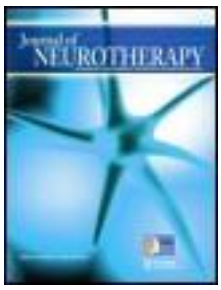

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Preface

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Preface

LOW ENERGY NEUROFEEDBACK SYSTEM: NEW IDEAS, TREATMENT, AND METHODS

My experience has led me to conclude that most patients/clients and professionals do not like learning about new treatment methods, especially those diseases and diagnoses related to brain functioning. For patients and clients, they are comfortable with simple information provided on many occasions and through visual media or reading. This media information is simple, easy to understand and presented repetitively. People become comfortable with the information and when they are comfortable with the information, they begin to believe that the information is true and not question the basis of the information. For professionals, a paradigm shift in how to treat a person with a diagnosis after they leave school/training is difficult when they learn that the treatment involves electronic machines and computers. For example, they are comfortable with the treatment methods of psychotherapy, medication and relaxation as they are simpler to understand, conceptualize and implement, and most importantly, the professional does not have to learn computer analysis or brain wave patterns. Professionals are trained with methods that seem intuitive and practical, but when they encounter a new treatment, they often use a criterion that is much higher than the criterion for currently accepted treatment models or like our clients/patients, they are comfortable with the information and do not question the assumptions. Often this culminates in a view of "no change" and we will do what we have always done because it is just too difficult to conceptualize or explain a new treatment; and besides psychotherapy and medication are good for many problems and diagnosis.

As you read this publication of the *Journal of Neurotherapy* on a treatment called Low Energy Neurofeedback System or LENS, please remain open to new ideas and technology that can help our clients and patients. I purposely did not use the word "new" as this treatment method was in development for 15 years. (In our quickly changing society, the word new is often innovative and positive, but in the helping professions, "new" is met with skepticism and questions.) I remember many years ago when Dr. Ochs discussed the combination of lights and EEG used during feedback and I was interested from the point of how one could use this treatment to decrease the number of sessions. This volume of the *Journal of Neurotherapy* provides our readers with an in depth look at LENS, provides a history of the treatment, and describes the potential for this technology to impact the field of neurofeedback or EEG biofeedback. This treatment has the potential to be another tool in our toolbox of helping patients with brain related diseases and diagnosis.

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