



Drs Janet McCulloch & Linda Beckett

Kingston Institute of Psychotherapy and Neurofeedback

THE STUDY THAT WASN'T

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

- FASD is what can occur if the mother drinks alcohol during pregnancy
- Alcohol is one of the most common substances that impact the developing brain
- Prenatal alcohol exposure is the leading preventable cause of birth defects and neurodevelopmental disorders
- There is no known safe amount of alcohol consumption during pregnancy



When you drink alcohol,
your unborn child drinks it, too



ALCOHOL AND PREGNANCY

- Some statistics:
 - 50% of pregnancies are unplanned
 - 80% of women consume alcohol at least occasionally
 - The highest rates of drinking for women are between the ages of 19 and 29
- Current prevalence rates of FASD are estimated to be 1% in North America
- In Canada the annual cost per individual with FASD is \$21,642, and the overall estimated annual cost for FASD at \$5.3 billion



ALCOHOL AND PREGNANCY

- 10% -15% of exposed pregnancies are later found to have a child with a diagnosable FASD
- Exposure is a necessary but not sufficient factor for an adverse outcome
- If the mother continues to drink during subsequent pregnancies, the recurrence rate for FASD may be as high as 75%
- Other risk modifiers are:
 - smoking
 - inadequate nutrition
 - delayed and infrequent prenatal care
 - older maternal age



CNS dysfunction

Verbal and nonverbal learning

Executive function

Attention

Sensory processing and motor function

Cognitive flexibility

Planning and strategy use

Aspects of inhibitory control

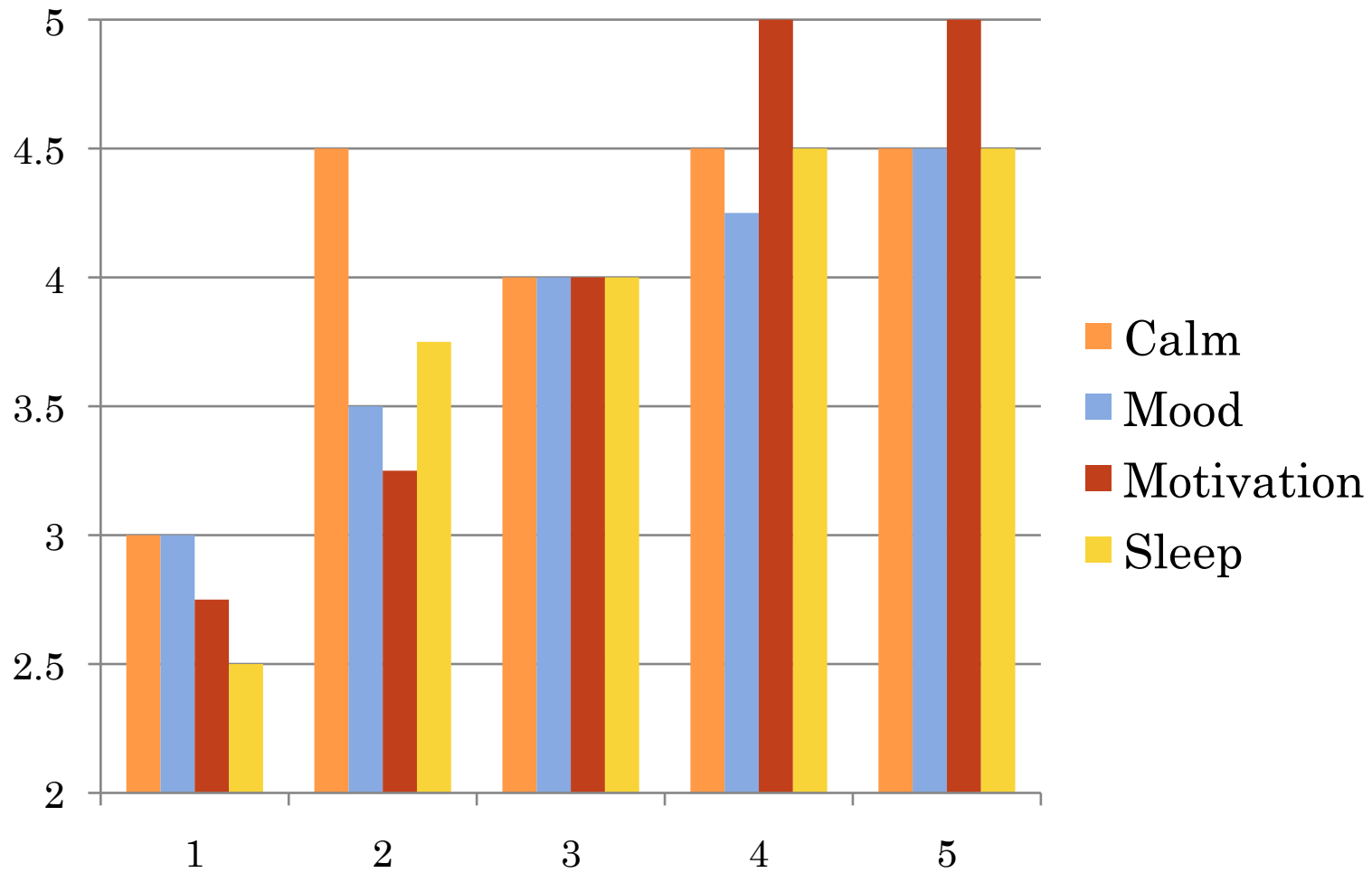
Adaptability

Working memory

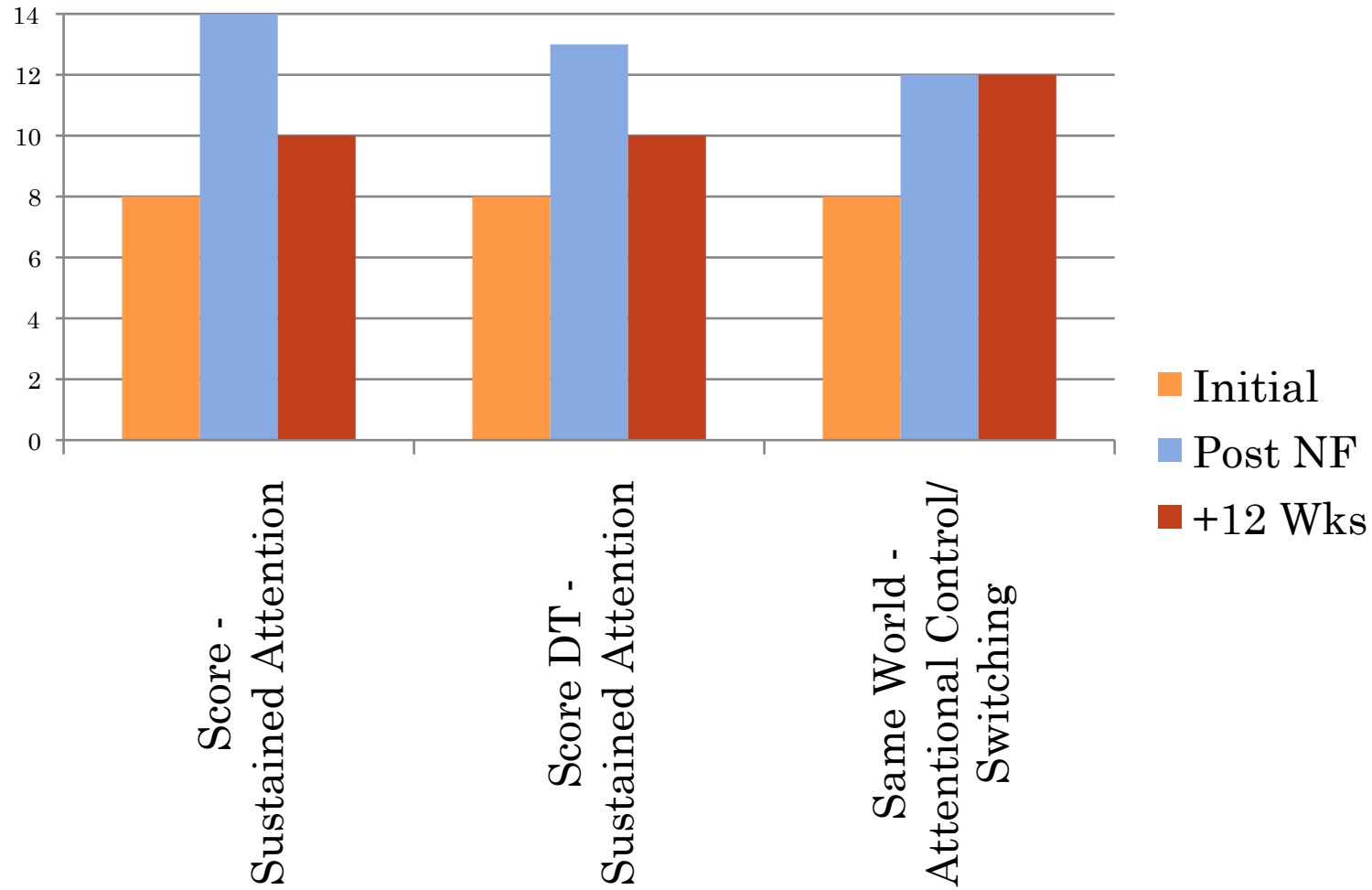
SOME RESULTS OF THE PILOT...



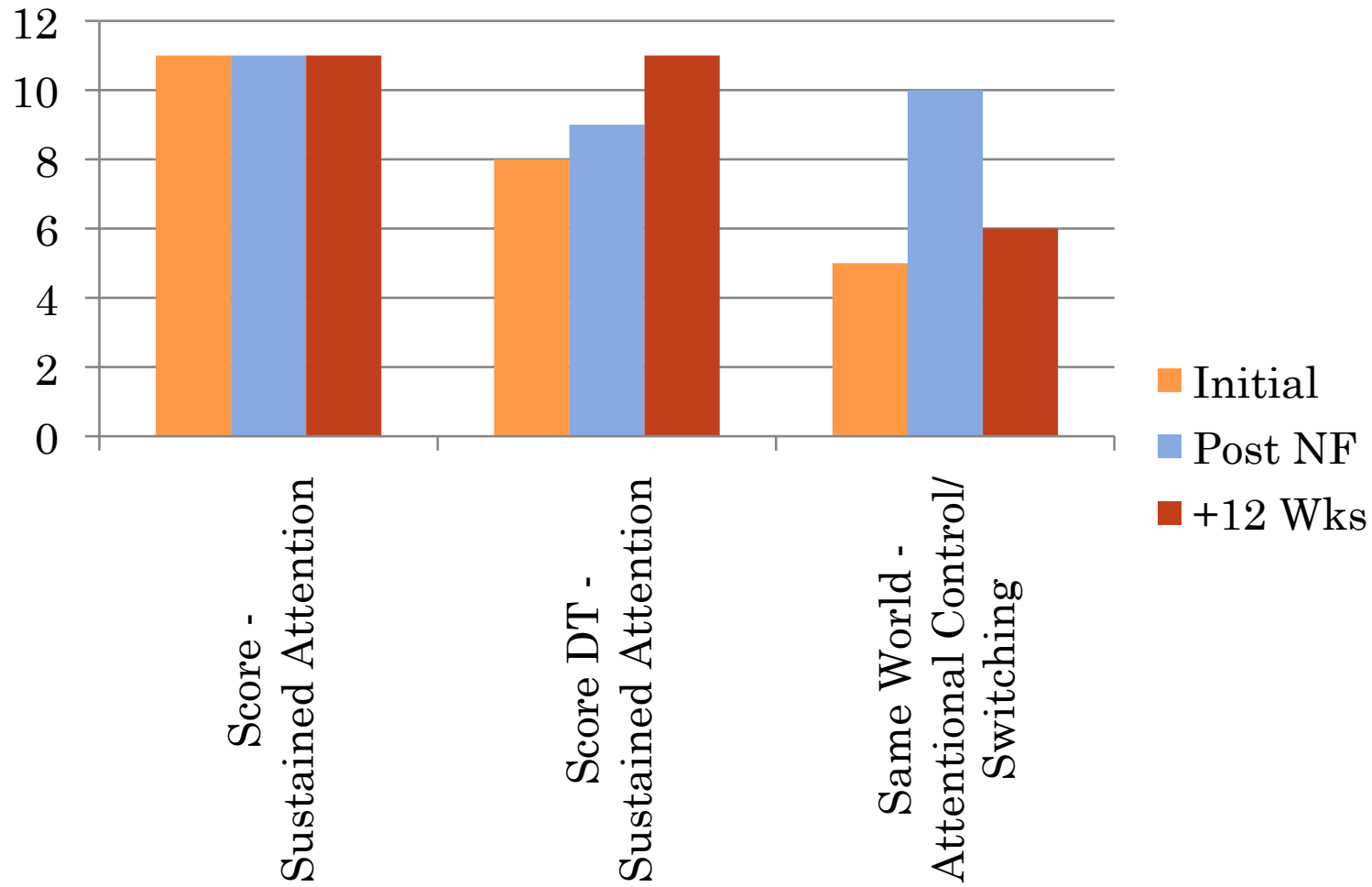
FIRST 5 SESSIONS



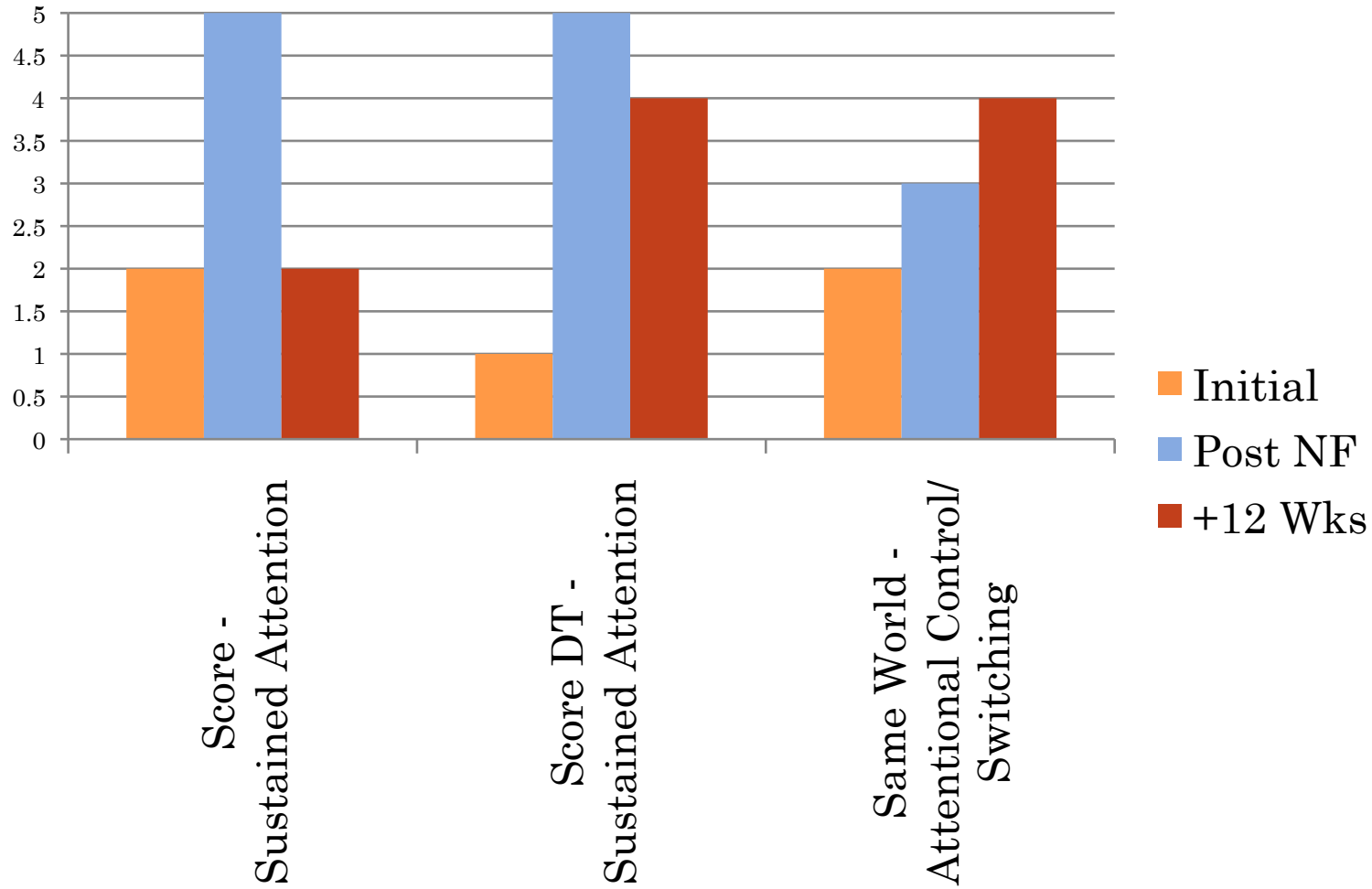
10 YEAR OLD FEMALE



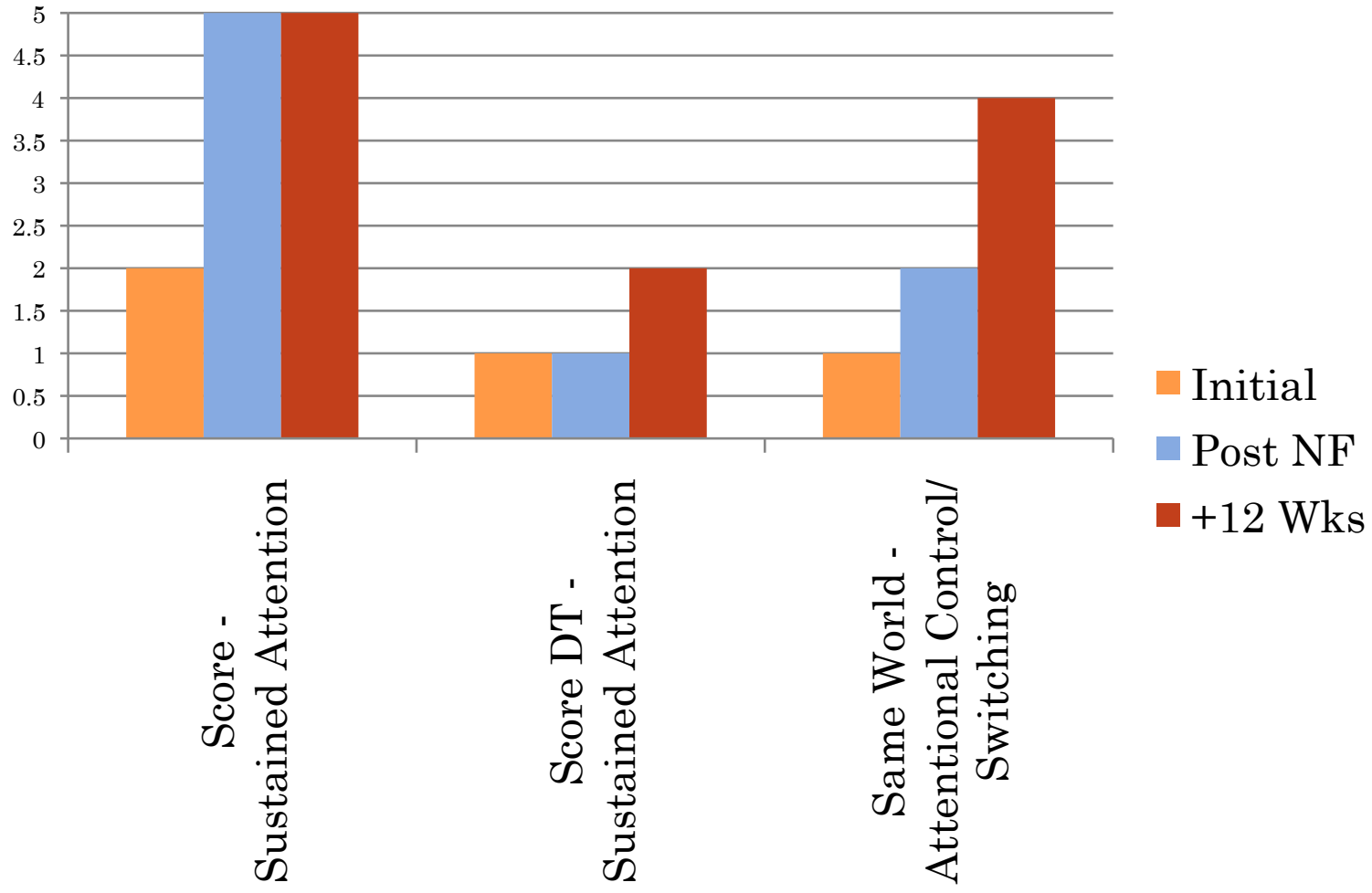
13 YEAR OLD FEMALE



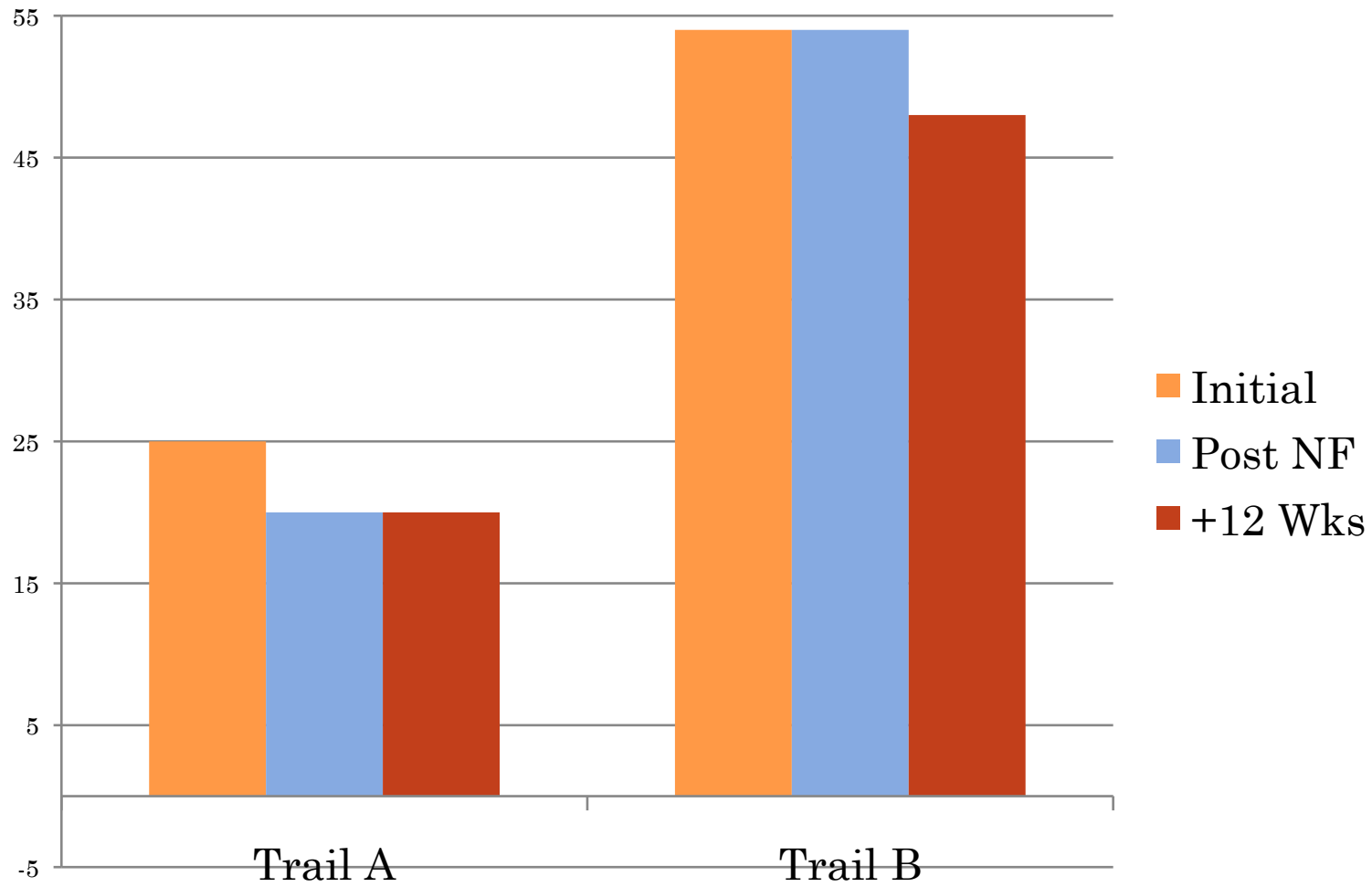
9 YEAR OLD MALE



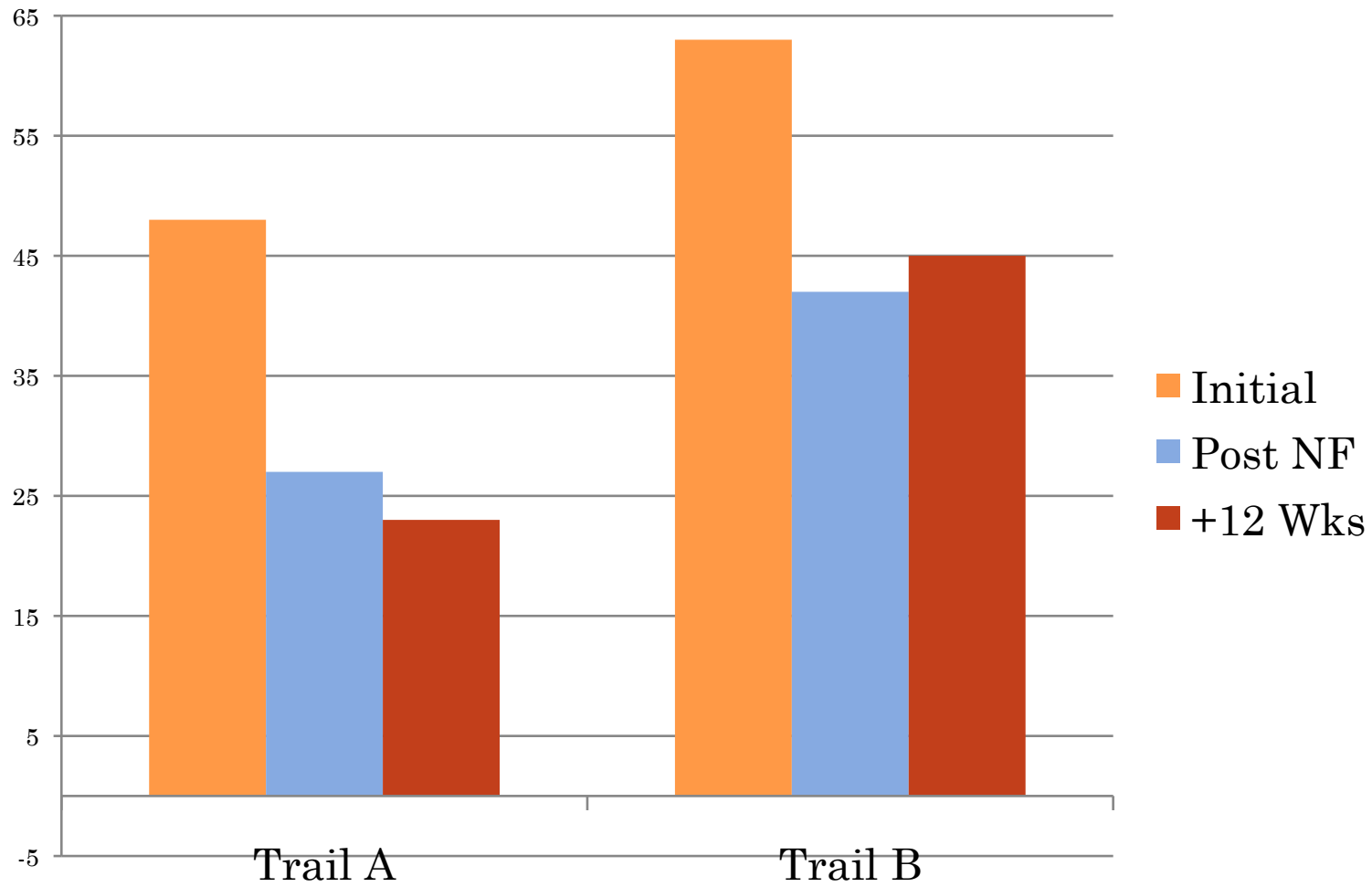
9 YEAR OLD MALE



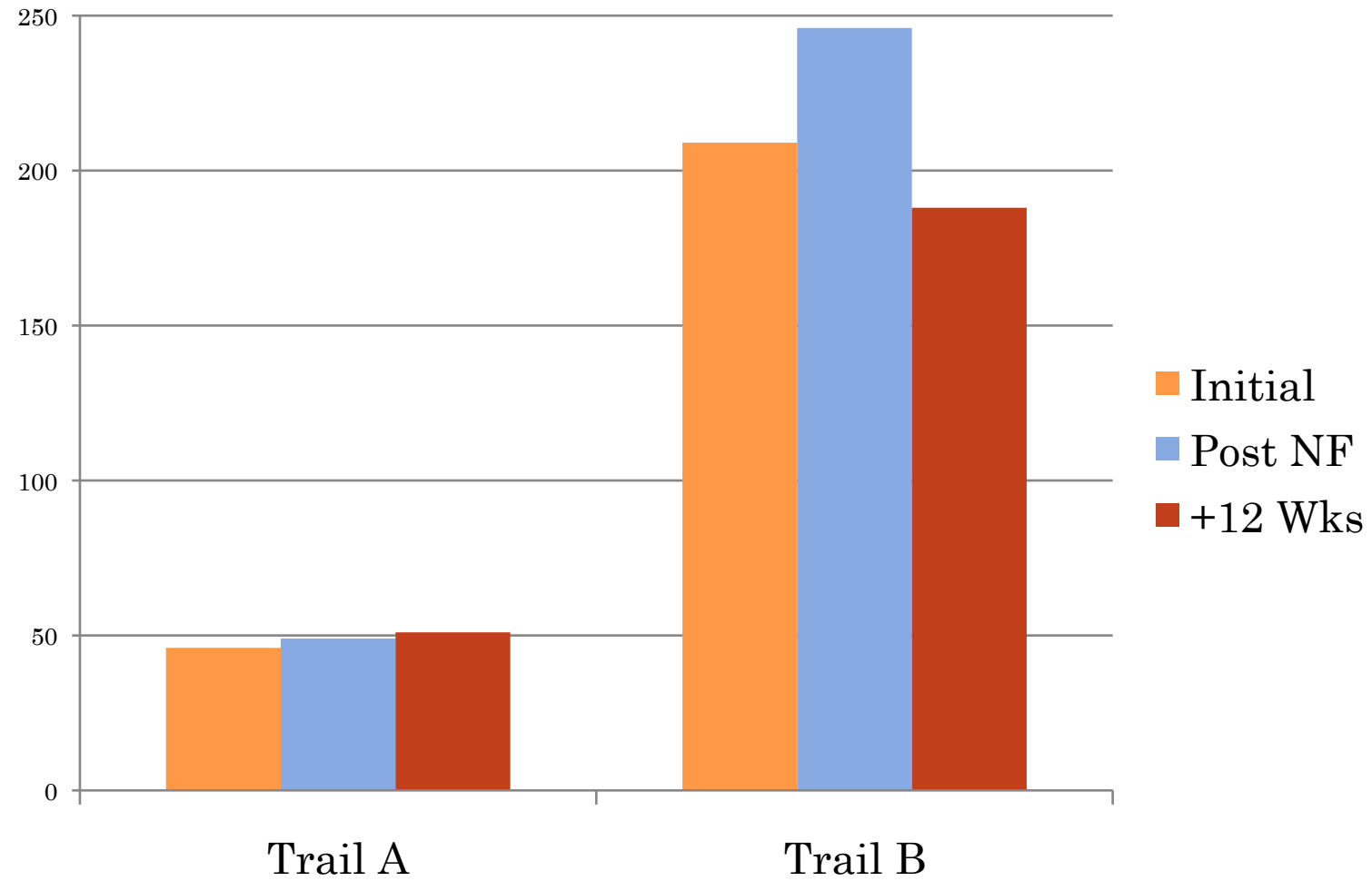
13 YEAR OLD FEMALE



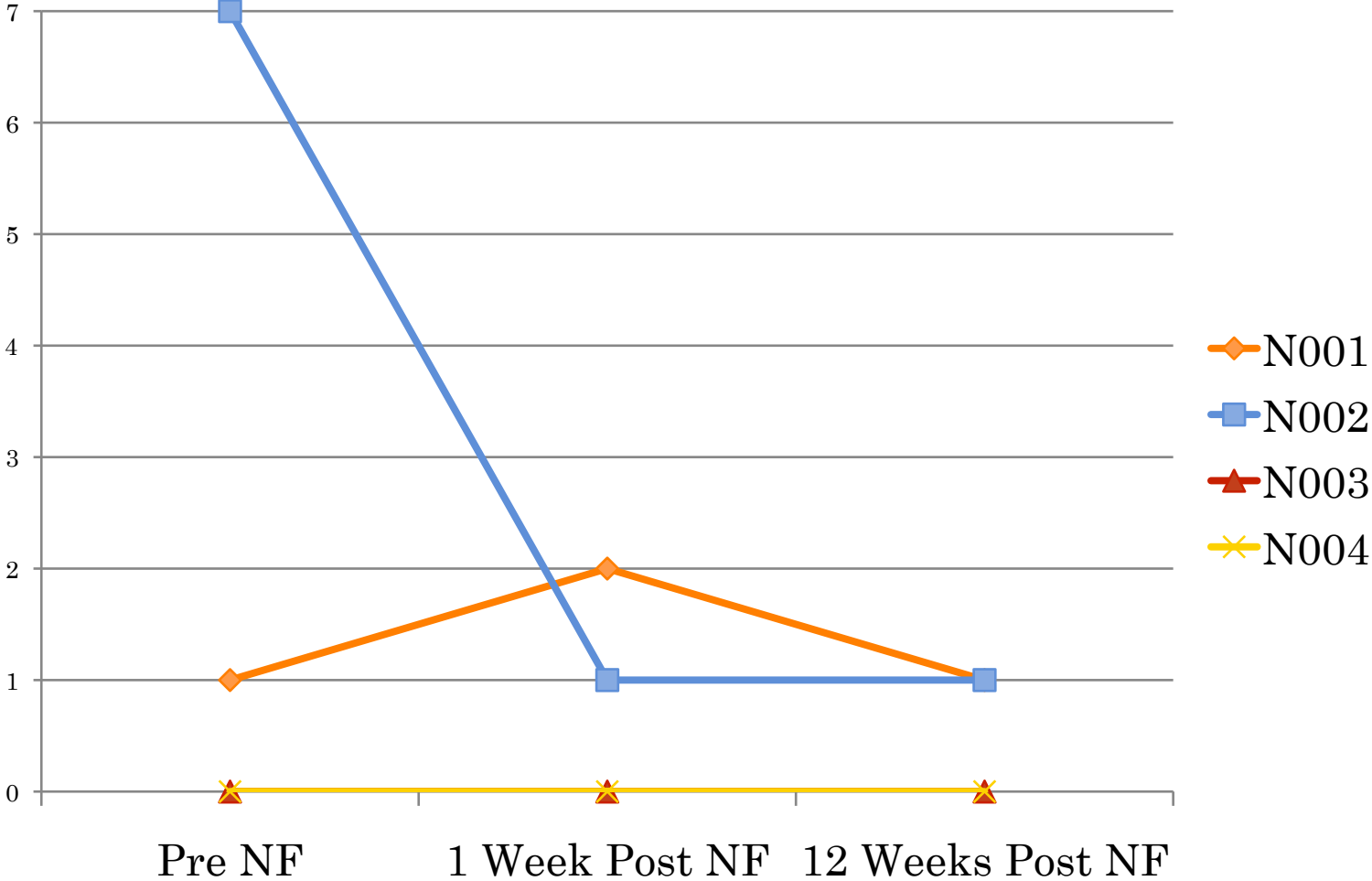
10 YEAR OLD FEMALE



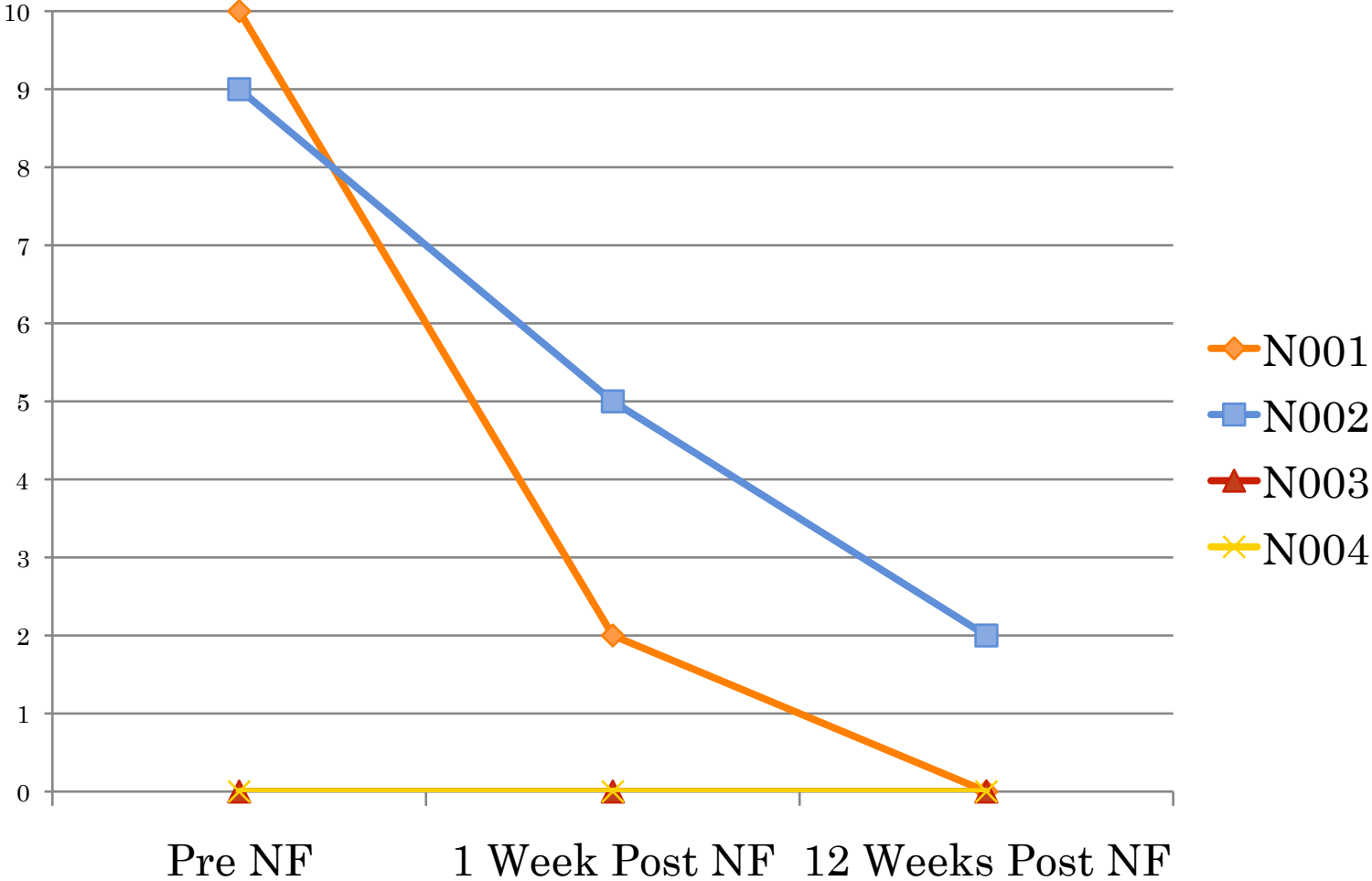
9 YEAR OLD MALE



DASS ANXIETY - PARENTS



DASS DEPRESSION - PARENTS



“A lot happier, lots of positive energy, falling asleep quicker”

“Good mood, well behaved, ...helpful”



“hasn't been coming to our room as often in the night”

“says she is sleeping better - not waking up in the night”



“He plays downstairs with his friends and they are not fighting!”

“There was a sudden increase in his vocabulary, and he’s more co-operative.”



“She was distraught and highly reactive at home. Now home is a more peaceful place, and we have more hope for what her life may look like.”



“back in school for part of each day, and managing emotions much better.”



*"Can't you tell I'm
doing better?...."*

*When I tell my brain
to stop, it can!!"*

