



## Testimonials Related to Emotional Challenges

### **Anxiety and/or Depression**

"Neurofeedback has been a miracle for my son. He suffers from PTSD and high anxiety. He now is able to do things on his own, without fear. He is able to read and retain what he has read. His tantrums are fewer and farther between. He is happier and less angry. I love the effect it's had on him and will tell all my friends about it. My daughter is in the therapy too. It is helping her with anxiety and being socially able to be around people. It's just amazing!" T. F.

"Neurofeedback has changed my life. I can cope throughout the day without having anxiety attacks or breakdowns. I no longer cry all day. I am happy, I love life and I would not be here today without neurofeedback. I feel it has saved me." H. N.

"Neurofeedback has been a gift. My client for years had issues with outbursts, tantrums and self-harming behaviors. These behaviors have completely subsided. I now see a young man who is more redirect able, his anxiety has decreased and he is learning more quickly and easily due to the decreased anxiety. Overall, B. is more confident and happy today and the neurofeedback has been a huge contributing factor to this change". B. N.

"I am very pleased with the neurofeedback results. I came in very stressed and overwhelmed due to the start of a new job and on top of that I've had anxiety for quite sometime. The worst for me during this time was the panic attacks I would get for no reason, I would get rapid heartbeat it was horrible. With the neurofeedback it began to disappear and I would feel more calm and relaxed throughout the day. I believe what helped was the consistency of going for training, I did a total of 12 sessions and will continue to do more because it really works! I highly recommend to anyone who is struggling with anxiety, panic or depression." Angelica, Fort Worth TX

"The head chatter has gone, I have been living with it so long, I didn't think that was possible"

"After almost 23 years of being "hostage" to psychotropic [anti-depressants] drugs, I am, as of July 2008 completely drug free!"

M.W., Fairfax, VA

## Post Traumatic Stress Disorder

### **(From Operation Giving Back Program):**

**Case #1 Robert** Male, deployed more than 4 times (military career), came for depression, not sleeping, wife left him asking for divorce, 4 kids one handicap, procrastination, extremely low self-esteem.

Total of sessions 20

Before: BDI 25 = moderate depression After: BDI 4 = Normal. }

Before: PCL 56 = PTSD positive in military population. After: PCL 19 = No PTSD.

Calmer, stand up for himself, feeling more settled, more stable, able to handle more in his life. } During the training he is dealing with much stress from his work and from his divorce. His wife was threatening not to accept the settlement. Then children and ex wife leave for another state. " I feel NeurOptimal helped me stay calm and more clear in my decision".

**Case # 2 Josh** Male, age 29, alcoholic, violent, relationship issue, under restriction when we start the training.

30 sessions

Before: BDI 18 = semi-moderate depression After: BDI 2 = Normal

Before: PCL 41 = no PTSD After: PCL 9 = no PTSD The first improvement were deep sleep (old problem), wake up with better attitude. Recall information better.

Less stress. Feeling good, stopped drinking. Aware of his anger realizes when and how it starts. Feeling more able, more comfortable talking. Friends find him happier, not as reactive not as angry.

50% of the time he is able to recognize the impulse/anger coming and not just react. Then able to look at the situation and choose reaction. "I am taking more time to rest, to reflect since starting the training, I do not have to do things all the time". He feels that he flows through work well, more optimistic. Coping well with new change (got married, new base, new house, new work team.)

**Case #3 Michael** Male, 18 years old, listening to heavy metal all the time, depressed, violent, fighter, suicidal. Was not answering any questions at the beginning.

20 sessions Before: BDI 25 = moderate depression After: BDI 0 = Normal

Before: PCL 29 = no PTSD After: PCL 16 = no PTSD

Feel more ease getting up in the morning and having the desire for action. Happier character. Feel better "like a switch flipped in his head", thinking differently. More interest, energy toward doing things/ himself/ his life. Different outlook toward his life. Motivated to go to gym, workout. Not as anxious all the time, things don't set him off as before. Feeling good overall.

**Case #4, Wayne** Male, 45 years old, has been in the Marine corps then Peace corps, dealing with leukemia, general anxiety, poor grooming, not accepting of self, very critical of society, breakfast menu: beer and marijuana.

Before: BDI 13 = mild depression After: BDI 7 = Normal

Before: PCL 43 = almost (44) PTSD general population. After: PCL 28 = no PTSD

More relaxed, peaceful. Flows with circumstances more easily, more creative. NeuroOptimal training helps him feel committed to taking better care of himself, accepts what's happening. } Felt a shift in himself. Feels lighter, good state of mind, stronger. Letting go of self-judgment, being ok with self-decisions. Physical body responds better to Leukemia treatment.

Creating a healthy schedule for himself, with quality of food, yoga, meditation, and hair dresser. } Maintaining a sense of calm, open to others spontaneously. Able to maintain his quality of life. "I have reached a place of stability"

### **Phobias/Fears**

"My five year old daughter was completely fixated and upset about the prospect of death. It was an ongoing thing for months and very troubling as it was stressing her out so much. We were ready to bring her to see some sort of child therapist/psychologist when I thought to just give NeuroOptimal® a try. One session -- and not a word or worry since! It's almost 2 months now... Even when confronted with it head on last week when a friend at school was upset over a death in the family she didn't revert - - which astounded me! I know if she should mention it at all again or start with any other fixation I'm going to run another session immediately. I feel like her brain was somehow stuck on "repeat" with this fixation and the NeuroOptimal® session managed to end the loop and steer her back on course".

J.C., Montreal, QC, Canada

