

BrainRecovery for Head Injury & Post-Traumatic Stress

What we do at the CrossRoads Institute

We treat patients with unresolved head injury symptoms and Post Traumatic Stress Disorder on many different levels using many different tools.

We have found there is never just one issue or area of the brain that is affected. We use a wide variety of tools within our healing practice. The tools do not dictate how we work with our patients. However, they do enhance our ability to provide the most effective treatment plan and protocols for each individual. In short, one size does not fit all. But our treatment goal is the same for each patient and that is to help each and every one regain their full potential. Our initial evaluation includes:

- Complete neuro-functional/developmental examination.
- Neuro-imaging procedures
- Medical history, including review of old records.
- qEEG (quantitative EEG) to assess the function of the brain and sensory systems.
- Auditory tests to assess auditory processing and frequency.
- If indicated, medical testing of metabolic, allergies, and other body/health systems by one of our referral physicians.

If the individual is considered a candidate (based on the evaluation) we may recommend our BrainWorkOut or BrainRecovery Programs where we correct the overall brain processing abnormalities caused by the head injury or PTSD.

We use a form of EEG neurofeedback, which helps "retrain" the brain to recover a more normal pattern of brain waves thus relieving depression, anxiety, agitation and flashbacks while promoting normal brain functioning. In addition, our neurocognitive training will improve cognitive function and thus increase IQ performance, memory performance, recall performance and retention.

We have found in cases of head injury the sensory nerves, including the auditory nerve at the base of the skull, are often damaged. Damage to the sensory systems, resulting in damage to the supporting functional processes, interferes with our emotional interpretation of signals received. This is often a cause of our inability to maintain proper emotional balance. This is often expressed as rage, anger, fear or personality shifts. This injury-based interference is directly addressed in the brain lab.

The program includes:

- Neuroprocessing techniques
- Auditory processing techniques
- Visual processing techniques
- Memory and cognition rehab
- Mental Processing techniques
- And more

Our retraining and rehabilitation program may take anywhere from two to six months, with treatments of 90 minutes three times a week. Typically, our patients will also undergo auditory processing rehabilitation, cognitive skills development, sensory integration, neuroprocessing,

home neuro-development exercises and counseling, all concurrently. Each of the modules builds onto and supports the others, leading to quicker and more lasting results.