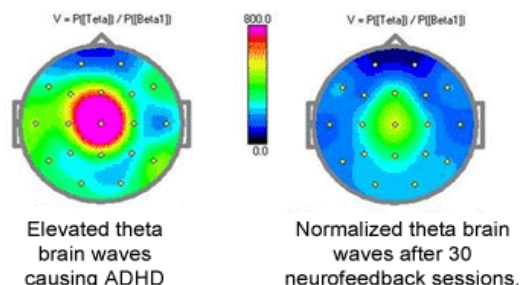


# Neurofeedback Therapy Program at SCNM Shows Promising Results in the Treatment of ADHD and Other Brain/Mood Disorders

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Southwest Naturopathic Medical Center has introduced a Neurofeedback Therapy Program as part of a cutting-edge, integrative medical approach for the treatment of attention deficit hyperactivity disorder (ADHD), and other common brain/mood disorders, including depression, autism, addiction, head injury, migraine, epilepsy and insomnia.



The statistics are alarming for many of these conditions and disorders. According to a recent survey conducted by the Centers for Disease Control and Prevention, about 4.4 million children, aged 4 to 17 (7.8 percent of U.S. children) have been diagnosed with ADHD. More than half of these children are taking medication for this disorder and most of them will continue to exhibit symptoms as adults.

It has also been estimated that 18.8 million American adults suffer from depression, equating to almost 10 percent of the U.S. adult population. Another 19 million Americans aged 18 to 54 suffer from anxiety disorders, representing 13 percent of this age group.

According to the National Institutes of Health, the Centers for Disease Control and Prevention, the U.S. Department of Education, and the Autism Society of America, the fastest growing developmental disability is autism, with 1 to 1.5 million Americans diagnosed reflecting a 10 to 17 percent annual growth rate that is continuing to rise. Their collective research concludes that early intensive behavioral intervention has been shown to produce marked changes in the skill deficits and problem behavior associated with autism.

Dr. John Dye, attending physician at the Medical Center and Department Chair of Mind-Body Medicine at Southwest College of Naturopathic Medicine, has been collaborating with Leslie Sherlin, M.S., adjunct faculty member and certified Neurofeedback practitioner, to develop the Neurofeedback Therapy Program at the Southwest Naturopathic Medical Center.

Neurofeedback therapy, a type of EEG biofeedback, actually helps the individual to train their brain naturally to improve attention, focus and neurological activity related to many bodily functions. Neurofeedback training, sometimes in combination with medication or complementary naturopathic approaches, helps to improve brain functions, which can

provide relief to people suffering from the sometimes debilitating effects of emotional, neurological and physical disorders and symptoms.

The Neurofeedback Therapy Program is multifaceted and begins with a comprehensive diagnostic workup of the patient that includes an assessment of their symptoms, and health/family history. The evaluation and treatment options also include non-invasive, painless EEG brain mapping (QEEG); testing for cognitive functions, metabolic factors, nutrient status, and food allergies; specialized diagnostics for attention deficit disorders; screening for heavy metals and other environmental factors; and technologically advanced neurofeedback training. Once an extensive evaluation has been completed, an individualized and detailed therapy and treatment plan will be developed for the patient.

The combination of naturopathic medical care with the Neurofeedback Therapy Program is a personalized approach to patient care to address ADHD, depression, autism and other brain and neurological conditions. Neurofeedback, involving one-on-one supervised sessions, has been shown in numerous studies to be a safe and effective treatment alternative in these conditions.

According to Dr. Dye, "The scientific evidence for neurofeedback in improving brain function is quite impressive. What excites me is the potential for even more dramatic results when we prescribe complementary naturopathic remedies to stimulate and improve brain metabolism naturally. The possibilities for combining neurofeedback protocols with nutritional and natural medicines, heavy metal detoxification, and specific mind-body healing techniques, have created new opportunities for clinical results far superior to either drug or neurofeedback therapy alone."

There are those in our society tired of the quick fix, pop-a-pill mentality so prevalent today in medical circles. The Neurofeedback Therapy Program at Southwest Naturopathic Medical Center is a well rounded approach to treating serious medical conditions based on sound naturopathic and integrative treatment modalities that focus on promoting wellness in the individual, no matter what age they are.

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