

Grey Matters Case Study

Restoring brain balance through neurofeedback training!

At a glance

Brodmann areas are a way of mapping the cortex of the brain and the specific functions at those areas. The cortex of the brain is divided into 52 sections, distinguished by microscopic anatomy, each being considered a Brodmann area.

Key metrics

44%
Of college students reported depression in 2021-2022 survey from 96,000 US Students across 133 campuses.



GREY MATTERS
BRAIN TRAINING STUDIO



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BACKGROUND



22 year old patient, Ruby, came to Grey Matters to seek help mitigating her symptoms of depression. Ruby's depression was confounded with a lack of motivation, so stifling she struggled to find the energy just to brush her teeth. As a college student this began to seriously affect her life and daily functioning. She reached out to us hoping she could find some relief and get back to life as she knew it before her depression was so heavy.

INTERVENTION



Ruby's intervention began with a qEEG brain map to visualize how her brain deviates from optimal functioning and a consultation to discuss her symptoms. Her brain map showed universal slowing of all waves deviation. Brodmann area 13 was also affected which can contribute to low motivation and self esteem issues. This points to additional symptoms such as depression and anxiety disorders. She was placed on an Infralow Frequency protocol for depression and she started training consistently. Later on we decided to add a second protocol for mood stabilization and calming to further mitigate her symptoms. After just a few consistent months, Ruby began to see changes.

OUTCOME



Less Depressed

1

Decreasing depression was the primary reason Ruby came to Grey Matters. After a few months of Ruby's training she began to feel a decrease in her depression, eventually even reporting that she feels great.

Stress Management

2

Although it was not the primary purpose for her brain training, Ruby began to notice that she was able to respond to stressful situations in a much healthier way. She reported that even when stressful things were happening at work she stayed calm and didn't get overly anxious and worried about them.

Motivation

3

Like a lot of people suffering from depression, Ruby struggled with motivation. However, after a few weeks of brain training Ruby began to feel more motivated. She started to struggle less doing things that previously felt impossible like brushing her teeth or folding her laundry. She went from struggling with simple personal hygiene to being able to work a remote job and be consistent with it every day.