

Brain Training For You

Optimize Your Brain, Optimize Your Life
With Neurofeedback

Benefits of Neurofeedback

- It is very easy as there is nothing to fail at or achieve.
- Peacefully tailored for the client as they choose the music or video for the session.
- There is no effort required other than showing up for the appointment.
- The client is not required revisit any previous trauma for healing so the risk of releasing a previously repressed emotion and / or re-experience of the original trauma is very low.
- Results, due to an effectively functioning Central Nervous System, continue post training.

Serving those with:

- Learning/Behavior Challenges
- ADD / ADHD
- Sleep Problems
- Stress & Anxiety
- Addictions
- Traumatic Brain Injury (TBI)
- Post Traumatic Stress Disorder (PTSD)
- Chemotherapy Brain

For more info call Gina Fitzpatrick
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or visit us online at
www.BrainTrainingForYou.com
&
www.Zengar.com

How Neurofeedback can help with Post Traumatic Stress Disorder



*“life’s like a puzzle it gets
frustrating until you find the
piece and then you have a
solution...”*

-Joey McLayne

Post Traumatic Stress Disorder (PTSD)

When a person experiences trauma or a life-threatening event, **their brain may create coping strategies to protect them from reliving that or similar experiences.**



These coping strategies can present as physical or mental reactions.

Some reactions are listed, but not limited to the below:

- Changes in: sleep patterns, appetite and digestion, interest in sex
- Feeling on edge, anxious, jittery or irritated
- Easily startled by sudden noises or unexpected touch
- Increased need for control or hyper-vigilance
- Emotional numbing or restricted range of feelings, pulling away from others
- Avoid over burdening others with problems or minimize the traumatic experience
- Increased use of alcohol, drugs or food

Although people's brains take on these coping strategies to ensure protection of the person, **the brain often continues to run these 'inefficient reaction patterns' even when the possibility of recurring trauma is reduced or eliminated.**

Post Traumatic Stress Disorder is Not Only Experienced by Veterans

A person doesn't have to be a war veteran to suffer from Post-Traumatic Stress Disorder (PTSD).

Trauma is defined as an extremely distressing experience, which could have been mental or physical or both. What seems distressing to one person may not even be noticed by another.

Below are some various types of trauma.

- Childhood Trauma: Loss of a Parent/Sibling/Pet, Divorce, Mental Abuse, Homelessness
- Sexual Assault / Rape / Stalking
- Crime / Terrorism
- Combat
- Imprisonment / Torture
- First Responders
- Relationships: Divorce, Death, Loss of a Child, Physical Abuse
- Physical Trauma: Accident, Abuse, Sport Injury

Treating the Effects of Trauma

The more common methods of treating the effects of trauma are medications, psychotherapy (also called talk therapy), coaching and neurofeedback.

All the above approaches can help someone gain control of the lingering fear after a traumatic event. Some people may seek relief using one approach; others may prefer a combination of them.

It is important to keep in mind that some of our reaction patterns can root themselves deep in our subconscious. Understanding that the sub-

conscious mind will continue to do what it must in order to protect itself from harm, one must be aware of the possibility of the brain slipping back into its reaction pattern as a protective mechanism or just out of habit.



Neurofeedback as a Catalyst

Neurofeedback monitors your brainwaves and alerts your central nervous system when it is not functioning smoothly. It can also help build brain resilience, improving the central nervous system's ability to bounce back from a negative incident.

Training is non-invasive and **happens outside your conscious awareness which is where, many of the deep rooted 'reaction patterns', one runs sub-consciously, are entrenched.**

Neurofeedback can be used alone or in conjunction with talk therapy and coaching as it supports and speeds up work with clients by **assisting the brain in breaking out of inefficient patterns**; allowing it to run more efficiently, with more resilience, flexibility and stability.



No one should have to learn to cope with symptoms when they have the possibility of eliminating them through replacing the old entrenched ruts with alternative avenues.