

885-2673

select #3

What is Neurofeedback?

No Medications

Pain Free

Therapeutic

Proven Results



What is Neurofeedback?

Neurofeedback, also referred to as EEG Biofeedback or Neurotherapy, is a state-of-the-art, therapeutic training tool that can be used to improve a variety of health conditions or increase personal potential.

An electroencephalogram (EEG) is used to monitor brain wave activity and “feedback” information to the brain about its activity. A certified Neurofeedback professional provides the necessary instruction and interpretation to encourage the brain to function within a more appropriate pattern level. This involves increasing or decreasing certain brain wave frequency activities at certain locations. In effect, the brain learns to function with greater control and stability through self-regulation.

EEG Neurofeedback has received a lot of media attention in recent years. Newspaper and magazine articles, as well as television reports, have cited cases where EEG Neurofeedback has helped people with serious and debilitating neurological problems when no other therapies seem to work.

What are the clinical applications?

Conditions that may benefit from EEG Neurofeedback training include: Addiction, anxiety, depression, attention deficit disorder (ADD), autoimmune dysfunctions, chronic fatigue syndrome (CFS), attachment disorder, behavior disorders, seizure disorders, premenstrual syndrome (PMS), Tourettes syndrome, autism, cerebral palsy, chronic pain, headaches and migraines, fibromyalgia, stress and sleep disorders, learning disorders, anger disorders, sports injuries, and many others.

EEG Neurofeedback can be equally effective when used to improve personal performance, such as in developing memory skills, focusing abilities, increasing concentration, and much more.

How does it work?

Sensors are applied to specific areas on the scalp and ears using a special conductive paste. These sensors transmit brain wave activity to an EEG that measures and records the frequencies being used to perform a particular task. These frequencies are divided into bands that are displayed on a computer screen, which appear to the trainee in the form of a video game or other video display. During Neurofeedback, the trainee effectively “plays” the video game using his/her brain to reach the mental state in which the desired brain wave is achieved. When the desired brain wave is reached, the brain is “rewarded” and learns to direct itself toward a more desirable performance level. The brain wave frequencies targeted are specific to each individual. There are no medications. The procedure is completely painless and non-invasive.

Is treatment successful/permanent?

When the brain wave frequencies move into the desired frequency pattern, symptoms may be greatly decreased or entirely eliminated. Treatment is then considered complete, and the results are permanent. It may not be possible to predict how successful training may be for every individual, but a reasonable expectation of results can usually be assessed early in the course of training.

Some health conditions are severe, and in many cases, working in conjunction with your physician, Neurofeedback training can offer hope for improvement and be an effective alternative to medications or drugs, often reducing or eliminating the need for them.

Reports have documented significant improvements for people with learning disorders, seizure disorders, closed head injuries, and many others. The outcomes achieved using EEG Neurofeedback as reported in these articles are remarkable.

The overall success rate of EEG Neuro-feedback training is reported to be more than 85%.

What will happen at the first session?

The first session will include an interview to gather information about your symptoms, current health status, and family health history. Some assessment testing may be conducted. For example, a full brain map (Quantitative EEG) or other assessment tools may be used for comparison purposes. Assessment testing will determine where the brain is doing its job well and where it needs help. Some Neurofeedback practitioners may require more extensive testing before actual "training" sessions begin.

How many sessions are required?

The number of training sessions required will vary depending on the specific condition being addressed. Treatment periods have been known to range between 10 and 60 sessions (40 minutes to 1 hour per session), 2 to 3 times per week. Your Neurofeedback professional will determine the actual number

of sessions required, and assist in establishing the schedule that best fits your budget and goals.

Is Neurofeedback safe?

EEG Neurofeedback training only presents information to the brain about how it is performing. The decision to increase or decrease a performance frequency is made solely by the brain. EEG Neurofeedback training is increasing in popularity because it is safe, drug free, and the results are remarkable.

Does insurance cover the cost?

Some medical insurance plans will cover the cost of biofeedback sessions for various conditions. Some may require co-payments or stipulate annual caps. Others may require a prescription from a physician or psychologist within the plan before approving coverage. Contact your insurance provider to determine the specific requirements and/or limitations of your plan.



Copyright—All Rights Reserved

To order additional copies of this brochure visit
<http://eegbrochures.davemason.biz>

"Though biofeedback is best known as a stress-reduction exercise, researchers in private clinics, universities and NASA are now working to refine the type that deals with brain waves. The technology is still in its infancy, but it's emerging as a tool to treat everything from epilepsy and attention-deficit disorder to migraines, anxiety, depression, head injuries, sleep disorders and even addiction."

Jim Robbins, Newsweek, June 19, 2000

Author of *A Symphony in the Brain:*

The Evolution of the New Brain Wave

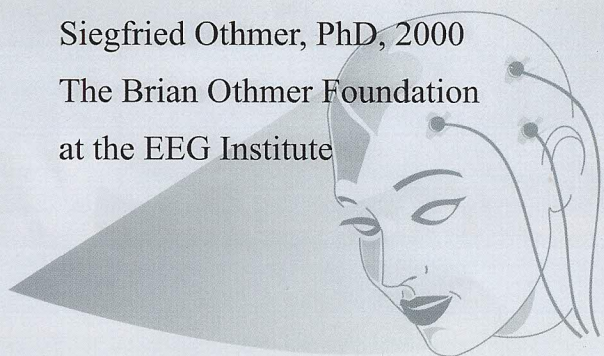
Biofeedback

"EEG biofeedback is the new modality that contributes to the resolution of the most intractable problems of our society: addiction, impulsive and violent behavioral difficulties of children. It can also powerfully focus the brain for peak performance. This exciting new approach will be one of the major thrusts in the field of mental fitness in the 21st century."

Siegfried Othmer, PhD, 2000

The Brian Othmer Foundation

at the EEG Institute

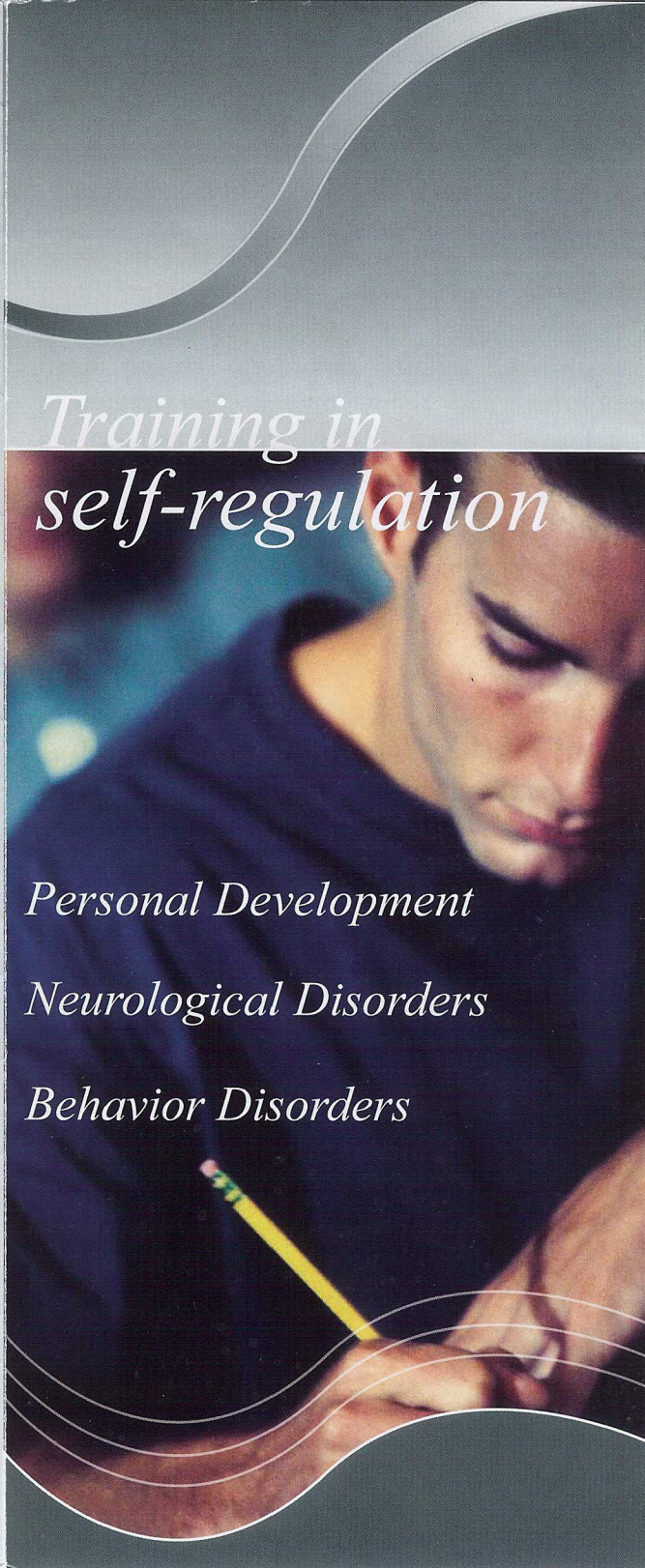


Training in self-regulation

Personal Development

Neurological Disorders

Behavior Disorders



Counseling, Psychotherapy & Biofeedback

Erik Olesen, MFT, BCIA

Mary Lee Olesen, MS, BCIA

3288 Bell Road, Auburn, CA 95603; Phone: (530) 885-COPE (2673) *#3*

We specialize in helping people become more:

- Confident
- Relaxed
- Focused and productive
- Happy

We help people with many concerns, including:

Stress, anxiety, depression, drug and alcohol abuse, phobias, attention deficit disorder, career, learning disabilities, school issues, addictions, brain injury, stroke, & marital problems.

Erik Olesen has worked as a psychotherapist and biofeedback trainer with individuals, couples, and kids for over 20 years. He's a state licensed Marriage and Family Therapist and is certified in biofeedback by the Biofeedback Certification Institute of America. He taught biofeedback and stress management at San Francisco State University.

Erik has spoken or consulted for over 100 organizations throughout the U.S., including Citicorp, U.C. Davis, Hewlett-Packard, IBM, Johnson & Johnson, and Blue Shield. His book, *Mastering the Winds of Change* was published by HarperCollins Publishers in New York. He also wrote a picture book designed to help children become happier and more confident. It's called *The Little Sailboat and the Big Storm* (Coming of Age Press).

Mary Lee Olesen has 20 years of experience in biofeedback training and counseling. She was certified in biofeedback by the Biofeedback Certification Institute of America in 1986. Mary Lee has a Master's Degree in Counseling from San Francisco State University. She specializes in health education, biofeedback training, stress management and coaching for adults and children with ADD/ADHD. Mary Lee is the former administrator of a research center at the State University of New York in Albany.

Our approach is friendly, practical, and results-oriented. We work to help people make the changes they want to make in their lives. We have a recording at (530) 885-COPE (2673), with more info about the way that we work. Just press #7 on your touch tone phone when you call if you'd like to hear the recording.