

DOWNLOAD

LENS (Low Energy Neurofeedback System)

Low Energy Neurofeedback System is a neurofeedback modality. It is a unique form of EEG Neurofeedback – Biofeedback, one that works directly with the brain. The brain emits different types of waves, depending on whether we are in a focused state or daydreaming. The goal of neurofeedback is to teach you to produce brain-wave patterns that reflect for example focus. The Low-Energy Neurofeedback System (LENS) works differently: It doesn't try to reproduce a certain brain wave, but rather enhances the brain's ability to adapt to a task, whether it is taking tests in school or struggling to get along with friends. It gives the brain specific and individual feedback due to the measured brain waves. Very small radio waves are induced by electrodes, which measure brain activity too and give feedback to the brain. In this way the brain waves are influenced and brain function normalized. The preparation for the treatment is the same as in ordinary neurofeedback. Two electrodes are attached to both earlobes and the third, active electrode, is placed on different sites on the head and attached. Through the sensor cable very weak radio waves are fed to the brain. This added energy is a thousand times smaller than a cell phone's. It is not the energy itself, which makes LENS so effective, but the information it contains. LENS seems to give the brain more flexibility and balance.

Its field of applications is very broad and has been very helpful and effective for different people with impairment of the central nervous system as in **migraine, head injuries** (including **whiplash**), **ADHD, depression, sleep problems**, etc. Frequently, there is a sudden and quick success. The motto of LENS is: Less is more.

The programs run automatically, but the therapist continuously adjusts the system, depending on the sensitivity and tolerance of the client. LENS provides several advantages over the traditional EEG neurofeedback. On the one hand, the sessions are shorter, and on the other you do not need to care about feedback or be motivated and focused, because the operation mode of LENS isn't based on conditioning with rewards, as in the usual neurofeedback. With susceptible people, it is possible that they feel either very tired or de-energized after the treatment for a short while. Otherwise, there are no known side effects yet.

Developed by Dr. Len Ochs in 1992, LENS has had extraordinary results using weak electromagnetic fields to stimulate brain-wave activity and restore brain flexibility. His clinical studies (ADHD, traumatic brain injury, bipolar disorder etc.) comprising thousands of patients are extremely impressive and more and more people with problems with the central nervous system are interested in this new system. I am pleased to be the first therapist to offer this unique system in Switzerland.

- For more information on LENS (Low Energy Neurofeedback System):
www.krisen.ch => *Links* => *LENS*
- Book Review:
The Healing Power of Neurofeedback (by Stephen Larsen)