

# Brain Recovery Programs

Crossroads BrainRecovery Programs target clients with head injuries, addictions, anger and mood disorders, serious depressions/anxiety disorders and Post Traumatic Syndrome (PTSD).

### **Brain Injury**

We start with each individual's current capabilities after head injury and encourage their recuperative edge.

We measure what is not in balance or what may be interfering for recoverable potential. There are several brain systems which are typically challenged in head injuries and exhibit as:

- Anger
- Anxiety
- Phobias
- Light/Sound Sensitivities
- Memory Delays
- Personality Changes
- Cognitive/Mental deterioration
- Depression

Unfortunately, many times, medical exams of head injured individuals will show brain capabilities as "normal" as compared to averages. However, for many of our clients, their brain function is not normal for them, post injury. We look at the entire processing and function of the brain to help determine that individual's potential up to full recovery to pre-injury capabilities. **Post Traumatic Stress Disorder (PTSD)**

Several brain systems are typically associated with PTSD, which can be exhibited as:

- Anger/Rage
- Phobias
- Personality Changes
- Flashbacks
- Sleeplessness/Nightmares
- Emotional Deregulation

BrainRecovery improves brain flexibility and emotional regulation, while decreasing anxiety, depression, flashbacks and phobias. The result is an actual shift in behavior and cognitive abilities.

### **Addiction Recovery**

After detoxification has been completed, BrainRecovery can begin. We focus on the progress of

the client from the initial Neuro-imaging assessment and neurological abnormalities through the various stages of treatment.

We measure what is not in balance or what may be interfering for recoverable potential. Conditions that demonstrate poor outcomes or are considered untreatable respond positively to Crossroads NeuroGeniSys Procedure.

The BrainRecovery program for addiction improves brain capabilities and increases IQs and cognitive abilities. Cognitive training, combined with our proprietary therapeutic imprinting technologies focus on eliminating the triggers that lead to relapse. We work in conjunction with therapists, psychologists and psychiatrists to maintain the best continuum of care for the client.

The BrainRecovery Program helps “unstick” repetitive, addictive behaviors and improves brain capabilities and flexibility. BrainRecovery increases:

- IQ
- Stress Resilience
- Memory
- Decision Making
- Cognitive Abilities
- Thinking Abilities
- Emotional Regulation
- Brain Processing

Our AfterCare Program targets the brain to actually shift behavior patterns, which allows the individual to make proper rational choices, thus breaking the relapse cycle. Addictions that have worked favorably with our programs:

- Alcohol
- Street Drugs
- Prescription Medications
- Eating Disorders
- Gambling

### **Anger and Mood Management (Self-Regulation)**

The Self-Regulation Program is a 12-14 week program that introduces core skill development and management of the underlying triggers of anger and rage. Anger triggers are identified and objective assessments indicate anger bio-markers. These assessments target brain areas that need to be rebalanced. Each individual program includes weekly therapy sessions with a licensed/certified counselor and lab sessions that address these identified targets. Clients are able to overcome these challenges in a healthy, productive manner.

- anger
- rage
- Self-Control

- Self-Regulation

### **Depression and Anxiety**

For some, depression is a life altering experience. The symptoms are so severe that to just get out of bed and face the world seems overwhelming. Many clients have been and are on so many medications that it is hard to imagine what life would be like without those medications.

Our programs start with the assessment of over 293 dimensions of brain activity as it relates to emotions, regulation, and habitual cycles. The NeuroGeniSys Procedure identifies specific areas of the brain, which need strengthening or balancing and can help determine if the depressions are organic or episodic in nature.