



Brain Training For You

Optimize Your Brain, Optimize
Your Life With Neurofeedback

STOP THE REVOLVING DOOR OF RELAPSE

Studies

William C. Scott study: Of the alcoholics and addicts who underwent 42 sessions of neurofeedback while in treatment and attending AA meetings weekly, 77% were sober after one year. Of the group of alcoholics and addicts who were in treatment and attended AA meetings who did NOT receive neurofeedback, only 7% remained sober after one year.

UC Riverside School of Medicine: Neurofeedback is an effective approach to addiction treatment and relapse prevention. Neurofeedback is capable of promoting neuroplasticity, resolving maladaptive activity, and improving selfregulation.

In an eight-year analysis of 5,746 patients, Othmer S & Othmer found that addiction patients who underwent neurofeedback training were three times more likely to be abstinent one year after treatment (75% success rate among Neurofeedback subjects, in comparison to 25% among control subjects).

Yale University School of Medicine: Neurofeedback training may promote a more relaxed state and lead to better perceived control of stress, thereby addressing another key factor in relapse prevention.

The Effect of Neurofeedback on Chemical Dependency Treatment: In excess of 50% of experimental subjects remained drug-free a year later. The efficiency of neurofeedback in aiding recovery among severe alcoholics, opiate abusers, multiple-drug abusers, and users of stimulant-type medications such as methamphetamine and cocaine is notable.

Benefits of

Neurofeedback

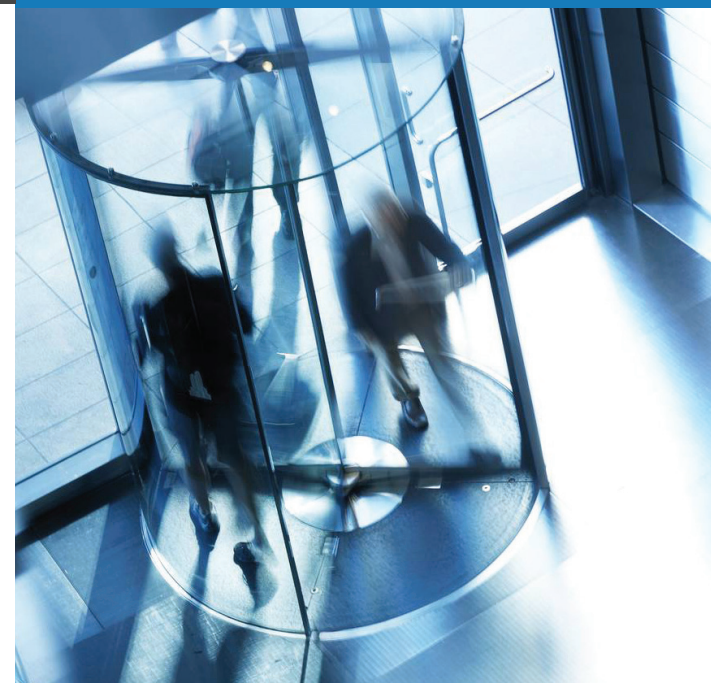
- ▲ It is very easy as there is nothing to fail at or achieve.
- ▲ Peacefully tailored for the client as they choose the music for the session.
- ▲ There is no effort required other than showing up for the appointment.
- ▲ The client is not required revisit any previous trauma so the risk of increasing stress or anxiety levels is very low (high stress and anxiety levels are directly related to high relapse rates).
- ▲ Results, due to an effectively functioning Central Nervous System, continue post training.

For more info call Gina Fitzpatrick

 (954) 830-9202

or visit us online at

 www.BrainTrainingForYou.com



**Neurofeedback
has been shown to
reduce relapse rates
by up to 77%**

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Comorbid Mental Health Diagnoses and Substance Use Disorders

It is very common for a person and their treatment team to discover they have one or more co-occurring mental health diagnoses along with their drug or alcohol addiction. Initially, that may sound like a negative piece of information, however, the person receiving treatment can better understand their struggles, why they use their drug of choice and can receive a more comprehensive treatment and relapse prevention plan.

BREAKING THE CHAINS OF ADDICTION



Prior to understanding how to treat cooccurring diagnoses, patients would relapse rapidly into destructive behaviors and use their drug of choice upon exiting treatment. This is because the underlying causes of their addictions were not being addressed.

Co-occurring mental health diagnoses that are often treated along with drug and alcohol addiction include, but are not limited to;

- Bi-Polar Disorder
- Post Traumatic Stress Disorder
- Depression
- ADHD
- Anxiety
- Obsessive-Compulsive Disorder

In order to set a person up for success in recovery, both their mental health and the substance abuse should be treated simultaneously.



Trauma & Addiction

There are numerous types of trauma. Trauma can affect an individual, a family and even entire communities.

As many as **60%** of adults in the United States report having experienced a traumatic event during their childhood years.

Not every person will go on to develop Post Traumatic Stress Disorder (PTSD) after experiencing something traumatic, but many will suffer from lasting traumatic stress reactions/symptoms like **anxiety**, low self-esteem and **depression**. Many may turn to drugs and alcohol to alleviate those symptoms or to try to forget what they endured.



Anxiety & Addiction

Approximately **40 million** adults between the ages of 18 and 54 suffer from anxiety disorders. It is very common for a person to feel confused, different, and like they don't belong or fit in when they struggle with anxiety. Those who struggle with generalized anxiety experience excessive, ongoing worry that interferes with their daily lives. One can see how people struggling with one or more of these anxiety disorders may use drugs or alcohol to try and alleviate these uncomfortable symptoms.



ADHD & Addiction

Among adults who have an alcohol abuse disorder, **ADHD is 5-10 times more common.**

Among adults who are receiving recovery services for alcohol or other substance abuse, about 25 percent have ADHD.

According to research, people with ADHD face an increased risk of drug abuse due to the **reduced impulse control** and behavioral problem associated with ADHD in general.

Take Back Your Self Control

Neurofeedback gets to the core of what drives addicts to use or relapse in the first place.

In general, anxiety and depression are the underlying conditions that can lead to an addict's need to self medicate.

An effective approach to **addiction treatment and relapse prevention** may rely on resolving core neurobiological issues affecting motivation and adaptive decision making.

Neurofeedback helps people to feel better by **eliminating or easing** symptoms associated with **stress, anxiety, impulse control, sleep problems**, etc... Thus, the need to soothe oneself by engaging in addictive behaviors is lessened.

Neurofeedback training is non-invasive. It assists the brain in **breaking out of inefficient patterns** and guides it in building resilience, improving the central nervous system's ability to bounce back from a negative incident.

Neurofeedback sessions are best implemented as part of a comprehensive recovery program.

Most will tell you that rehab is not a walk in the park, many dropout before the program's completion.

Thus, any form of treatment which reduces the dropout rate becomes a valuable rehab technique.

Once **neurofeedback training** has diminished the underlying reasons to use, the **ability to stay clean increases up to 77%.**



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