

Restorative Neurology Therapy Summary

Sharper Mind Centers® specializes in lasting treatment for cognitive disorders, including the inattentive and hyperactive subsets of Attention Deficit Disorder, auditory and visual dyslexia, rehabilitation for brain damage stemming from minor strokes or head trauma, and more recently, application of the therapy for the reduction or reversal of the effects of Alzheimer's and other aging processes in the minds of the elderly.

The Sharper Minds® program uses an advanced form of **neural-cognitive therapy** that capitalizes on the new concept of neuroplasticity. This therapy involves physical movement of the major muscle groups combined with multi-sensory mental stimuli (similar to stroke rehabilitation therapy), development of visual coordination and abilities, and cognitive processing skills through a carefully developed series of exercises of increasing difficulty. The

program involves components derived from **physical, occupational and stroke therapy, vision, auditory and balance therapy, memory and success skills** training and more.

Through the Sharper Minds neural-cognitive therapy program, the dysfunctional brain is encouraged to develop new neurons and dendritic pathways that were previously latent, atrophied, damaged or non-existent. Neurons and dendritic pathways do not develop overnight, nor are dysfunctional thought patterns and habits corrected within a few weeks. Thus, the program requires the commitment of an adult patient or the parents of a child patient to 12-14 months of therapy.

The therapy is an effective treatment for ADD/ADHD, as well as many of its look-alikes and comorbid conditions.

Patients on psychotropic medications are generally able to discontinue them within 8-12 weeks. In the few cases where significant past head trauma exists, or the patient also suffers from fetal alcohol syndrome or pre- and peri-natal hypoxemia, it may take longer for results to progress to the point where psychotropics may be discontinued. In very few cases, medications unrelated to attention span may be required beyond the completion of the program.

Treatment yields permanent improvements within the 12-14 month duration of the program. Future head trauma, substance abuse or other injurious behavior to the brain (i.e. situations that apply to all people) and the normal aging process in the elderly may diminish the long-term results.

In-office sessions are administered by professionals specifically trained in this advanced methodology, and the program is monitored and overseen by a physician (a licensed M.D.). To minimize therapy costs, we train the parents or adult patients how to perform the required exercises, and the therapy is continued and administered at home in between the weekly sessions.

The effectiveness of a predecessor of the program was validated by a long-term study conducted by Dr. William E. Hansen, a well-known researcher from Washington state. In his study of 293 patient families, he found a 96% plus satisfaction rate with notable improvements in cognitive function, behavior and academic performance. These results continue to be obtained by patients in our current setting.

Medical insurance or flexible medical reimbursement accounts that reimburse for psychotropic medications, related doctors' visits, counseling and psychological evaluations, should (and a number have), in consistency, also reimburse for this more effective form of treatment.

Further questions may be directed via the phone number listed below.

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Sharper Minds.

