

Grey Matters of Carmel Case Study

Restoring brain balance through neurofeedback training!

At a glance

Neurofeedback training is a lot like riding a bike. It is a non-invasive, drug-free approach to common mental health disorders, including anxiety, depression, and in this case, the body-focused repetitive behavior (BFRB) known as Trichotillomania.

Trichotillomania

(trik-o-til-o-MAY-nee-uh)

Trichotillomania, also called hair-pulling disorder, is a mental disorder that involves recurrent, irresistible urges to pull out hair from your scalp, eyebrows, or other areas of your body, despite trying to stop.



5-10M

people in the U.S. have Trichotillomania.



60%

have an additional psychiatric disorder.

THE CHALLENGE



Jen first came to Grey Matters of Carmel to find relief from her anxiety, brain fog, and BFRB. Over the years, her hair-pulling impulse led to emotional trauma, shame, guilt, and anxiety. Jen came to us hoping that neurofeedback training would help mitigate her impulses, lessen her anxiety, and give her more mental clarity throughout the day using a medication-free treatment.

THE SOLUTION



Jen's treatment started with a qEEG brain map followed by a consultation of her results. We found that her brain hemispheres were rapidly sharing information, which was very rarely landing in the proper place. She also had signs of a rather moderate concussion, further explaining her brain fog and anxiety. We tailored her neurofeedback training to mitigate these symptoms.



Concussion Mitigation



Anxiety Mitigation



PTSD/BFRB Mitigation

THE RESULTS



Better Sleep

1

Shortly after starting neurofeedback, Jen reported better sleep. Sleep is often a struggle for those living with PTSD and trauma. Higher-quality sleep is usually the most noticeable change at the start of treatment.

More Focus

2

Neurofeedback further helped her brain process information more quickly and file it properly. This led to increased focus and mental clarity.

Less Pulling

3

Less pulling was one of Jen's goals when starting treatment. By the end of her neurofeedback journey, Jen was reporting less anxiety and a decrease in the urge to pull her hair.



GREYMATTERS
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