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## “Neurofeedback: Retraining the Brain”

*Lee Paton, RN, PhD*

**Date:** Monday, May 22, 2006\*

**Time:** 3:00-5:00 p.m.

**Location:**

The Heights at Columbia Knoll  
8320 NE Sandy Blvd.  
Portland, OR 97220

**Map on back**

or call (503) 203-1094

1.0 CEU pending from  
Board of Examiners of Nursing Home Administrators

*(\*Earlier in the month than usual because of holiday)*

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- Yes, I will be able to attend the May 22 SPIN meeting at The Heights at Columbia Knoll
- No, I am unable to attend, but keep me on the mailing list
  - Please send notices to my e-mail address:\* \_\_\_\_\_
- No; please remove me from the mailing list

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## Neurofeedback: Retraining the Brain

Biofeedback techniques have been used for many years; however, neurofeedback (NFB) is a relatively new, high-tech technique that is based on training the brain's thalamus to fire and stimulate the brain toward healthier wave frequencies. Over the past 15 years, it has been used widely with attention deficit disorders (ADD) and attention deficit-hyperactivity disorders (ADHD) and is now considered the only treatment that can help clients be free of medication almost permanently.

NFB relies heavily on computerized technology. The first step in this treatment is an assessment of the client's symptoms and identification of the brain waves that are driving the unwanted symptoms. Then, the more adaptive or desired brain wave is identified. After the assessment and treatment-planning segment is completed, the identified EEG (electroencephalogram) sites are measured and sensors are placed on the targeted sites. The client then trains the brain through computer games that will only operate when the client is in the targeted brain wave frequency.

While it may sound a bit like the fancy machines from *The Matrix*, it is actually a very safe and powerful tool that helps clients overcome not only ADD-ADHD, but can also improve depression, insomnia, anxiety, and balance dysfunction. Moreover, it is also widely used to enhance executive and athletic performance and current research is finding that there are applications for multi-infarct and other non-Alzheimer type dementias.

### SPEAKER

**Lee Paton, RN, PhD**, is a gerontologist, educator, and healthcare consultant in the Portland area. She maintains a private consulting practice, in addition to her work with individuals, elders, families, and senior care agencies to assure elders and their families maintain the highest quality of life. In addition, she works closely with the staff and residents of retirement, assisted living, memory care, and adult foster care facilities. She is presently building a program to treat and manage chronic incontinence and is offering these services to retirement, assisted living facilities, and private clients. She has lectured widely in the United States and Asia on topics related to gerontology, chronic illness, pain, suffering, palliative care, and death and dying. Her program of research is aimed at the special physical, emotional, and spiritual needs and examines the resources needed in the second half of life. In addition, she is working with several media experts as the content expert for a new public broadcasting television program focusing on aging and health issues.

### MAP

