


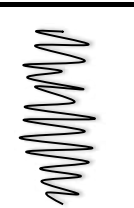
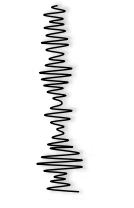
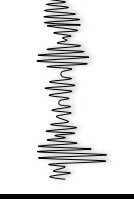
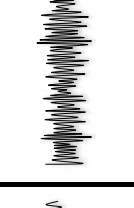


# The Range of Brainwaves in the Human Brain

INFRA-LOW FREQUENCY .001 Hz	Core Calmness & Stability	
DELTA Less than 4 Hz	Sleep	
THETA 4-8 Hz	Creative State Drowsiness	
ALPHA 8-12 Hz	Relaxed Focus Daydreaming	
SMR 12-15 Hz	Body Calmness Mental Alertness	
BETA 15-22 Hz	Active Thinking Problem Solving	
HIGH BETA More than 22 Hz	Anxiety Irritability	

Hertz = cycles per second

WORKING SINCE 1975 IN THE FIELD OF EDUCATION

**Suzanne Day**

**Presently:**

- Neuropsychoeeducational Consultant (Member of the Ontario Association of Consultants (OACCPP))
- Neurotherapist certified in Neurofeedback/EEG with the BCIA (Biofeedback Certification of America)
- Certified provider of Auditory Integration Training with Filtered Sound Training developed by Rosalie Seymour, Audiologist
- Neuropsych in Quebec



**Past:**

- Master of Arts in Psych.
- Psychoeducational Consultant (Québec School Board)
- Speaker at the Third International Conference on Dyslexia in Canada (Fall 2000), and at Destination Success (Winter 2001), a National Conference on Learning Disabilities in Post Secondary Education
- Speaker at provincial conferences over the past 15 years



**Suzanne has been:**

- Director of a summer camp for socially challenged children
- Teacher at the elementary, intermediate, secondary, and college level
- Principal at the intermediate and secondary levels
- Trained with a neuro-developmental model (evaluation and designing of individualized programs), and has received in-depth training in Dyslexia (evaluation and teaching)
- Trained by the Thompsons from the ADD Centre in the use of the Biofeedback and Neurofeedback
- Trained with the Othmers: Infra Low Frequency
- Guest speaker at different conferences in Canada
- Guest on T.V. shows regarding Dyslexia.

The most magnificent opportunities come into our lives disguised as problems.

John Powel

## Why Neurofeedback?



Help the brain deal with:  
**Attention - Learning**  
**Sleep - Memory - Anxiety**  
**Addiction - Depression**  
**Autism - Asperger**

Reach Peak Performance  
 with  
**CEOs, Professionals, Athletes**  
**& Musicians**

**IT WORKS!**

**Neuro Clinic**

Neurofeedback & Neurodevelopment

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## SELF-REGULATION

Neurofeedback trains the brain to self-regulate. It is gaining in popularity because it reduces symptoms of a variety of medical and psychological conditions in a safe and drug-free manner.



Neurofeedback training (NFT) has its foundations in basic and applied neuroscience as well as data-based clinical practice. It is a method of treatment that encourages self-regulation through operant conditioning.

Research demonstrates that neurofeedback is an effective intervention for ADHD and Epilepsy. Ongoing research is investigating the effectiveness of neurofeedback for other disorders such as Autism, insomnia, anxiety, substance abuse, TBI, headaches and other pain disorders.

## NEUROFEEDBACK TRAINING

Neurofeedback provides moment-to-moment information to an individual on the state of their brain's physiological functioning. The video and auditory feedback send reward messages back to the client, which encourage the desired brain wave activity.

During training, sensors are placed on the scalp and then connected to sensitive electronics and computer software that detect, amplify, and record specific brain activity. Resulting information is fed back to the trainee virtually instantaneously.

Based on this feedback, various principles of learning, and practitioner guidance, changes in brain wave patterns occur and are associated with positive change in physical, emotional and cognitive states.



Often the trainee is not consciously aware of the mechanism by which such changes are accomplished although people routinely acquire a "felt sense" of these positive changes and are able to access these states outside the feedback session.

## NEUROFEEDBACK SUCCESS

### ADHD (Attention Deficit Hyperactivity Disorder)

*"You know what Mrs Day: today in class I caught myself daydreaming.... I remember what I am doing here to be attentive and I brought myself back to listen to the teacher."*

### Dyslexic

*The parents say that they really see changes in their daughter's ability to concentrate and be calmer.*



### TBI (Traumatic Brain Injury)

*"I had a car accident few years ago. I have been to many specialists for the pain but my biggest concern was the loss of my organizational skills and memory faculties. My sessions of neurofeedback with you helped: I focus more easily, I am less anxious, and slowly regain some of my organizational abilities."*

### Asperger

*"My biggest challenge when I came to work with you on neurofeedback was my lack of sleep. After a few sessions, I was able to sleep all night and it has not been an issue since 6 months ago. Neurofeedback also has helped me with my obsessive thoughts."*

### CEO of a company

*"I can keep my concentration during stressful meetings without feeling drained for few days after."*

### Drug addiction

*"I now sleep so much better. My migraines stopped shortly after starting neurofeedback training."*

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