

SUCCESS STORY - RESOLUTION AND SOLUTION



KEEGAN TAYLOR

30 year old male

Graduated client

Initial challenges: dx: Aspergers syndrome, ADHD, and Auditory processing disorder, trauma, anxiety, fears

Method of training: qEEG, HD Neurofeedback, ILF Neurofeedback, Alpha Theta Neurofeedback

List of noted benefits: increased social battery and skills, increased ability to recover from stressors, new hobbies, adaptable to change, decreased cynical nature, trauma resolution.

Keegan came to Carolinas Biofeedback Clinic after having a conversation with a family friend who had just graduated from being a client with us. Their conversation about the science-backed approach is what drew Keegan into the process and ultimately made him open to the conversation of neurofeedback. He was actively struggling with anxiety and a cynical outlook at life. As a survivor of abuse, he knew that he wanted to solve the issues that were emerging for him. Keegan had also been diagnosed with Asperger's syndrome, he said he always knew something had felt just a little bit off or didn't click, so he wanted to make himself a bit more comfortable in the world. Traditional talk therapy had been helpful but there was still more support he felt he needed. Coming into this process with an open and honest mind was key for him.

His training program started with a full autonomic nervous system evaluation, accompanied by our advanced qEEG brain map. 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. His map revealed 16 brain areas with cortocomlimbic dysrhythmia. We used a hemodynamic neurofeedback plan to specifically address corticolimbic integration. Keegan began his neurofeedback training with twice weekly hour long sessions. After about 5 sessions Keegan expressed that he was able to feel like things were working, addmitley, he felt himself trying to resist and fall back into old habits, but that his brain would not let him. After this first round of training Keegan found it easier to recovery from stress and to not get stuck in the downward spiral he usually would be in.

He then completed his first repeat brain map to assess the progress that had been made. Keegan was met with great news. 37 Individual brain areas had made 75-100% improvement, with another 8 making 50-75% improvement. From there he completed another round of training and addressed the remaining areas of improvement, this was done in a 19 session plan. During this time Keegan also started Alpha-Theta (A/T) Neurofeedback. A/T is especially helpful for individuals who have endured trauma; it allows the brain to process and recover from what it has been through in an effortless approach. This was intertwined with his active neurofeedback plan and he completed 1 session a week. After completing this second phase of training, Keegan decided to partake in another map to measure the progress he knew his brain had made. At this checkpoint the map revealed that the remaining areas had made great progress and that he would also be a great candidate for a different method of training if he was still looking for more. At this point Keegan reported sleeping better, having a more "yes man" approach to life, being more flexible and not having a fight reaction to stress.

Keegan ultimately began Inflow (ILF) neurofeedback to address some remaining areas of concern. ILF is like cardio for the brain-it works best with consistency and repetition. It works with brain regions, the superhighways of the brain, to optimize function and regulate and rewire any miswired or misfiring neural networks. After reaching the clinical minimum or 25 sessions he felt he was ready to graduate. During our interview, he stated that he experiences continued benefits like having no negative feedback thought loops, the ability to catch and recover from stress, better sleep, decreased anxiety, increased social battery, adaptability to change to resolution to trauma and fears. He had a bleak point of view on life that turned more optimistic and hopeful. Overall he has found the peace of mind he had been after for so long.

Keegan wants others to know this is worth the investment. It is a longterm approach but it is worth it. He pointed out that he truly enjoyed every minute of the process, the neurofeedback sessions themselves are effortless and reported that the staff at CBFC always answered his questions or concerns with the backing of science in a detailed yet friendly way to understand. He always felt like he was able to ask questions along the way and that having the objective data along with his subjective experience was very affirming. Neurofeedback has allowed Keegan to enjoy life to the fullest.

**"THIS WAS THE CLOSEST THING TO A
MIRACLE I HAVE EXPERIENCED FOR MY LIFE "**