

WHAT YOU MAY EXPECT FROM
SARA L. HENRY, MA, LMFT

Intention:

To effectively assess and treat children, adolescents and adults struggling with issues effecting mood, behavior, relationship and development

Services:

Counseling / psychotherapy for Children, Adolescents and Adults

Relationship-based developmental play therapy for children with special needs

Specific treatment for ASD, ADD, AD-HAD, OCD, RAD, Bipolar, depression, anxiety, and effects of trauma and transition Infant and toddler mental health

Couples counseling and parent coordination

Parent empowerment classes

Classes and consultations for parents of children with special needs

Neurofeedback for brain and central nervous system calming / regulation and optimal functioning

Social skills groups

Interdisciplinary collaborative approach with OT's, SLP's, psychiatrists, school staff, etc.

Professional trainings in Neurorelational Framework assessment and treatment modalities for physicians, mental health professionals and educators



**i n d i | Interdisciplinary-
NeuroRelational-Developmental
Institute**

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NEUROFEEDBACK INFORMATION



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WHAT IS NEUROFEEDBACK?



Neurofeedback (“NFB”) is brain exercise. You and I observe your brain in action from moment to moment by monitoring your brain waves. I show you your brain activity and help you to change it by rewarding shifts toward a more appropriate and stable

brain state. It is a gradual learning process.

NFB is also called EEG biofeedback (or Neurotherapy.) The electroencephalogram (“EEG”) is another name for the brain wave recordings and, in this context, biofeedback refers to the process by which you learn to change your brain waves and thereby gain better control over your brain states.

WHAT CAN NFB HELP?

NFB is training in self-regulation. Good self-regulation is necessary for optimal brain function. Self-regulation training enhances the function of the central nervous system and thereby improves mental performance, emotional control and physiological stability.

DOES NFB CURE SYMPTOMS OR CONDITIONS?

In the case of organic brain disorders, it is a matter of getting the brain to function better rather than curing the condition. When it comes to problems of dysregulation, I would say that there is not necessarily a disease to be cured, and self-regulation may very well be a complete remedy.

WHO CAN BENEFIT FROM NFB?

Individuals of any age can benefit from EEG training. NFB can help a variety of childhood problems including bedwetting, nightmares, attention deficits and other forms of disruptive and disturbing behaviors. NFB can assist adolescents who struggle with anxiety and depression or drug and alcohol use. For adults, NFB can alleviate symptoms of physical and emotional problems such as migraines or PTSD. NFB can help anyone maintain good brain function as they age. Peak Performers also use EEG training to enhance their abilities in sports, business and the arts.



HOW IS NFB DONE?

Sensors are attached to your scalp with EEG paste which then pick up brain waves. It is painless and does not involve the application of any voltage or current to the brain, so it is entirely non-invasive.

A computer processes the brain waves and extracts certain information from them. I show you the ebb and flow of your brain waves, and the specific information I obtain from them, in the form of a video game. I instruct you how to play the video game using only your brain waves. (Everyone can do it!) The specific brain wave frequencies I reward and the sensor locations on the scalp are unique to each individual.

WHAT HAPPENS IF NFB CLIENTS ARE TAKING MEDICATIONS?

With successful NFB training, medications targeting brain function may no longer be needed, or they may be needed at lower dosages, as the brain takes over the role of regulating itself. It is important for you to communicate with me regarding NFB and medications.

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