



Journal of Neurotherapy: Investigations in Neuromodulation, Neurofeedback and Applied Neuroscience

Editorial

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From the decade of the brain into the new millenium

EDITORIAL

I attended the 20th Annual Trauma Center conference of the Justice Resource Institute in Boston this summer in which one of the research groups described extensive efforts to gain approval for a new diagnosis, Developmental Trauma Disorder to be added to the upcoming *Diagnostic and Statistical Manual of Mental Disorders* (5th ed. [DSM-V]). The good news is how this community of counselors and scientists are beginning to explore the use of neurotherapy to treat posttraumatic stress disorder and related conditions. The bad news is that the *DSM-V*, which was originally scheduled for publication in 2007, may prove to be outdated before its ink dries in May 2012. Our neurobiological understanding of mental illness is progressing at such a rapid pace, it will be difficult to incorporate the flow of new insights about the brain and its dysfunction into any printed document, especially one established by innumerable committees.

The first *DSM* was published in 1952 and contained 60 diagnoses. Its first revision, *DSM-II*, was published 16 years later in 1968 and contained 145 diagnoses, more than double the original, which makes sense as the 1960s were a mentally trying time. The *DSM-III* was published in 1980 and bumped up diagnoses to 231. Its major revision, *DSM-III-R*, added 10 disorders per year for 8 years, and finally we arrive at the *DSM-IV* published in 1994 and containing 410 disorders, give or take a few, a 530% increase since inception. Obviously psychiatry is a growth industry. And yet 1994 is, psychologically speaking, a distant memory. Extrapolating from past publications, we

probably have 860 disorders to speak of and treat at this time. By May 2012, we will have to add another 150 on top of this increase. If this rate of increase holds, by year 2054 we will reach 10,000 disorders, and as we continue this log-linear evolution, disorders will surpass United Nations population projections by 2370, a diagnosis for every person alive. When will all this madness stop? When will the brain weigh in?

The brain always weighs in heavily in our study and treatment of mental disorders in the *Journal of Neurotherapy*. In this issue we introduce a new section, New Perspectives, to reflect the new and growing interest in neurotherapy tools and assessment techniques in the many mental health communities around the world. In this issue's New Perspectives, epileptologist Denise Malkowicz and Diana Martinez describe their success in treating a seizure-prone brain injured patient. Also in this issue, Cynthia Kerson, Richard Sherman, and Gerald Kozlowski describe a neurofeedback treatment regimen that was successful in remedying anxiety symptoms, and Kathy Berg and Dave Siever describe the use of audio-visual entrainment for treating seasonal affective disorder. Finally, Victoria Ibric, Liviu Dragomirescu, and William Hudspeth explain and discuss changes of brain connectivity during training, and we close the issue with our periodic summary of relevant articles published in other journals, News From Other Journals and Web Sites.

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Editor