

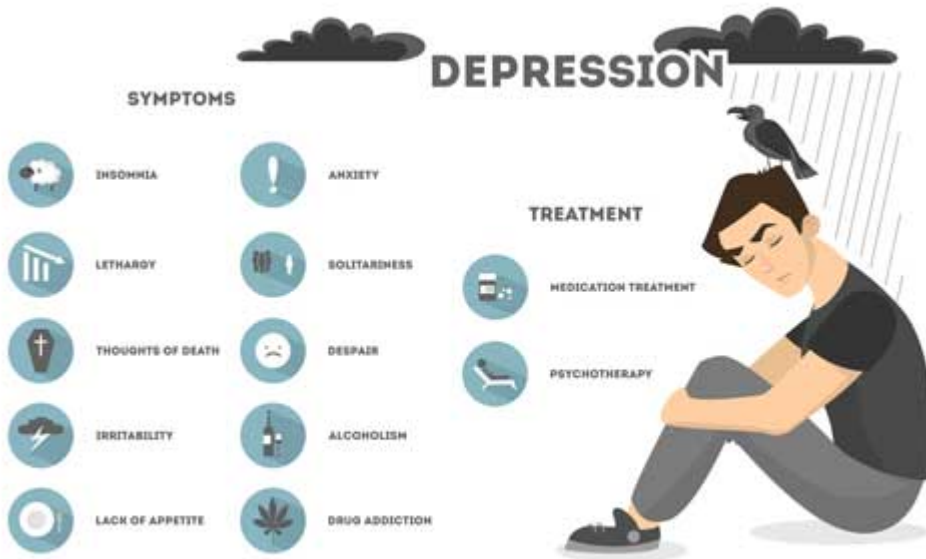
Greenville Brain Training Offers Alternative Therapy For Depression

August 26, 2019



Greenville Brain Training, a company based in Greenville, South Carolina, has announced that they are offering an alternative therapy for depression that doesn't use medication. The [depression therapy Greenville](#) treatment is based on the finding that anxiety and depression are almost always correlated to a certain brain wave dysregulation in a particular part of the brain. When this imbalance is corrected, the brain is then able to receive and process serotonin. It is having low levels of this neurotransmitter that has been found to be linked to depression.

Dr. JoJo Yonce from Greenville Brain Training explains, "The frenetic, panicky energy of anxiety and the lonely, listless quality of depression may seem like polar opposites. But the truth is, anxiety and depression are just different manifestations of a core dysfunction in the brain. When you're depressed, you don't have the energy to cook healthy food or hit the gym. And then there's the crown jewel of depression: it tricks you into thinking it's all your fault. Which is really depressing (and not true, by the way)."



He continues, “It’s a vicious cycle that needs to be broken and this can be done through neurofeedback training, which is an ‘exercise for the brain.’ This exercise is designed to strengthen certain parts of the brain function. It is those exact areas of the brain that have been determined through brain mapping. Neurofeedback training restores the brain balance in those areas and serotonin is available once more, which in turn gets rid of depression.”

The process of neurofeedback training for patients is actually easy to do and fun. Patients only need to sit back, relax and watch a movie of their choice. The brain wave activity is then monitored through sensors on the scalp. In just one session, the brain is able to observe more than 1,000 times when it is on track and when it is not. This information is then sent back to the patient through auditory and visual signals.

For instance, when the brain waves are firing at a rate that is too slow, the movie being watched will dim on the screen and the volume will also decrease, providing immediate feedback indicating that something is out of balance. This provides feedback, indicating when wanted or unwanted brain waves are being produced. Gradually, the brain learns how to better create the desired brain waves and minimize the emergence of the unwanted brain wave patterns.

In other words, while the person is watching a movie, the brain is monitoring its own brain waves and adjusting it back to the desired brain waves whenever there is a dysfunction. During this [anxiety Greenville brain training](#), there is no need for a conscious effort on the part of the individual as the brain is performing its own exercise while the person is watching a movie. Kids especially enjoy the sessions because they can choose their favorite movies from Netflix or a DVD.

Aside from the regular neurofeedback training that they provide at their office, people can also make use of at home neurofeedback treatment, which allows them to undergo brain training while in the comfort of their home. Those who prefer to undergo at home neurofeedback training will have to undergo a quantitative electroencephalograph or “brain map” before starting a training plan, which is usually made up of 40 sessions.

They will then be provided with a complete neurofeedback training station. After completing 20 sessions, they will be invited to return to the Greenville Brain Training office for a second brain map to determine their progress. After a total of 40 sessions that can be done 2 or more times a week, the plan will have been completed.

Those who have tried the neurofeedback training sessions have provided positive feedback. For example, Gino T. says, "I went to JoJo because others had raved about his work. I wanted a boost in memory and focus and I got it! It took a minute for me to understand how this treatment works, but then it really makes sense once you begin the process. I highly recommend, and JoJo makes the experience very comfortable!"

Those who require more information regarding [at home neurofeedback depression](#) treatment or would like to know more about the in-office neurofeedback sessions can visit their website or contact them by phone or via email.

Source: <http://www.pressadvantage.com/story/30308-greenville-brain-training-offers-alternative-therapy-for-depression>