

Let the
NeuroTherapy
Program
at the
NeuroSensory Center
help improve the
quality of life for you
or your child....

Safe

Non-invasive

Effective

Empirically-Validated

Fun



"The literature....suggests that neurofeedback-should play a major therapeutic role in many difficult areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy, it would be universally accepted and widely used."
— **Frank Duffy MD.**, *Director of Clinical and Developmental Neurophysiology, Children's Hospital, Boston*

"Neurofeedback is on the cutting edge of the mind-body revolution. I believe it is one of the treatments that will keep us moving toward an era of new approaches of naturally managing our health."
— **Candace B. Pert, Ph.D.**, *former chief of Brain Biochemistry at the National Institute of Mental Health*

"Neurofeedback should be viewed as one of the three essential or primary forms of intervention—psychotherapy, pharmacology, and neurofeedback. In my experience, neurofeedback is every bit as important and powerful as the other two forms of treatment"
— **Laurence Hershberg, Ph.D.**, *Brown University Medical School*



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of America™

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of America™

The NeuroTherapy Program



***Safe and effective
treatment for a variety of
physical and psychological
disorders***

**The NeuroSensory
Center of Eastern
Pennsylvania**

A “cutting-edge” therapy program based upon the latest scientific research.

Neurotherapy (“Neurofeedback” or “Brain Bio-feedback”) is an empirically-validated therapy technique that enables the patient to alter brain-wave patterns in order to treat disorders related to brain dysregulation syndromes. It can help in a variety of conditions such as:

- Depression/PTSD**
- Anxiety/Panic**
- Stress/Relaxation Problems**
- ADD/ADHD**
- Autism Spectrum Disorders**
- Learning Disorders**
- Sleep disorders**
- Cognitive Problems**
- Headaches/Migraines**
- Fibromyalgia**
- Peak Performance (athletic/academic)**

Using the brain to play computer games (such as the one shown below) or control a movie is fun for children, teens (and even for adults!)

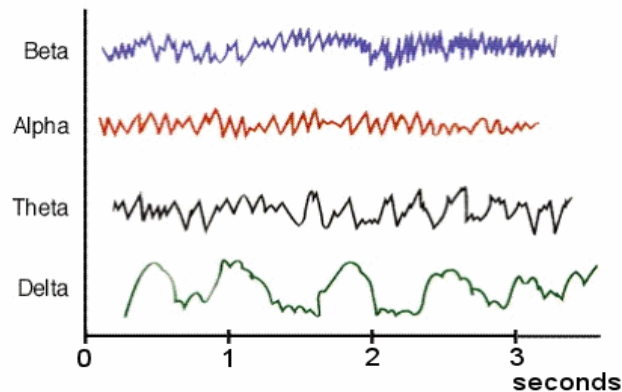


How Does NeuroTherapy Work?

Different areas of the brain specialize in different skills and functions: the **frontal area** = decision-making, impulse control, attention, judgement; **parietal area** = integrating sensory information from the eyes, ears, touch, balance, etc.

Each hemisphere (half) of the brain specializes in different skills and functions: **left hemisphere** = language comprehension and speech; **right hemisphere** = imagination, creativity, spatial skills.

The electrical activity of brain regions can be recorded by sensors placed on the scalp. Electrical activity levels are labeled with terms such as *alpha*, *theta*, *beta*, etc. Each label corresponds with a certain amount of activity. For example, *theta* waves in a brain area represent very low levels of brain activity; *beta* waves recorded in an area represent much electrical activity in that part of the brain-



Various medical and psychological conditions are related to too much or too little electrical activity in certain areas of the brain. For example, too little activity in the frontal area of the brain can produce inattention and lack of concentration, as in ADHD. Too much activity in the frontal area can produce an anxiety disorder.

With *Neurotherapy*, in several months time, we can train a person to produce more or less electrical activity in certain areas of the brain. By decreasing activity in certain areas of the brain, anxiety can be treated naturally. By increasing activity in certain areas, the symptoms of ADHD can be reduced, possibly without medication.

Scientific research is abundant in demonstrating the effectiveness of neurotherapy procedures for a variety of medical and psychological disorders. The *American Academy of Pediatrics*, for example, has recently acknowledged this concept as an effective treatment for ADHD.

How do I make arrangements for NeuroTherapy?

After making an appointment by calling our office, each patient will meet with the Director of Neuropsychology Services. Each patient will have a specific treatment plan developed for him or her, to target certain brain areas for training, based upon the symptoms the patient is experiencing and a thorough assessment. Typically 20-25 half-hour sessions of neurotherapy are required to produce long-term reduction in symptoms, although that number may vary based upon the type, extent, and severity of symptoms.

Call now to reserve your appointment !



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