

Increase concentration and focus

"He is now able to focus 30-45 minutes at a time and is able to comprehend what is being said."

"[Her] concentration has also increased from about 10 minutes at most to up to 25 minutes, which is an excellent stride for her."

Empower self-control

"Neurofeedback has empowered my son letting him take some control over his diagnosis that has controlled him for so long."

"After 5 weeks (15 Sessions) we were able to take my son off of 75% of his current medications."

Decrease stress and anxiety

"She has also been more "calm" when in situations that would previously caused her to be upset, and would result in negative behaviors such as screaming, or throwing herself."

Improve school performance

"His grades and participation went up. Our son went from being 'below grade level' on his report cards to 'meets' or 'exceeds grade level'. He has made "Student of the Week" and now loves school."



Enhance learning capabilities

"We started treatment and within 7 sessions we noticed our son's fine motor skills improving (hence his handwriting)."

"He has become a 'chatterbox' as he is excited to share everything he is learning."

What is Neurofeedback?

Neurofeedback is brainwave training.

During typical training, electrodes are placed on the scalp and on the ears. High-tech electronic equipment provides you with instantaneous audio and visual feedback about your brainwave activity. The electrodes measure the electrical patterns coming from the brain--much like a physician listens to your heart from the surface of your skin. No electrical current is put into your brain. Your brainwave patterns are relayed to the computer and recorded.

We can modify our brain behavior!

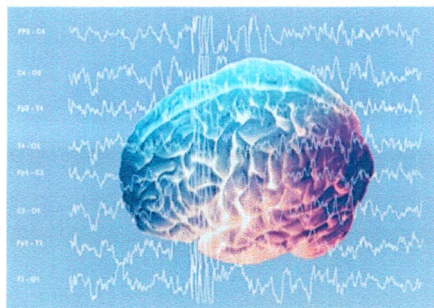
Ordinarily, we cannot influence our brainwave patterns because we lack awareness of them. However, when you can see your brainwaves on a computer screen a few thousandths of a second after they occur, it gives you the ability to influence and change them.

It works for children and adults.

It is like learning to walk up stairs or ride a bike! Your brain automatically learns when it encounters new situations. Neurofeedback presents new thresholds for your brain to master.

We start where you are.

After an assessment of your functioning, all training is tailored to your needs. The goal of training is to bring the brain's functioning into more productive and flexible patterns.



Relieve sleep disturbance

"Within two weeks (6 Sessions), my son was able to lay down in the evening and fall asleep in 10 minutes or less. Prior to the therapy it would take him 2-3 hours to fall asleep."

"She is now sleeping through the night (she was waking many times in the early morning hours)."



Strengthen family relationships

"On a personal note, with my son being able to learn at school, we don't have the fighting that we had at home a year-ago. Our relationship with our son has grown."

"The most impressive side effect of the therapy is that my son is happier than he has even been."

Change behaviors

"We have noticed many changes in [our daughter's] behaviors since treatment began."

"His friendships with other kids have increased. He is expanding and growing and it is amazing to watch."

"I would recommend seeing him for Neurofeedback therapy to anyone seeking to improve their own or their child's life."

Alleviate moodiness and depression

"Within 10 sessions he wasn't having as many "meltdowns" and was beginning to understand reasoning better."

"This "calmness" has been quite noticeable, especially at daycare, where there are multiple children of different ages, and many times the daycare is chaotic and noisy, which was a real issue for [her]."

David Pavlick M.S., L.C.S.W.

is a licensed clinical social worker with over thirty years experience specializing in treating the problems of children, adolescents and their families. He graduated from Columbia University School of Social Work and pursued post-graduate therapy training at institutes in New York City.

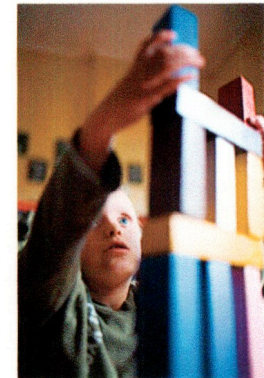
He was Executive Editor of *Contemporary Psychotherapy Review* from 1981 until his move to Connecticut in 1991. He has directed programs for children, adolescents and young adults at The Country Place, Hartford Hospital and Forman School. He has instructed interns from seven universities including Columbia, NYU, Hunter College and University of Connecticut. In addition to individual therapy and couple counseling he specializes in play therapy, filial therapy and neurofeedback.

Call 860-567-0852 for an appointment

**Find more information at:
shermanhillcenter.com**

**David Pavlick, LCSW, NRP
286 Torrington Road
Litchfield, CT 06759**

Often, as parents, we ask,
“What is going on with my child?”



- Drifting focus
- Slow to initiate
- Easily frustrated
- Poor sleep patterns
- Not easily enthused
- Has brief attention span
- Appears to lack interests
- Has trouble making friends
- Doesn't pick-up on social cues
- Difficulty learning and using words
- Has "unique" sensitivities or dislikes
- Seems preoccupied and has difficulty playing
- Suffers temper tantrums that can't be soothed
- Has restricted or repetitive patterns of behavior

Try Neurofeedback