

Beyond Addictions

Whether your addiction is to the highly processed food-like substances of 'The Western Diet', medications that once worked, or another substance or process, Neurofeedback helps bring increased success to the treatment of addiction. Combining Neurofeedback with other addiction treatments can help a person finally escape the cycle of addiction.

Why is Neurofeedback so effective?

Many people think addiction is due to a lack of self-discipline, but addiction is physiological, not psychological. Addiction is a brain disease, a mental health disorder that severely debilitates a person in all aspects of his or her life. In addition, people with addiction frequently suffer from other mental health disorders such as depression, bipolar disorder, and anxiety. Neurofeedback treats the dysregulated brain subserving addiction.

Through Neurofeedback, a person's brain is retrained. Teaching the brain how to be calm, focused, and relaxed helps a person think more clearly and recognize choice-points in each moment without habitual defensiveness. Neurofeedback training provides a solid base on which to build recovery and prevent relapses. It helps teach the tools one needs to cope long term.

For a person who has relied on a substance to manage day-to-day, medications may be just another substance. While medications may be helpful and useful to begin change in the short-term, recovery from addiction is about the long term. It's about changing the architecture of your brain to make more coherent choices flow naturally and unconsciously.

How does an addict stop the cycle of addiction?

Neurofeedback retrains the brain patterns causing dysfunction, giving a person with

addiction the ability to succeed long past the typical 30-day treatment cycle. Since Neurofeedback helps a person manage emotions and mood and improve sleep, adding Neurofeedback to an addiction treatment program gives people the necessary tools to help them be in control, achieve success, and avoid relapse. Neurofeedback is a respectful approach to treating any addiction. It helps replace maladaptive behaviors with more healthy patterns. Neurofeedback can help a person be aware of triggers that often lead to numbing and destructive behavior patterns.

Unlike prescription medications which have to be continued indefinitely, once your new self-regulating patterns are hard-wired in to your brain through repeated learning, you have them thereafter. Just like the skill of bike riding.

Whether it is high fructose corn syrup, refined flower and sugar, or prescription drugs, with Neurofeedback a person can gain the tools necessary to free themselves from the destructive cycles of addiction.

How does Neurofeedback help end addiction?

During times of stress, a person with addiction needs to be able to remain calm, responsive, and harmonious in order to make the choices needed to stay on course.

Neurofeedback teaches a person's brain to connect to a calm, fluid and flexible state, even in stressful situations (an outcome many are seeking by using their habit of choice).

In addition, health professionals who use Neurofeedback report that more than 85% of their clients that train with Neurofeedback improve their ability to focus and regulate behavior and reduce their impulsivity.

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