



BrainAdvantage Anxiety/Depression Case Report

This client is a 54 year-old female with 18 years of formal education. She had a history of severe depression and anxiety. She was on anti-depressant medication when she started the program.

This client is an active medical doctor who tried to commit suicide because of ongoing depression.

Assessment

The client completed an initial which showed very low scores in Memory, Fluency and Executive function. Her recall was also quite low.

Her neuromotor skills showed focus, attention, control of impulsivity, overall coordination and reading/language processing were low.

The client was also assessed using HEG Neurofeedback. A 4-minute measurement was taken on both the right and left frontal lobes using HEG to measure blood oxygenation levels. The client showed marked decrease in oxygen levels on the right versus the left side.

Recommendations/Training

We recommended the client train with BrainAdvantage for 20 sessions. Re-assessments were scheduled following the 10th session and at the end of training.

Her training protocol included:

- Audio Visual Entrainment starting in Beta frequencies targeting left at a target rate of 10hz on left and 10-19hz on right.
- HEG Neurofeedback 3x/week for 20 sessions focusing on increasing the activity on her left side.
- The Listening Program for vestibular exercise, balance and auditory processing, 30 minutes a day, 5 days a week for 10 weeks.
- Interactive Metronome 30 minutes 3x/week for rhythm, coordination, visual and auditory processing
- Cognitive software 3x/week for cognitive, memory, recall and sequencing.

BrainAdvantage, LLC

Scottsdale, AZ and Hilton Head Island, SC

During the course of her 1st 10 sessions, the client did extremely well. She was smiling more and much happier acting than in the past.

10th session Reassessment

Memory increased as did her Fluency and her executive function performance. Neuromotor skills showed significant improvement as well as auditory processing.

At her 15th sessions she remarked that it had just struck her that she no longer had to listen to the little voice on her shoulder always telling her she wasn't good enough. That little voice was out and only positive thoughts were now in her mind.

20th Session Reassessment

The patient showed marked improvement across the board in all areas. The assessment showed large gains in brain oxygen.

Final Observations

She has made a remarkable recovery. She is smiling, happy and active.