

Understanding How Brain Training Helps Recovery

Many people who come to our office for brain training feel stuck in an unhealthy pattern. Most have tried medications in an effort to find relief from their symptoms whether the symptoms are related to depression, anxiety, OCD, insomnia or some other unwanted condition. This is often the last stop along the way after many other avenues have been exhausted.

So, Why Can Brain Training Help When Other Methods Haven't Worked?

It comes down to the brain's amazing capacity to change itself—a process known as neuroplasticity. We previously believed that the brain's development became fairly fixed at an early age and we really couldn't expect more. We now know, through extensive research, that this simply isn't true.

This is good news for those suffering from a variety of conditions. Why? Because so many of the problems people suffer with can actually be tied to poorly functioning patterns in the brain and since the brain has the capacity to reorganize itself, even later in life, recovery is possible.

The brain continues to adapt and adjust as it confronts new experiences, fresh knowledge, and varying sensory input. Because of this plasticity, learning new things literally creates changes in the internal structures of the brain—different neurons fire, synapses increase, and the brain undergoes a process of remapping itself. This capacity for change does not end in youth, but continues well into old age.

What Does This Have To Do With Neurofeedback & How It Can Help You?

Neurofeedback uses a feedback system to train the brain in establishing healthier, more functional patterns. It helps adjust the brain where the timing is off and to build connectivity where it isn't well established. It teaches the brain to perform better.

When a child has hyperactivity, neurofeedback can help the brain learn to calm down, which calms the child. When someone is depressed, it can help wake the brain up and lift mood. Overtime, different patterns and structures are created and with practice these can become a new way of life.

Medications are used in an effort to change the brain, and sometimes this can help. However, they don't teach the brain new patterns. Often, when the medications are discontinued the symptoms return. The person's brain hasn't learned to adapt any better.

Neurofeedback can teach the brain to function better, reducing reliance on medication. You can learn how not to be depressed, anxious, or emotionally unstable. If focus is your problem, you can learn how to increase attention. If you have a child struggling to learn, he or she can learn to process information better.

We customize the training, targeting it to each individual's unique needs. Because your brain can learn and change, you can learn and change and lifelong struggles can be prevented.

For more information visit our website: www.loralonsberry.com, or call our office for an appointment: 752 6634.