

Neurofeedback for Addiction and Relapse Prevention

Much like fitness training, we use Neurofeedback to optimize brainwave activity to **strengthen your impulse control** so cravings are readily resisted.

Neurofeedback **re-trains your brain to release old, stuck patterns** and remap with more stable, efficient brainwaves.

Neurofeedback . . .

- Drug-free therapy
- Helps restore control
- Quiets the mind
- Unlocks your potential
- Brings calm and focus
- Is effortless and effective

**Call now for a free
15 minute evaluation!**

Gift certificates available

Addiction often co-occurs with depression, anxiety, insomnia, and trauma. These underlying conditions trigger relapse

- Neurofeedback helps reverse the issues underlying the addiction.

Physician Approved

“In my opinion, if any medication had demonstrated such a wide spectrum of efficacy as neurofeedback it would be universally accepted and widely used.”

*Dr. Frank H. Duffy, MD
Professor, and Pediatric Neurologist*



RESTORATIVE THERAPEUTICS & NEUROFEEDBACK

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Neurofeedback for Addiction + Relapse Prevention



Reduce impulsivity

Resist Cravings




Increase Clarity and Focus

**Address Behavior and
Mood Disorders**

Rewire Brain for Resilience



Neurofeedback helps resolve:

-  Dysfunctional brain patterns
-  Addictive impulses
-  Relapse

Retrain the brain to be calm, focused, rational and resilient under stress.

Enjoy better coping skills, willpower and strength.

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Neurofeedback optimizes the brainwaves so you feel

Calm

Less Impulsive

Focused

In Control

**“Of the alcoholics and addicts who underwent 42 sessions of neurofeedback while in treatment and attending AA meetings weekly, 77% were sober after one year. Of the group of alcoholics and addicts who were in treatment and attended AA meetings who did NOT receive neurofeedback, only 7% remained sober after one year.”*

*Susan Adams
TreeHouse Learning
Community*

* William C. Scott, B.S.W. double-blind study, "Effects of an EEG Bio-feedback Protocol on a Mixed Substance Abusing Population."

Neurofeedback increases treatment success rates and reduces relapse. Combining neurofeedback with other addiction treatments can help a person finally escape the cycle of addiction.

Neurofeedback may help with the following addictions:

- Substances
- Gambling
- Over-spending
- Over-eating
- Screen time
- Rage-aholism and acting out
- Self-harming
- Pornography

Train Your Brain, Reclaim your life!

Carolyn Hallett JD, CCH



Carolyn is a Board Certified Homeopath and Neurofeedback practitioner. She has been in practice since 1999 - sharing her love of natural therapies that work.