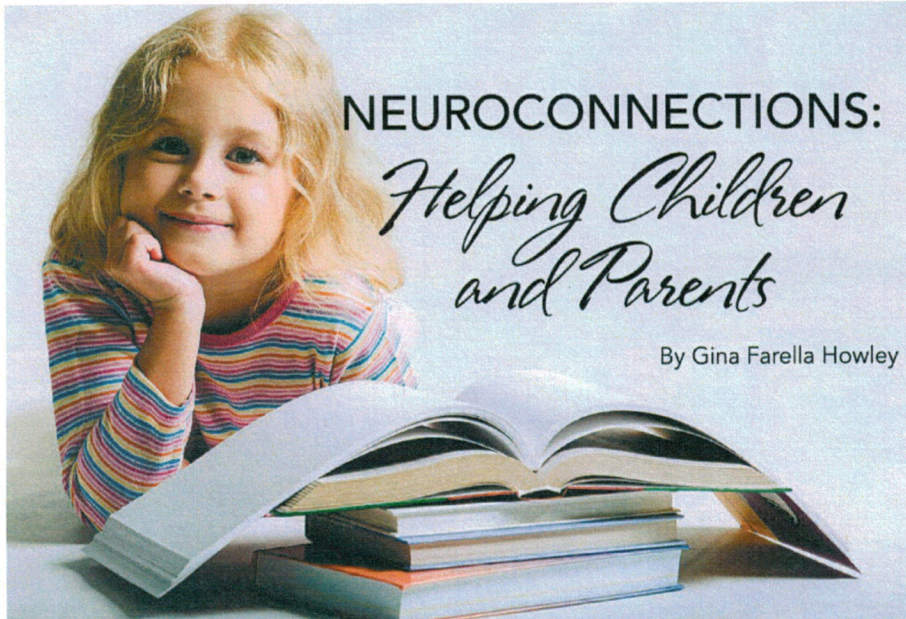


## NEUROCONNECTIONS:

### *Helping Children and Parents*

By Gina Farella Howley



Ann Rigby, Founder and Director of The Neuroconnection in Naperville, works with her team to provide children with state of the art brain training called Connectivity-guided Neurofeedback training. This specific training helps children with Autism, attention deficits, learning and mood disorders, seizure disorders and other issues that affect the white matter of the brain.

“Neurofeedback training can be very effective with autism spectrum disorders, as well as other issues involving irregular attention, sleep patterns, and mood irregularities. This training retrains the way the brain communicates with itself,” provided Rigby. The results that The Neuroconnection achieves using Connectivity-guided Neurofeedback include:

- The ability to transition without disruption
- Increased focus
- Improvement in social skills and social pragmatics
- Increased calmness and decreased anxiety
- Improved verbal communication or expressive language
- Improved receptive language
- Fewer repetitive behaviors
- Improved processing

One parent, a pediatric nurse who takes her adopted, trauma-ridden daughter to The Neuroconnection, saw her daughter’s rage and dramatic mood swings modify significantly. With the brain map provided, the family was able to see where that daughter’s brain waves showed childhood anxiety, depression and rage. The mom said that after twenty treatments, the girl was like a new child. The mother stressed that in researching

neuro-feedback other places, she found that brain mapping was not always offered. She realized that the brain map made it cleaner and easier to see the results. A second daughter participating in brain-training at The Neuroconnection, who was previously diagnosed with ADD experienced great results in increasing focus and organization.

The American Association of Child and Adolescent Psychiatry considers this evidence-based treatment because of the many studies completed on Neurofeedback.

After mapping a child’s brain wave activity, an accurate assessment of brain activity is determined and a plan is created. Rigby works with her on-staff neurologist to determine how the information flow in the brain is disrupted. The information is then used to train the brain.

Videos are then presented in half hour training sessions. When the brain performs as it should, positive reinforcement is provided by continued program viewing, creating new neuro pathways. Inaccurate performance results in removal of the positive stimulus. All brain training is operant; nothing is inputted into the brain.

Treatment is not for everybody and a full review and application process helps Rigby determine if prospective clients will benefit from brain training.

Because the process is not often covered by insurance, Rigby works with the family to make sure that there is an excellent chance that maladaptive symptoms will improve with treatment. Her entire goal is to help children become the best version of themselves. The mission driving The Neuroconnection is: “To provide quality, personalized care using the most up-to-date and researched neurofeedback methods to empower adults and children to reach their optimum potential.”

Amy Fitzgerald of Mt. Prospect, has two daughters that are both receiving treatment. They went initially for her younger daughter who had severe dyslexia. The daughter, who was twelve, underwent a full year of treatment and gained two academic years in reading performance. The other daughter, fifteen at the beginning of treatment, had slight dyslexia and ADD. She was experiencing stilted performance with her own oral reading. She realized that she had reached her own peak performance when orally reading Shakespeare as she was keeping up with the class. With the ADD treatments, she found she was much more focused both in class and in completing her homework. Fitzgerald said both girls feel that they are better for going through treatment at The Neuroconnection. I’m glad we did it.”