

# Asheville Brain Training Center Share New Success Story Of Their Neurofeedback ADHD Therapy

*November 01, 2019*

November 01, 2019 - PRESSADVANTAGE -

The Asheville Brain Training center, based in Arden, North Carolina, recently reached out to the community to share one of their most recent success stories for ADHD Therapy, demonstrating the positive impact that individual attention can have on the development of their patients. The local center was founded as an alternative non-invasive and drug-free option to help individuals with Attention Deficit Hyperactivity Disorder (ADHD) or other similar disorders overcome the challenges that they may face in their lives, providing them with the tools necessary to deal with their condition and live as normally as possible.

The local center has been able to help hundreds of patients come to terms with their condition and overcome the difficulties that some of these disorders bring to their lives. They describe neurofeedback ADHD training as, "exercise for the brain," due to the similarities it shares with the way physical exercise strengthens the muscles. Neurofeedback, however, uses operant conditioning to strengthen certain areas of brain function. To determine the areas that need to be strengthened, the center creates a brain map for each of their patients, which is a painless and non-invasive functional test that scans 19 different areas of the brain to discover any areas that could be suffering reductions in efficiency.

Their most recent success story narrates the case of a young man who was showing the earliest signs of Attention Deficit Disorder (ADD), and was struggling to focus during his studies. Dr. JoJo Yonce, the lead practitioner at the Asheville Brain Training center, says, "We are proud of this young man. He started to struggle in school at the age of 10. He was showing signs of ADD. He came for a brain map, but the map showed no signs of the disorder. However, his brain waves showed signs of trauma. He had played football the previous year and received a blow to the head. His ADD symptoms stemmed from that injury. After doing Neurofeedback ADD Therapy, he no longer showed signs of ADD. His grades improved and, as a 15-year-old, he is now a freshman at AB-Tech. He is receiving college invitations from prestigious universities such as Notre Dame."

As the center notes, cases like these are concrete proof that ADD patients can overcome their condition and live a normal life, as long as they seek professional attention and care. Therapies like Neurofeedback can help people with ADHD to retrain their brain and recover optimum neural function. In other words, their focus improves with this training. Concurrently, impulsivity, distractibility, and hyperactivity diminish, restoring the brain to a properly functional state.

Dr. Yonce continues, "While Neurofeedback can seem complicated, as it involves putting sensors on the scalp, measuring your brain waves, tracking changes, it's quite simple in reality. For patients, Neurofeedback at Asheville Brain Training is very easy to do. All you do is sit back, relax, and watch a movie of your choice. During a Neurofeedback session, a person's brain wave activity is tracked via sensors on the scalp. Information is communicated to the individual with auditory and visual signals. When your brainwaves fire at a rate that's too slow, too often or too fast, the movie will dim on the screen and the volume will lower providing immediate feedback to your brain that something is out of balance."

Over time, this therapy helps patients recognize when wanted and unwanted brain waves are being produced, leading their brain to gradually create the desired waves and minimize turbulent patterns.

Neurofeedback ADD Therapy is one of the most convenient treatments to control such disorders. It can be paired with medications without harming their overall effectiveness, nor adversely affecting the patient's health. The Asheville Brain Training center goes above and beyond to ensure their patients' comfort, offering a form of Home Neurofeedback ADHD Therapy that can be beneficial for patients with severe cases of ADD (they may benefit from being in a familiar space during their sessions).

The center's website includes more information on Neurofeedback ADD Therapy. Interested parties are also welcome to reach out to Dr. JoJo Yonce to make any further inquiries regarding the treatments and what patients should expect during their first session.

###

For more information about Asheville Brain Training, contact the company here: Asheville Brain Training Dr. JoJo Yonce 1-828-375-0002 [dryonce@ashevillebraintraining.com](mailto:dryonce@ashevillebraintraining.com) 2124 Henderson Rd #100 Arden, NC 28704

## **Asheville Brain Training**

*Asheville Brain Training using innovative technology like Neurofeedback to improve quality of life.*

Website: <https://ashevillebraintraining.com>

Email: [dryonce@ashevillebraintraining.com](mailto:dryonce@ashevillebraintraining.com)

Phone: 1-828-375-0002

