

SUCCESS STORY - JUST THE BEGINNING



Merrily S

45 year old - female

In progress client

Initial challenges: concussion, PTSD, migraines, hypervigilance, severe anxiety

Method of training: qEEG, HD Neurofeedback

List of noted benefits: complete decrease in headaches, recovery from triggers, decrease in depression symptoms and suicidal ideation, ability not to overthink, decrease in medication dependency

Merrily came to Carolinas Biofeedback as a survivor of domestic violence, childhood emotional abuse, dealing with a severe post concussion syndrome, and someone looking to be freed from their anxious thoughts. She had tried medication, CBD, ECT therapy, brain-spotting, almost everything you can think of, and nothing seemed to touch the symptoms of her PTSD. After speaking with her counselor and doing some of her own research, she decided that Carolinas Biofeedback Clinic was the next step to take in her healing process. Merrily was particularly looking for a clinic that specialized in advanced brain mapping and neurofeedback, but also a place where the practitioners held extensive education and experience.

Merrily started with our qEEG brain map and full autonomic nervous system evaluation. This map measures the corticolimbic dysrhythmia of 55 functional brain areas in each hemisphere and 7 key cortical networks. In addition, a Biograph stress test, cognitive assessment and symptom questionnaires to gauge her symptomatology were administered on testing day. The results of the brain map showed that there were 18 brain areas with corticolimbic dysrhythmia. We use hemodynamic neurofeedback to specifically address corticolimbic integration. Merrily began her neurofeedback training with twice weekly hour long sessions, completing 26 hemodynamic neurofeedback sessions total. She was able to feel the neurofeedback in action after just a few sessions; she stated her post-concussion headaches were now almost non-existent. After a few more weeks of training she came in one session in tears, grateful, she had finally felt the ability to “not think,” her hypervigilance and loops of anxious thoughts were at a minimum. While she still had hard days and days that triggered her, she was able to acknowledge them and recover so much easier than before.

Merrily has completed her first check in, where she gets a repeat brain map to assess the progress. She was met with great results. 8 of her default networks made 90-100% improvement, 39 individual brain areas of function made 80-100% improvement, and an additional 8 areas made 40-80% improvement. These results confirmed Merrily’s reported positive shift in symptoms. Her follow on plan includes 12 HD neurofeedback sessions to train the remaining areas of dysrhythmia. Her plan also includes alpha-theta neurofeedback to aid in trauma resolution.

Some benefits she continues to note is noticing herself creating appropriate boundaries, calmer thought patterns, zero suicidal thoughts, and overall more control over her brain. Her life has changed dramatically since starting neurofeedback, she stated “I wish I had this brain when I was three.”

Merrily wishes she could tell the world about neurofeedback, even to go as far as to talk to our legislature about the benefits, specifically for individuals struggling with PTSD. For her, neurofeedback is the easiest thing she has done, stating that the drive to the clinic is the hardest part! She did not experience any adverse effects during her training and specifically remarked on how kind everyone is at the clinic. Neurofeedback has allowed Merrily to wean off of some of her medication and to return to activities she loves and live a life no longer restricted by fear and past trauma

Quote from Merrily S:

**“I WOULD DESCRIBE NEUROFEEDBACK AS THE
GREATEST MIRACLE OF MY LIFE”**