



## **Greenville Brain Training Touts Benefits Of Treating Depression With Neurofeedback**

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Greenville, South Carolina based Greenville Brain Training (GBT) is taking measures to raise awareness of the positive effects that Neurofeedback programs can have in the treatment of depression. As the name suggests, the company specializes in using Neurofeedback to retrain their patients' brain waves, with the goal of attaining more positive and productive thought processes.

The clinic notes that it is vital for people to understand what depression is before they attempt to search for treatment. Depression refers to a mental condition that can affect any person regardless of their age or background. While its effects can be easy to spot in those who show easily identifiable outward symptoms, such as decreased physical activity and socialization, enduring periods of moodiness, and so on, depression can also manifest in ways that are more difficult to spot.

In 2017, the World Health Organization stated that depression affects around 300 million people around the world. Nearly half of all those diagnosed with depression are also diagnosed with an anxiety disorder of some

sort. An estimated 15% of the US? adult population will also experience depression at some stage in their lives. Symptoms can include persistent feelings of isolation or sadness, depreciated energy levels, an inability to maintain stable sleep cycles, poor concentration, and more. Notably, those who have depression will likely not experience every single symptom associated with it, and the degree to which it affects someone?s life will change from person to person. As such, those with depression as well as their friends and family are advised to avoid making generalizations without exploring the subject further.

As Dr. JoJo Yonce of Greenville Brain Training states, however, ?Any person who has had depression or anxiety, or both, will know just how disruptive they can be. Depression and anxiety are not simple moods that will pass with time; they need to be carefully approached in therapeutic environments to truly be dealt with. Certain kinds of therapists may also prescribe medications like antidepressants to bolster any therapy the patient is undergoing, or to help them manage their day to day lifestyle.?

However, GBT believes that they have an answer to this problem: Neurofeedback. Neurofeedback depression treatments can be explained as ?exercises for the brain,? according to the clinic, and they initially involve mapping the patient?s brain waves through sensors placed on the scalp. This allows their team of experts to locate any dysregulation in the brain waves that are associated with depression and/or anxiety. Once the source of the issue is found, the area in question can be targeted for change through Neurofeedback. These brain training sessions can also be done from the comfort of the patient?s home.

According to GBT, ?At-home Neurofeedback 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. In fact, in a single session, the brain observes over 1000 times when it?s on track and when it?s off track, creating better function in the areas that need it.?

They continue, ?This information is communicated to the individual with auditory and visual signals. When your brainwaves fire at a rate that is too slow, too often or too fast, the movie will dim on the screen and the volume will lower. This provides immediate feedback to your brain that something is out of balance.?

This feedback gives the patient a concrete means of identifying the rogue patterns in their brain, and the program gradually teaches the brain to produce more desirable brain waves that will extend into other aspects of the patient?s life. With at-home Neurofeedback sessions, patients can relax and watch a movie of their choice while their brain self-corrects the dysfunction. In essence, the program simply gives a patient?s brain the means to identify its own dysfunction. The brain can naturally take care of the rest of the process, given enough time.

Dr. Yonce explains that, ?Anxiety and depression almost always correlate to specific brainwave dysregulation in a particular area of the brain. With Neurofeedback, patients can begin identifying the specific imbalance,

and the technology can help them correct that imbalance. As a result, they will be better able to receive and process serotonin and dopamine, two key neurotransmitters that are associated with mood control and a generally healthy mind.

Those who wish to learn more about Greenville Brain Training and their work in Neurofeedback are invited to contact Dr. JoJo Yonce to follow up on any inquiries. More information can also be found on their website. Additionally, interested parties may read further at the following link: Neurofeedback Depression Greenville.

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For more information about Greenville Brain Training, contact the company here: Greenville Brain Training Dr. JoJo Yonce 1-864-370-2225 dryonce@greenvillebraintaining.com 1109 S. Church St. Greenville S.C. 29605

## **Greenville Brain Training**

*Greenville Brain Training is focused on helping individuals using Neurofeedback to improve brain function and overall quality of life.*

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