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www.theneuroconnection.com  
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Edition 1, Volume 2

## Who We Are...

### *And What do We do?*

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### Upcoming Conference:

**45<sup>th</sup> Autism Society  
National Conference and  
Exposition**

**Presenter Topic:** *The  
Benefits of Connectivity  
Guided Neurofeedback with  
ASD-Latest Studies and  
Clinical Outcomes.*

**Date:** July 25, 2014  
**Time:** 1:00 PM – 2:00 PM  
**Room:** 7198

**Indiana Convention Center  
& Lucas Oil Stadium**  
100 S Capitol Ave,  
Indianapolis, IN 46225

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The Neuroconnection is a neurofeedback practice located in Naperville, IL. The Neuroconnection has shown continued success treating children and adults with symptoms associated with attention deficit, anxiety, chronic fatigue, substance abuse, learning, mood, and post-traumatic stress disorders since 2001.

The Neuroconnection has a special focus in addressing symptoms of those with Autism Spectrum Disorder (ASD) by utilizing an innovative type of brain training called Connectivity-Guided Neurofeedback. This type of training is evidenced-based on the latest research in neurofeedback with patients diagnosed with ASD. The Neuroconnection achieves dramatic and lasting results that improve neuropsychological symptoms. In certain cases, our clients have continued to see additional improvement in symptoms once treatment was completed.

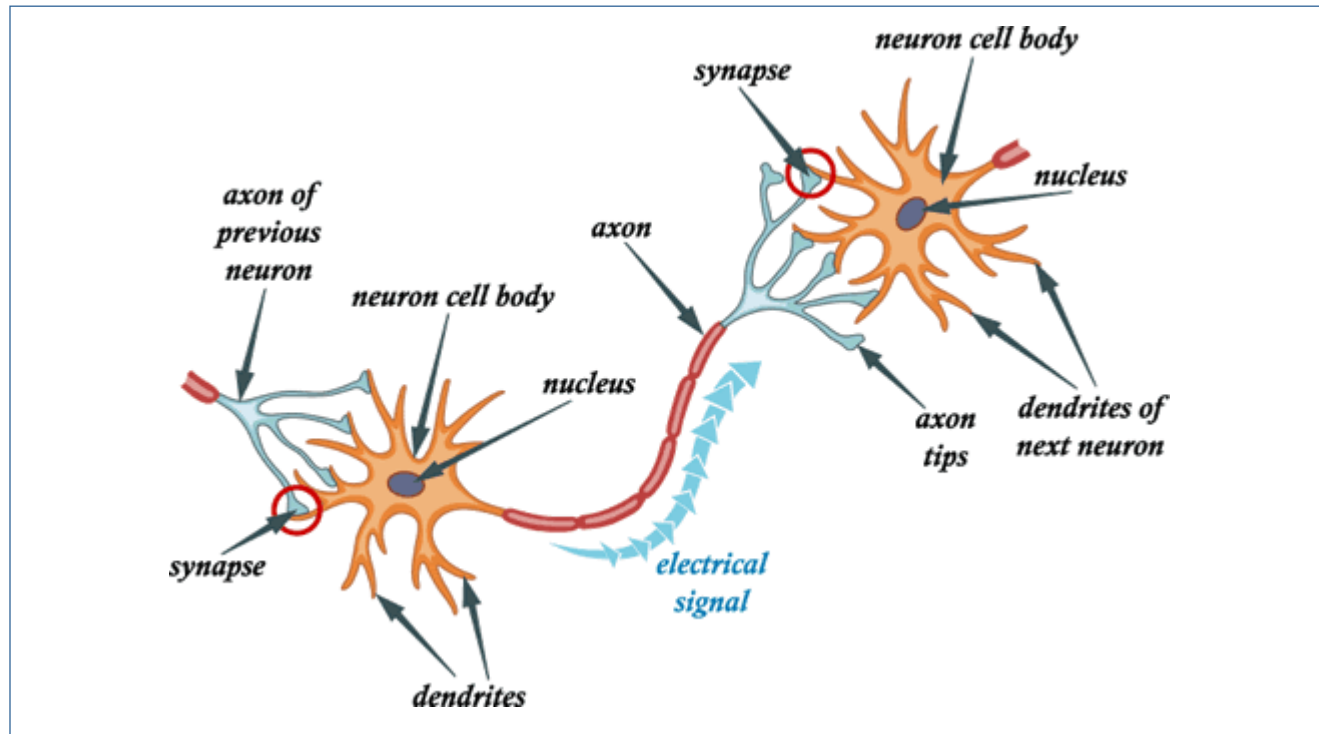
## How does Neurofeedback work?

Brain waves are produced by electrical signals from neurons firing to nearby neurons. They can be measured using an EEG amplifier and computer to show when optimum functioning is present. Neurofeedback induces change by showing a participant his or her brain waves in real time.

The participant is connected by sensors on his or her head to an EEG amplifier and a computer. Then, they are provided auditory and visual feedback in the form of a movie or computer game. When producing the correct brain waves, the brain on its own will seek out these sights and sounds, and will become “conditioned” to produce the correct brain waves more often. Over time, this unconscious process makes changes in the brain wave activity, decreasing symptoms and producing desired states of functioning.

**Low Monthly  
Payments Available!**

## How do Neurons Communicate?



A synaptic transmission, as shown above, allows the electrical activity in a nerve cell to influence the electrical activity of a nearby neuron. This is the process of neurons communicating information to each other. The electrical signal will continue to the next neuron until the transmission has reached its destination in the brain. Neurofeedback helps to influence the transmission of neurons to efficiently process communication between them.

## How is Data Collected?

A quantitative electroencephalogram (QEEG), also known as brain mapping, is a non-invasive assessment tool used to measure the electrical (brain wave) activity of the cerebral cortex. The brain wave activity is assessed and analyzed through digital technology, and the collected data is compared to normative databases. These normative databases compare tested subjects with persons of the same age who have been carefully screened and who are free of symptoms in order to measure variance from the norm.

With this information, the clinician develops a specific training protocol that is tailored to each client's individual needs that will train the brain to reduce specific undesired symptoms or enhance desired states of functioning.

## When can I start training?

### First Time Clients:

Our primary goal is to help clients function optimally in their daily lives. We believe that teaching the brain to self-regulate through neurofeedback is the foundation for unlocking the brain's potential.

### About the brain training process:

- It starts with an initial assessment.
- Goals are established following the first session.
- QEEG is scheduled, if indicated.
- Training protocols are established and implemented.
- Clients are closely monitored throughout training.

During the initial assessment, we carefully evaluate the client's needs, strengths, and symptoms, utilizing a clinical interview, standardized checklists, and collaboration with other professionals. If necessary, computerized neuropsychological and/or reading tests are used to provide a baseline in particular cases. The clinician and client work to obtain a consensus for training goals. Following the initial assessment, a quantitative electroencephalogram (QEEG), or brain map, is scheduled if neurofeedback is deemed an appropriate intervention.

Upon completion of the QEEG, results will be discussed within a week with the client. Neurofeedback sessions will be scheduled at a minimum of twice a week and additional QEEGs are repeated as necessary as progress is made. Client observations between sessions are an important part of the neurofeedback process. Scheduled meetings between the client or the client's parents and the staff are established in order to establish client progress and to ensure that the maximum benefits are being achieved.

## **Financing Now Available!**



The Neuroconnection **@Home Training** brings neurofeedback or EEG biofeedback to the convenience of your home.

**Call (630) 858-5105  
now to find out more!**

***“Connectivity-Guided Neurofeedback was life changing for my son Ben. The brain training improved his focus, listening skills, his empathy and apathy to situations and he is now on the honor roll.”***

*-Tracy, mother of 11 year old Ben, diagnosed with Asperger's.*

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*To learn more about Neurofeedback and specific patient symptom concerns, please visit [www.theneuroconnection.com](http://www.theneuroconnection.com) and review the Bibliography section on the website for current published journal articles and evidenced-based research on specific topics.*

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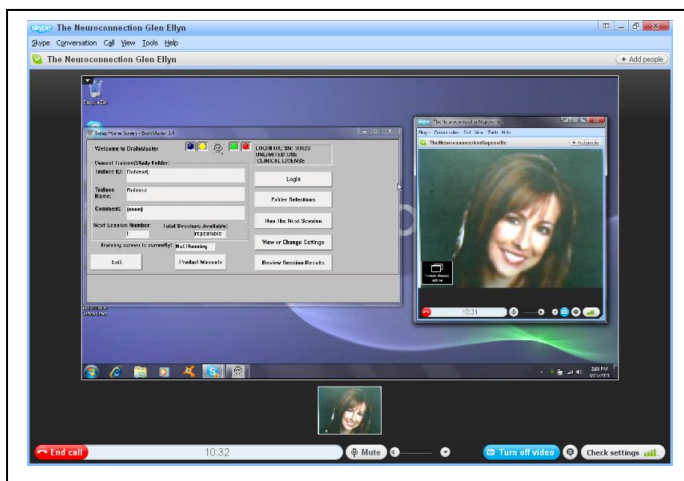
## @Home Training through The Neuroconnection

The Neuroconnection offers an @Home Training program to conduct neurofeedback sessions in the convenience of your home. @Home Training is great for people who are unable to make an office appointment due to physical restrictions, schedule inflexibility or distance.

Training begins similarly as a first time client that would be trained in the office. An initial intake will be completed along with a QEEG or “brain map”. A custom protocol will be made for the specific needs of the client. One protocol consists of 20 sessions, with at least two sessions held each week until completion of the set protocol.

An initial training will be set up within the office to properly show how to run a session either on you or a loved one. Following the meeting, the client will meet with a neurofeedback technician via Skype to monitor set up and verify that the client will be receiving neurofeedback training correctly. Once the client feels comfortable training with the software, they will begin to run sessions on their own.

Tools that are provided include a laptop with pre-loaded neurofeedback software to conduct training sessions at home. Along with an Atlantis amplifier, electrodes, head cap to show correct placements and an @Home Training manual.



## About the Director:

Ann Rigby LCSW, BCN is the founder and Director of The Neuroconnection. Since 2001, she has been successful in reducing neuropsychological symptoms and creating lasting improvement for conditions such as Autism, ADHD, Anxiety, Depression and Learning disabilities using an advanced, researched based form of Neurofeedback called Connectivity Guided Neurofeedback.

Ms. Rigby earned her MSW at Washington University in St. Louis. Prior to entering private practice in 1997, she worked in hospitals and outpatient settings and held supervisory positions within them. Ms. Rigby is a field placement instructor for graduate students from Benedictine University.

She is board certified in EEG biofeedback (BCN) through the Biofeedback Certification Institute of America. She earned a two-year postgraduate certification in Family Therapy and is certified by the Academy of Certified Social Workers (ACSW).

Ms. Rigby is the President of the board of the Autism Society of Illinois. She is a member of the International Society for Neurofeedback and Research (ISNR), the Association of Applied Psychophysiology and Biofeedback (AAPB), The Biofeedback Certification Institute of America (BCIA), and the National Association of Social Workers (NASW).



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To learn more go to [www.theneuroconnection.com](http://www.theneuroconnection.com)