

PTSD

What is PTSD?

According to the National Center for PTSD, 7-8 out of every 100 people in the U.S. will experience PTSD at some point in their life, and about 8 million adults have PTSD during a given year. Post-Traumatic Stress Disorder (PTSD) is triggered by a traumatic or terrifying event. PTSD can present as recurring flashbacks, nightmares, severe anxiety, depression, irritation, explosiveness, insomnia, loss of interest, inability to concentrate, avoidance, uncontrollable negative reactions to certain external stimuli that remind the person of the traumatic event (e.g. veterans' negative reactions to firework explosions), among others.

What is the LENS?

The LENS, or *Low Energy Neurofeedback System*, is a unique and effective form of neurotechnology that targets the central nervous system and utilizes real-time brain waves to help alleviate symptoms, optimize functioning, and reclaim neurological and physiological potential. Results may be seen quickly, often beginning within the first session, and are lasting. It may be utilized as the primary treatment approach, or as an adjunct to other modalities. Clients across the lifespan, from young children (3 months old) to the elderly, and animals have benefited from the LENS technology.

What makes the LENS different from other forms of neurofeedback?

Each person's brain waves (EEG signals) are unique to them and are constantly changing from moment to moment. Utilizing these EEG *fingerprints*, the patented LENS technology matches the feedback to each person's own physiological (neurological) profile in real time. Other forms of neurofeedback may require 40-80 sessions to elicit change and require much more time per session to obtain results.

The LENS, on the other hand, is much faster acting:

- Noticeable improvement in functioning within the first few sessions.
- Average duration of treatment is from a few seconds to several minutes.
- Average number of sessions needed for typical PTSD symptom presentation is 4-10 sessions.
- Over 85% of clients have benefited significantly from the LENS.
- Changes are enduring, thus there is no need to receive LENS on an ongoing basis.

What Does Treatment Look Like?

In your first session, you will complete 3 questionnaires that your LENS Provider then uses to develop a treatment plan unique to you and your physiology. During a session, sensors are placed on the head and used to monitor the real-time brainwave activity being emitted at the scalp. Your brain waves are unique to you—no two people's are the same, and they change from one moment to the next. The LENS identifies your unique EEG signature, and uses this information to customize your feedback.

With a typical PTSD symptom presentation, the client begins to experience relief from their symptoms (such as insomnia, restless sleep, nightmares, explosiveness, reactivity, triggers, etc.) within 1-3 sessions. Symptoms have been shown to decrease significantly or resolve within 2-15 sessions with the LENS, making it an efficient and fast-acting modality.

LENS PROVIDER TESTIMONIES

"In the past 17 years I have used 10 different neurofeedback systems. The LENS is the most user-friendly of the systems and produces the fastest results, to the delight of my patients and myself."

- D. Corydon Hammond, Ph.D., BCIA-EEG, ECNS, International Society for Neurofeedback & Research, Psychologist & Professor, University of Utah School of Medicine

"I have been providing neurofeedback services for 14 years. Several years ago I acquired a LENS to use along with my other units. To my surprise, I now use the LENS, and only the LENS, for about 70% of my clients because it is more effective and efficient."

- Douglass L. Starr, Ph.D., Clinical Psychologist

"I was astounded by the power and effectiveness of the LENS. I use it both alone and in conjunction with psychotherapy with uniformly positive results. I love the increased therapeutic effectiveness that the LENS offers."

- Jeffrey S. Rutstein, Psy. D.

"Although I have been using Neurofeedback with patients for well over twenty years and have four other systems active in my office, I now always start patients with LENS neurofeedback because it most consistently brings patients relatively quick relief of their distresses and disturbances and sets them on a course of a more fulfilling and spiritually balanced life. I've never before had so much fun helping so many tough cases."

- Thomas M. Broad, MD

RELEVANT LITERATURE

Hammond, D.C., Editor (2007). LENS: The Low Energy Neurofeedback System. Binghampton, NY, The Hawthorne Medical Press.

Larsen, S., Harrington, K., & Hicks, S. (2006). "The LENS (Low Energy Neurofeedback System): A Clinical Outcomes Study of One Hundred Patients at Stone Mountain Center, New York." Journal of Neurotherapy, 10(2-3), 69-78.

White, Christine (2008). "Restoring Optimal Brain Function Helps Many Health Problems: ADD, Autism, Depression, Fibromyalgia, Anxiety, PTSD, Learning Disorders, Strokes, Parkinson's Disease, Multiple Schlerosis." Townsend Letter, The Examiner of Alternative Medicine.



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