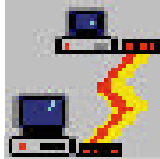


EEG NEUROFEEDBACK APPLI CATIONS. . .



- depression
- anxiety
- panic
- addictions
- pain management
- PTSD (traumatic stress)
- Tourettes Syndrome
- head injury
- seizure disorders
- ADD/ADHD
- conduct disorders
- dyslexia
- Autistic Spectrum Disorder
- language-related disabilities
- learning disabilities
- Obsessive Compulsive Disorder
- Reactive Attachment Disorder
- PMS
- headaches and migraines
- fibromyalgia, myofacial, TMJ
- chronic fatigue, burnout
- sleep regulation. insomnia
- peak performance
- mental fitness



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SUGGESTED WEBSITES FOR MORE
INFORMATION ABOUT NEUROFEEDBACK
wholelife.int-a1.com/wlc/neurotherapy.html
www.int-a1.com/a1/ADHD
www.eegspectrum.com
www.adhd.com.au

Suggested reading:

Getting Rid of Ritalin :

*How Neurofeedback Can Successfully Treat
Attention Deficit Disorder Without Drugs*
by Eduardo Castro and Robert W. Hill
(\$45 post free from Whole Life, POB 789, Fremantle 6959)

A Symphony in the Brain by Jim Robbins

Healing ADD by Daniel Amen, M.D

Clinical EEG Journal Vol 31 No1
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HeartMath, EEG Biofeedback/Neurofeedback
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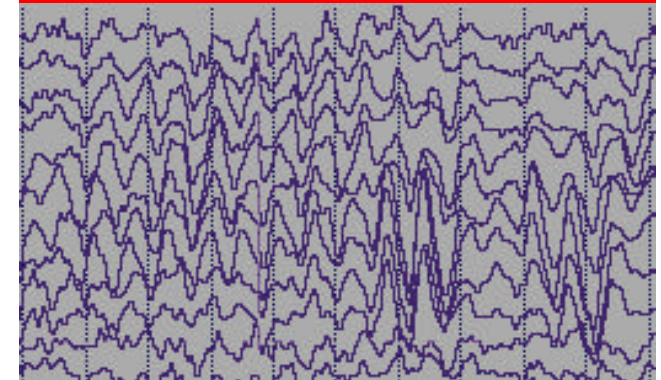
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Self Regulation

Brain/Body in Balance



Denis McCarthy

CLINICAL PSYCHOLOGIST

M. APP. PSYCH. (CLIN. & OCCUP.)
B.SC., B.A. HONS (PSYCH.), DIP. ED.
M. INSTITUTE CLIN. PSYCHOLOGISTS

Ste 12, 158 High St
Fremantle 6160
Ph: 9430 7777

U16, 44 Kings Park Rd
West Perth 6005
Ph: 0500 567 500

also@ Garden City (Boorn), Rockingham, Perth

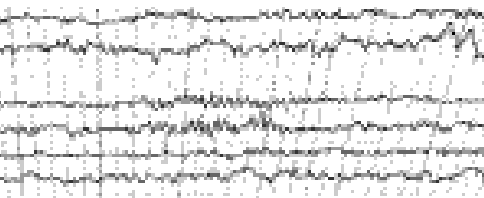
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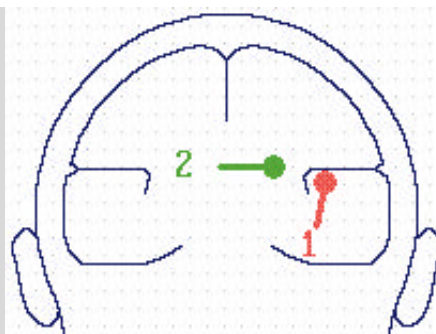
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EEG Spectrum International
Affiliate Practitioner Member



Denis McCarthy CLINICAL PSYCHOLOGIST



WHAT IS EEG NEUROFEEDBACK?

EEG Neurofeedback (NFB), or brain wave training, is a non-invasive, non-medical technique of biofeedback which improves the brain's ability to respond with healthy patterns of functioning. Since the brain can be trained to regulate itself, habitual brainwave patterns which cause painful symptoms or harmful behaviors can be replaced by balanced and healthy brainwave patterns.

Neurofeedback training is a learning process and results are experienced over time. For most conditions, progress can be noted within about ten sessions. Other conditions may require between forty and sixty training sessions. In the initial stages of learning, sessions should be regular and frequent, with two, three, or even more sessions per week. After learning begins to accumulate, the pace can be reduced.

EEG Neurofeedback produces changes in mood, learning, behavior, and physical symptoms and is a powerful adjunct when used in combination with medical treatments for a variety of physical and psychological issues. It's always best to involve an individual's primary care provider when medication is prescribed.

Based on more than twenty-five years of research and due to advances in computer technology, neurofeedback is now available for use by trained psychologists and mental health professionals.

WHAT HAPPENS DURING AN EEG NEUROFEEDBACK SESSION?

Generally there are thirty minutes of actual brain wave training in a one-hour session. The therapist, utilizing information from the initial intake, chooses the location of "sensors" that are placed on the scalp allowing electrical activity of the brain to be recorded and analyzed by a therapist computer. A video game, similar to a computer game but without joy stick or keyboard use, is viewed by the client. When the brain successfully achieves the desired brain wave state, the game moves faster and some auditory or visual reward is given. The video game "stalls" when the brain is not getting the targeted exercise. Gradually, the brain responds to the rewards that it is being given and these new modes of behavior are learned, becoming natural responses available whenever needed in daily life.

Denis began his training in counselling, therapy, expressive arts, psychodrama and conflict resolution in 1975. He started his psychology private practice in 1987 responding to people experiencing difficulties in their intimate and other relationships at home and work, to those dealing with loss, abuse, trauma, stress-related illness, anxiety and depression. After his Master of Applied Psychology degree in 1996 he broadened his training to include mediation of family & interpersonal disputes, hypnotherapy, neurofeedback and more recently coaching and Heartmath. He sees individuals, couples, children and teens.

During the 70s and 80s Denis edited and published a health magazine "Whole Life Times", convened health & lifestyle expos, confests & seminars. He now consults and coaches in Work-Life Balance, Stress, Wellness, Mental Fitness and Peak Performance, to individuals and organizations. He is a member of several professional bodies including the Institute of Management Consultants and the International Coaching Federation.

Denis is an associate of Linley Jones & Assoc. Pty Ltd, an accredited rehabilitation provider, and of Wilson Banwell Pty Ltd, a nation-wide organization of psychologists which provides human resource consultancy services to organizations, including assessment, 360 degree feedback & executive coaching.

"My homework is easier to do."

11 YEAR OLD, J.S.

"My son has been able to organize his school work priorities."

S.B.

"I am no longer 'ruminating' about past events that are out of my control."

W.S.

"Regular neurofeedback sessions have really reduced the frequency and intensity of my migraines - I no longer think of myself as a migraineur."

R.A.

Neurofeedback is helpful in addressing many complicated health concerns as well as being used for anxiety, pain control, headaches & migraines, learning and/or attention disorders, sleep regulation, seizure disorders, and depression. It is also useful for diminishing cravings, developing creativity and optimum performance.

As a provider of psychotherapy services, Denis uses neurofeedback as one of many opportunities to achieve wellness. The length of the training process varies and is based on the information given in an initial intake and assessment.

If you are unfamiliar with this training and are experiencing troubling symptoms, you are invited to call for an introductory neurofeedback session. Alternatively, you may attend one of his free public talks, or arrange for Denis to speak at your school, association or workplace.

If you are outside the Perth metro area, he can help you setup an affordable home or work based EEG biofeedback training system.

