

**Let the
Neurofeedback
Program
help improve
quality of life for you
or your child....**

**Safe
Medication-Free
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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**Bohlander Psychological and
Neurofeedback Services**

The Neurofeedback Program



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

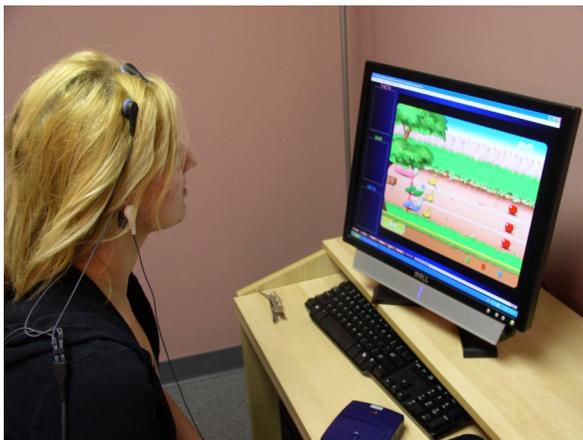
A “cutting-edge” therapy program based upon the latest scientific research.

Neurofeedback (sometimes called “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
Closed Head Injury
Headaches/Migraines
Stroke

In addition, Neurofeedback can help with Peak Performance Training (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!)



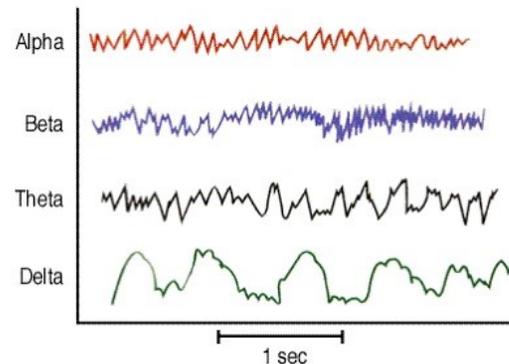
How Does Neurofeedback Work?

Different areas of the human brain specialize in different skills and functions: **frontal area** = decision-making, impulse control, attention, judgment; **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 lots of electrical activity in that part of the brain.

Various medical and psychological conditions are associ-



ated with too much or too little electrical activity in certain areas of the brain. For example, too little activity in the frontal areas of the brain can produce inattention and lack of concentration, as in ADHD. Too much activity in the posterior areas can produce an anxiety disorder.

With Neurofeedback, we can train a person to produce more or less electrical activity in certain parts of their brain. By decreasing activity in certain areas of the brain, anxiety can be treated harmlessly. By increasing activity in certain areas, the symptoms of ADHD can be reduced, possibly without medication.

The American Academy of Pediatrics acknowledges that neurofeedback is an effective, non-drug treatment for ADHD. Scientific research continues to demonstrate the effectiveness of neurofeedback for a variety of medical and psychological disorders.

How do I make arrangements for Neurofeedback Training?

After making an appointment by calling our office, each patient will meet with Dr. Bohlander, a Licensed Psychologist who is *Board Certified in Neurofeedback*. 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 35-40 half-hour sessions of Neurofeedback 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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