


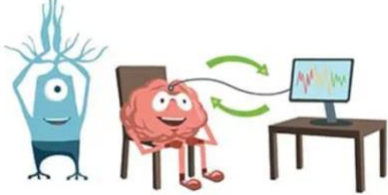
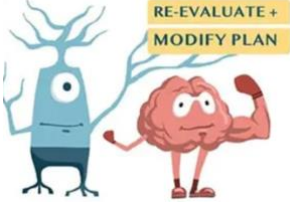



AFTON THERAPY - WHAT IS NEUROFEEDBACK?

<p>Welcome to Afton Therapy. Here, we use Neurofeedback to help people overcome ADHD, anxiety, depression, trauma, sleep disturbances, and much more. It also helps athletes, musicians, and executives achieve their peak performance. So, what exactly is Neurofeedback?</p> 	<p>Neurofeedback starts with an initial map of your brain, called a qEEG, where we observe your brain activity. This is non-invasive, passive, and just records what is going on. To get a whole picture, we also ask about your history, why you are here, and your goals.</p> 	<p>Next, we will discuss the results of your brain mapping to see exactly what areas of the brain and what activity we want to train. Together, we will create a personalized training protocol of Neurofeedback to meet your goals.</p> 
<p>After creating your personalized training protocol, you will participate in your first neurofeedback training in the presence of your Neurotherapist. One or two electrodes on your head will detect your brain activity and display it on a computer screen to provide real-time feedback. Your brain uses this to learn how to adjust itself to work better, which usually takes at least 4 months, training every other day.</p> 	<p>Everyone is unique, and each brain learns at its own pace. Each time we meet, we will reflect on how things are going, and if needed, adjust our plan. Your Neurotherapist is here for you and always working alongside you to get the best results for optimal treatment while meeting your goals.</p> 	<p>You are always learning and growing. Your brain often continues to improve even after you complete all the Neurofeedback sessions. Because your brain has learned how to make it work the right way, Neurofeedback can have a lasting effect so you can enjoy the new you!</p> 

PART 1: INTAKE/BRAIN MAPPING

Psychological Interviewing – The interview will consist of questions regarding history, past head injuries, current medication, previous diagnoses, trauma experienced, along with goals for mental, social, and emotional improvement. This personal information is necessary as it allows your therapist to get to know YOU, not just your brain.

Questionnaires – You will be asked to complete a handful of questionnaires through the Neurofeedback platform. These questionnaires provide your Neurotherapist with more information about you, how you are doing, and how you are feeling. These questionnaires will be used again midway through your Neurofeedback training as well as upon completion. This allows us to see improvement and make any changes necessary to meet your goals.

Recording – While in the office, you will conduct the qEEG/Brain Map recording. It is done with your Neurotherapist and usually takes up to 1 hour.

PART 2: REVIEW REPORT AND DECIDE ON NEXT STEPS

The next step is to return to the office to discuss the findings of your qEEG/Brain Map. We will also discuss how the data coincides with reported symptoms from the psychological interview and questionnaires.

Treatment goals will be discussed at this appointment such as: improved sleep, less anxiety, elimination of ruminating thoughts, better mood, less distractibility, deeper focus, less psychosomatic symptoms, improved relationships, and/or peak performance enhancing.

Through all this discussion, a personalized brain training program will be set. You will complete your first training in the office with your Neurotherapist. This allows for you to understand the training platform, how to log in, and how your brain learns through operant conditioning.

PART 3: NEUROFEEDBACK SESSIONS

COMPLETE 20-40 NEUROFEEDBACK SESSIONS

For the first few sessions, you will learn how to let your brain do Neurofeedback. We will try out different types of feedbacks (such as video games and YouTube videos) to see what works best for you. You will conduct these training sessions from the comfort of your home.

Your Neurotherapist can observe your training sessions in live-time and will constantly be checking in with you. You will receive progress reports along with comments from your Neurotherapist bi-weekly.

PROTOCOL ADJUSTMENTS

Through the sessions, your Neurotherapist will be monitoring your progress and adjusting the protocols as needed. This includes when things are going well and when things may increase in difficulty. Protocol adjustments can occur for the following reasons:

1. Check-in and symptom tracking
2. Watching how your brain responds to the Neurofeedback protocols - are they getting easier or harder?
3. Watching your reaction while doing the sessions.
4. A second brain mapping after 20-40 sessions to determine how your brain has changed.

SIDE EFFECTS

Like every other treatment modality, Neurofeedback does have the risk of unintended, mild reactions. These reactions are an integral part of the learning process; therefore, it is important to track and understand them. Possible side effects include feeling tired after training, headaches, sleeping issues, or energy level changes.

For more information on how Neurofeedback can improve your mental, physical, and emotional well-being, contact Afton Therapy directly at: mindy@aftontherapy.com or by calling/text to: 612-889-4061