

Grey Matters of Carmel Case Study

Restoring brain balance through neurofeedback training!

What is neurofeedback?

Neurofeedback is a form of biofeedback that gives real-time feedback from brain activity through an auditory response, allowing the patient to "train" their brainwaves to perform to the best of their ability.

Post traumatic stress disorder (PTSD)

People with PTSD may rehash and still be frightened by past events, fight against sleeplessness, be dehydrated, feel nauseous, and can easily be startled. They can also experience uncontrollable shaking, heart palpitations, and headaches.



1 IN 11
people will be diagnosed with PTSD in their lifetime.



3.5%
of U.S. adults are affected by PTSD every year.

CHALLENGES

Patient, age 44, first came to Grey Matters of Carmel through the Hamilton County Police Department pilot program. He faced a lot of challenges during his time in the military and as a police officer which led to a diagnosis of PTSD. His main goals were to reduce his PTSD symptoms, such as nightmares and being overly alert, improve sleepless nights, and diminish his daily frustrations.

THE SOLUTIONS

Patient's first step was a qEEG brain map and symptom review along with a discussion of what was found. The plan of action for him was to get him to sleep, concussion mitigation, and reduce his PTSD with Infra-slow Fluctuation Neurofeedback. This type of neurofeedback regulates the autonomic nervous system, regulating the patients' rest/digest and fight/flight responses.



Sleep



PTSD Mitigation



Frustration

THE RESULTS

Better Sleep

1

Despite frequently traveling due to work, he has been able to improve his sleep through neurofeedback. His nightmares and night terrors were reduced, along with reduced anxiety, which would contribute to his trouble sleeping.

Reduced PTSD Symptoms

2

Over time, Patient's PTSD symptoms were reduced, including being overly alert and feeling emotionally numb. After 40 neurofeedback sessions, his overall PTSD score decreased from 25 at the beginning of treatment to 17. This has helped him significantly in going about his daily life.

Controlled frustrations

3

By session 17, he had noticed how much his frustrations had improved. He was able to contain his irritation in a meeting at work, where his frustrations would usually show. His employer even revealed to us that without neurofeedback, he would have been let go!



GREYMATTERS
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Neurofeedback Clinic



www.greymattersofcarmel.com



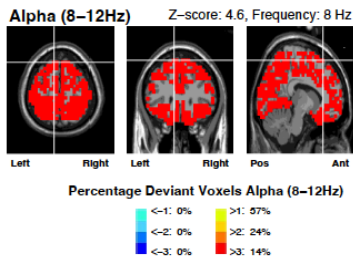
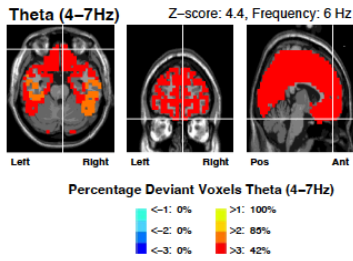
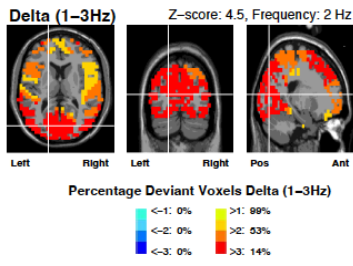
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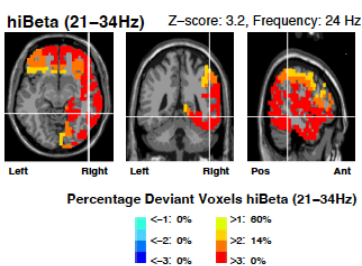
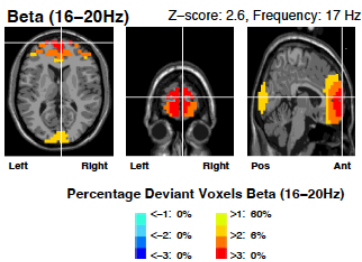
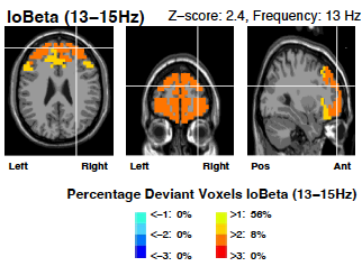
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Source: www.psychiatry.org/patients-families/ptsd/what-is-ptsd

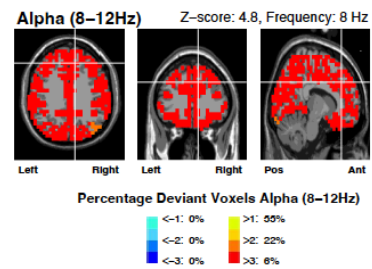
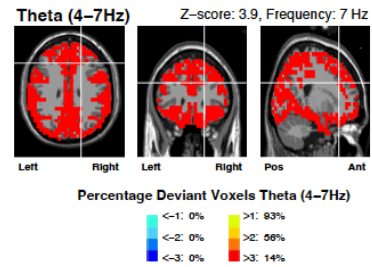
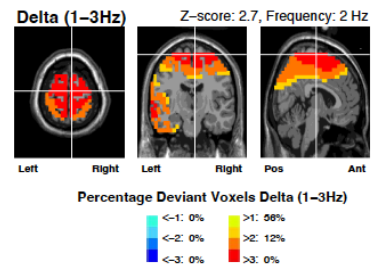
Before Neurofeedback



Before Neurofeedback



After Session 25



After Session 25

