

SUCCESS STORY



Sarahan M
28 year old - female
In progress client

Initial challenges: severe anxiety and panic attacks, issues with nausea/low appetite and sleeping

Method of training: qEEG, HD Neurofeedback

List of noted benefits: improved sleep and appetite, decreased anxiety and panic attacks, improved perspective on anxious thoughts

When Sarahan came to Carolinas Biofeedback Clinic, she was experiencing severe anxiety daily and panic attacks several times a week. In the mornings when her cortisol levels were the highest, she would wake up nauseous from anxiety which affected her ability to eat. She stated that she “was running on empty and could barely function.” After speaking with her counselor about ways to further address her anxiety, she was referred to Carolinas Biofeedback Clinic.

Sarahan 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 corticolimbic dysrhythmia in 14 brain areas. We use hemodynamic neurofeedback to specifically address corticolimbic integration. Sarahan began her neurofeedback training with twice weekly hour long sessions, completing 23 HD neurofeedback sessions total. After the first 10 sessions, Sarahan reported noticing her appetite returning and the constant thoughts of “what if I have a panic attack right now?” decreasing.

Sarahan completed her first check in where she got a repeat brain map to assess the progress. Results showed 75-100% improvement in 15 brain areas located in the front of the head alone which translates to strengthened anxiety management, sense of self, confidence, and resilience. Additionally, results showed 85-100% improvement in a brain area in the middle of the head responsible for managing panic as well as 75-90% improvement in 3 brain areas in the back of the head.

At this time, Sarahan is close to finishing her second protocol of 20 HD neurofeedback sessions and has reported seeing a dramatic decrease in the number of anxious thoughts she had throughout the day as well as improved sleep and appetite because she is no longer waking up nauseous. She reported that when anxious thoughts arise, she is now able to recognize that while anxiety is uncomfortable, it is not dangerous. Sarahan additionally reported that when she feels herself on the verge of a panic attack, she is now able to notice and identify it rather than make every attempt to avoid it.

Sarahan stated that the combination of “neurofeedback and therapy helped me to recognize my anxiety as a part of me instead of trying to distance myself from it...I'm not afraid of my anxiety because she's there to tell me when something's wrong...By naming the anxiety and welcoming

it instead of trying different hacks to make it go away completely, I find my anxiety lessens in the same moment that I welcome it.”

Quote from Sarahan M:

“I am sleeping and eating much better, and that has made a huge difference in my anxiety levels.”