

. . . Where attention goes, neural firing flows, and connection grows . . .

Could it be that the way you attend can actually change your brain?

Now measurable through advances in technology, the way we focus attention within awareness can change our brain. Neural firing changes neural connection and, if we intentionally pay attention, this can transform the very structure of the brain.

Neurofeedback training allows brain circuits to fire together that perhaps have never fired in this coordinated way before, giving people a sensation of inner awareness that they may never have had. Brain training opens the pathway to neural integration – the linking of different parts of the brain – and enhanced powers of self-regulation.

Almost every mental health problem – anxiety, depression, eating disorders, personality disorders, thinking disorders – are issues of self-regulation. Ultimately, the goal of therapy is to optimize **self-regulation**: the coordinated flow of energy and information through the major systems of the brain and then between one brain and another. When we are in this secure, stable state of mind-body-brain equilibrium, we can face life's challenges with some measure of emotionally calm flexibility, self-awareness, reason and interpersonal harmony.

The past 40 years have given us a view of the mind that encompasses an emergent, self-organizing, embodied, and relational process that regulates the flow of energy and information. We now know that **where attention goes, neural firing flows, and neural connection grows**. We're finally equipped to embrace the wide array of sciences to see the myriad ways therapy can focus attention to stimulate the coordination and balance of neural firing toward growth of integration and optimal health.

Here at our office, helping people develop more **integration** goes beyond reducing symptoms: it helps them **thrive**. Integration points us in the direction of being stable and connected, kind and compassionate to ourselves and others.

Now, more than ever, we need to be aware of the crucial importance of integration in human functioning and find ways to harness the power of neurotherapy to create a kinder, more compassionate, and *integrated* world.

Visit our website for more information: www.loralonsberry.com, or call our office for an appointment: **406 752 6634**.