THE BRAIN CAN BE RE-TRAINED

Our qEEG integrated neurofeedback system is a groundbreaking approach in brainwave neurotherapy and can help restore the brain to its optimum levels of function. Patients often see dramatic results, enhancing their quality of life and relationships with themselves and their world.

Aspen Neurofeedback uses qEEG informed auditory and visual feedback that guides the brain into producing new, efficient brainwave patterns. Eventually, the brain learns to create and utilize these optimal brain patterns on its own. Our state-of-the-art system integrates neurofeedback technology with counseling support to achieve rapid improvement in mental and physical states, yielding powerful long-lasting and sustainable results.

THE BRAIN DRIVES YOUR BEHAVIOR

Our behavior and emotions are driven by the rhythms of our thoughts. Excess rhythm levels can produce symptoms of ADHD, Anxiety, Depression, Traumatic Brain Injury and PTSD. Training brainwaves into efficient patterns allows the central nervous system to learn how to self-regulate, directing it away from debilitating fear, pain, unexplainable fatigue, and emotionally and physically destructive disorders, and towards effortless processing and optimal functionality.

“I came to Aspen Neurofeedback for treatment for anxiety and depression. I could not even function in society and was afraid to do almost everything. After treatment, I no longer have any depression and my anxiety is very low and manageable. I no longer have reservations about going anywhere. Neurofeedback has been very, very helpful in correcting these symptoms.”

— Paul

“Before I started neurofeedback, my anxiety was so severe that I could not go to the grocery store, keep a job, or maintain personal relationships without extreme stress. I could not control my emotions or maintain concentration in a conversation. After neurofeedback, I have seen a big increase in my ability to control my emotions. ‘Bad days’ aren’t as bad and I’m able to recover more quickly. Aspen Neurofeedback has been extremely helpful in changing my life!”

— Sarah

“We came to Aspen Neurofeedback hoping to see an improvement with our daughter’s attention span and focus. Her symptoms were close to severe, a 9 on a scale of 1-20. We have seen improvements in focus, emotional control, and awareness. Neurofeedback has been helpful in making our lives with our daughter easier.”

— Grace

“Before starting neurofeedback, I was using marijuana heavily as a way to cope with depression and social anxiety. Since completing 20 neurofeedback treatments with Aspen Neurofeedback, my dependency on the drug has decreased significantly. I am able to get out of bed with motivation for the day. I have also noticed an improvement in my relationships and a stabilization in my emotion. Neurofeedback has helped me regain the cognitive and emotional clarity that marijuana had taken away.”

— Rachel

VISIT US TODAY
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CALL 303.827.3323

Options for financial assistance are available through our scholarship fund. If you are interested in applying for our scholarship, contact our clinic at 303-827-3323 or email at info@aspennfb.com to find out more.

Aspen Neurofeedback is dedicated to comprehensive treatment planning for our clients. Neurofeedback is one asset in a comprehensive treatment approach. We work in conjunction with local therapists, physicians and wellness experts to provide integrated treatment planning. Partnering specialists are not only informed of their client’s neurofeedback regimen, but also aid in the consultation and planning process.

RE-TRAINING UNHEALTHY BRAINWAVE PATTERNS IMPROVES SYMPTOMS OF THE FOLLOWING COMMON AILMENTS:

• ADHD/ADD
• INSOMNIA
• ANXIETY
• DEPRESSION
• ADDICTION
• AUTISM
• MIGRAINES
• POST TRAUMATIC STRESS DISORDER
• TRAUMATIC BRAIN INJURY

WHEN YOUR BRAIN WORKS, YOUR BODY RESPONDS!
BRAIN TRAINING, REDEFINED,
The first step in brain training is to record an image of your brain function. This non-invasive process uses qEEG technology to record your brainwave patterns.

ANALYZE RESULTS
Your qEEG recording is uploaded to a normative database that compares your brain to an individual of the same age and gender that is within normal brain activity levels. Your qEEG brain map report identifies your emotional and cognitive issues by showing the areas of the brain that are operating outside of the healthiest range. A treatment protocol is generated and designed to stabilize the area of the brain that is the farthest away from the optimal level.

NEUROFEEDBACK SESSIONS
Your Neurofeedback sessions will be relaxing and enjoyable, as you watch a DVD of your choice for 30–45 minutes. Sensors read your brainwaves while photic glasses guide your brain into an optimal pattern. Audio and visual cues reward the brain, encouraging these patterns to become permanent. Patients often train 2–3 times a week for approximately 6–10 weeks, completing a 20-session program.

NEUROFEEDBACK IS A LEARNING MACHINE
Through operant conditioning, the brain is rewarded when the audio or video returns to normal. Eventually, the brain learns to stay in the healthy ranges without the reward stimulus and is able to sustain normal activity independent of the computer for years. This is achieved by reconnecting functional pathways in the brain.

Neurofeedback does not target any particular disorder. Its purpose is to change timing and activation patterns in the brain. This improves brain regulation, which impacts a variety of symptoms. Different symptoms will require triggering different areas of the brain. The treatment is designed to target specific areas of the brain according to a patient’s symptoms and brain scan analysis.

HOW IT WORKS
THE ASPEN NEUROFEEDBACK DIFFERENCE
Our integrated neurofeedback system works through a mechanism known as operant conditioning. When a part of the brain is operating at an unhealthy frequency (imbalanced, too fast or too slow), the brain can learn to normalize and create balanced activity in that area.

THE BRAIN IS A LEARNING MACHINE
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GETTING STARTED

YOUR BRAIN TRAINING PACKAGE INCLUDES:
• A full color report with images, showing us precisely how to treat your brain.
• A 20–60 session protocol for your program, monitored and supervised daily by clinical staff.
• A follow-up evaluation and brain map when your sessions are complete to document the change.

FIND OUT MORE...
For more information about this revolutionary, non-invasive technology, please visit: WWW.ASPENNEUROFEEDBACK.COM
CALL OUR OFFICE TODAY AT (303) 827-3323

Neurofeedback is an intensive program intended to rewire brain patterns for a drastic improvement in your symptoms. It is designed to provide substantial relief quickly. Our team of therapy professionals are dedicated to your treatment program over a typical course of 10 weeks.

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