

A Gift that Keeps on Giving

It's getting to the time of the school year when your children--those in your family or in your practice--are becoming anxious and frustrated because they aren't doing well in some of their classes. Perhaps it's an inability to focus or remember...or is it test anxiety? Are they telling you that they knew the answers but got so wound up, or burned out, that they just couldn't think straight? How much better do you think they could do if they could keep their composure during the test?

Psychologists have known for many years that there is a state of arousal for each of us that will optimize our performance. The relationship between performance and arousal is called the "inverted U curve" or the "Yerkes-Dodson curve" after its discoverers. If your child is too low on it, due to burnout or sleepiness, they won't be able to summon the resources to perform well. If they are too high, they will get anxious and frazzled, unable to hold their attention steadily on the task at hand.

Neurofeedback brain training can help your child find and maintain their optimum performance state. By measuring their Alertness (our term for arousal) when they are doing well and setting that as a goal, with just a few clicks, we put upper and lower limits on their "goal zone" to experience optimum attention. Your child can then learn what this state feels like, and how to return there on their own through repeated practice with Neurofeedback training.

There's actually a bit more to it, though. We know that our brains need to take frequent short breaks in order to reset their circuitry. We train your student to take a relaxing micro-break between questions on the test so that they can make it to the end of the test without accumulating anxiety or burning out. After each micro-break, they return to the optimal performance state for the next question.

If your child has problems sustaining their focus, Neurofeedback may be the answer. We can use our Focus measurement to increase their attention span. They can compete against themselves to improve this level of practice during the session and between sessions.

The American Academy of Pediatrics has given their top rating, "best research support" to Neurofeedback as a solution for attention and behavior problems.

What better gift to give your children than one that can improve their health, success, happiness, focus, memory, and academic performance? This training is fun. Sure, you can pick up some entertaining trinket or lovely clothing on Black Friday, but will that really make a long-term difference in your children's lives? Will the glow wear off in a matter of days? Will you really feel better as a result? Or will you feel that you have wasted your money instead of contributing to their future? Please consider among your options this year, Neurofeedback Training. For more information on ***Neurofeedback Training***, visit our website: **www.loralonsberry.com**.

To your children's' better lives, Lora Lonsberry, PhD