholas was brought in to see me because of extremely aggressive behavior associated with emotional and social problems. Nicholas has difficulty making friends at school and tends to avoid making eye contact with people outside of his family. He is especially shy when meeting new people. In addition Nicholas has had a difficult time learning how to read and has been diagnosed with dyslexia and other learning disabilities.

During the intake Nicholas repeatedly speaks over his parents as if he does not even consider their presence in the room to be important. In addition to the verbal insensitivity, he repeatedly pushes and grabs both the parents when they are speaking with me.

The parents tell me that at school or home, there are times when he can become extremely aggressive. He will punch, kick and even choke his classmates as well as his younger sister and older brother. The aggressive behavior will usually express itself when he is not being paid attention to.

Nicholas is also very stubborn and will scream and throw a temper tantrum when he does not get his way. He always has to be the center of attention and if the parents give either of his siblings any attention he will lose his self-control and will go into a rage which can last for hours.

He needs a great deal of approval from his parents and constantly asks them questions like, "am I doing this the right?"

The aggressive behavior started when he was three years old, after his sister was born. After the birth of the sister, he became very needy and could not be left alone. If his parents would leave the room for a few minutes, he would begin to scream and cry. When he was younger he was extremely insecure and would always cling to his parents. He needed to be held constantly. "As soon you would put him down, he would start to cry." "His fear of being left alone is better but at night he can still become very insecure." Either his mother or father must stay with him until he falls asleep.

Even now, if he wakes up in the middle of the night, he will start to cry and will need for one of his parents to comfort him until he falls back asleep. In general, his sleep is very restless. He will squirm, moan, move his head from side to side and flail his arms and legs. He also grinds his teeth at night and has offensive perspiration. His pillow is frequently wet from saliva.

The start of school was very difficult for him. It took almost the first year of kindergarten before he could be left alone without crying. The markedly aggressive behavior started sometime during first grade. If the teacher was paying attention to another student, he would become agitated. Eventually, he became physically violent towards his classmates. The parents have had frequent meetings with his teachers, principle, etc. They have even considered placing him into a school for children with special needs.

Nicholoas is afraid of the dark, ghosts, monsters, and often will wake up with nightmares.

He is also claustrophobic and always wants the door to his room open. He is also very sensitive to noise and becomes startled very easily.

Nicholas desires sweets, salty foods, smoked meats and carbohydrates. He tends to be a picky eater when it comes to vegetables. His mom says that he pretty much only eats carrots and cucumbers. He also has a strong aversion to eggs.

Nicholas tends to be on the warm side and will prefer to go out during the winter with minimal clothing. He will also throw off his covers when sleeping.

Prescription: