



## WHITE OAK Counseling and Recovery

4695 N M37 Hwy, Suite A, Middleville, MI 49333

phone: 269-205-2402 ♦ fax: 269-205-2728

e-mail: [info@wocounseling-recovery.com](mailto:info@wocounseling-recovery.com) ♦ website: [wocounseling-recovery.com](http://wocounseling-recovery.com)

### Low Energy Neurofeedback System (LENS) Frequently Asked Questions

#### What is LENS?

LENS is a unique form of neurofeedback that helps the brain function more flexibly and optimally. It operates like a "reset" switch to help the brain get rid of old stuck patterns and become more adaptable.

#### How does LENS work?

Information from the brain is gathered using an EEG system and sophisticated computer software. This information is used to determine how much feedback should be sent back to the brain in the form of an extremely tiny electrical signal. This signal is thousands of times smaller than the signal from a cell phone, but it is powerful because it is similar to signals in the brain. This tiny signal causes a momentary disruption in the brain waves, which allows the dysfunctional brain patterns to correct themselves.

#### Is LENS effective?

The success rate for addressing a variety of symptoms is remarkable. Over 85% of clients who have used the LENS have benefitted significantly from it. Results can be seen quickly, often beginning within the first few sessions, and are lasting. Once the symptoms have resolved there is no need for continued sessions because the results endure over time.

#### Is LENS Safe?

The LENS is FDA approved for use by licensed health care practitioners. It is extremely safe and has never been known to cause a client's symptoms to be worse than they were before starting. LENS has been used by hundreds of practitioners for over 20 years. It is not experimental.

LENS addresses *symptoms*, not specific diagnoses. That being said, people with the following types of diagnoses have benefitted from LENS:

- ADD/ADHD
- Autism Spectrum Disorders
- Epilepsy
- Cerebral palsy
- Traumatic Brain Injury
- Fibromyalgia
- Migraines
- Learning Disabilities
- Bipolar disorder
- Depression
- Anxiety Disorders
- Post traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Eating disorders
- Sensory Processing Disorder

### **What symptoms can LENS address?**

LENS has been effective at resolving the following symptoms, among others:

- Attention and concentration issues
- Impulsivity
- Hyperactivity
- Anxiety
- Depression
- Obsessive thoughts and behaviors
- Memory problems
- Seizures
- Pain (including headaches)

### **How is LENS different from traditional neurofeedback?**

In traditional forms of neurofeedback, an EEG system is used to gather information about brain waves, and this information is transmitted to a computer screen. Games, movies, or other stimuli are shown on the screen, and clients attempt to train their brainwaves in order to play the game or keep the movie running. Traditional neurofeedback does not send any signals back to the brain. This type of neurofeedback typically requires 3 sessions a week lasting 45-60 minutes each, and requires 30-40 sessions to see results. Clients must be able to attend to the screen for extended periods of time, and must be consciously aware of what they are doing during the process. This type of neurofeedback also assumes that there is an "optimal" range of brainwaves that the client should achieve through treatment, and the program dictates how the brainwaves are trained throughout the process.

In LENS there is no need for the client to be consciously aware of what is happening during the process, as all the client needs to do is sit still for a few seconds at a time. A very tiny, brief signal is transmitted back to the brain and that signal does all of the work. Most clients notice changes in functioning within the first few sessions, and the average number of sessions required is much lower than traditional neurofeedback. Also, unlike traditional neurofeedback, LENS does not attempt to tell the brain what to do by training certain areas to increase or reduce brainwave activity. LENS simply provides the brain with a small amount of information that is slightly different than what it is already doing, and allows the brain to reorganize around that new information.

### **What diagnoses does LENS address?**

- Moodiness and irritability
- Sleep problems
- Restless Leg
- Teeth Grinding
- Stuttering
- Explosive behavior
- "Foggy" thinking
- Addictions

### **What exactly happens during a LENS session?**

During the session you will be seated in a comfortable chair where you can relax. Some cleansing gel will be applied to your ear lobes in order to remove any oils from the skin. A small sensor will be applied to each earlobe with some white paste to help them stick, and these sensors will remain in place for the entire session. The sensors have wires that connect to the EEG system. A third sensor will be moved around to various spots on your head in order to record brainwave activity of each site. Each site will be cleaned with a small amount of the cleansing gel, and the white paste will be used to affix the sensor to

the spot. There are 21 sites total on the brain that are measured, but these are only done one at a time (and hardly ever all in the same session). Once the sensor is in place for the site being measured, you will be asked to close your eyes and stay still for a couple of seconds. The computer will record the brainwave activity of that site, and the sensor will be moved to the next site on the brain. It is okay if a client cannot close their eyes, as we will just try to keep them as still as possible during the process. Clients who have difficulty sitting still can sit on a parent's lap, lay on the floor, etc. The number of sites treated at each session will vary depending on your symptoms, sensitivity level, and ability to engage in the process. Once the appropriate sites have been treated, a cotton pad with witch hazel is used to clean off any residue from the conductor paste that may be left on your face or head.

### **Does LENS cause any side effects?**

Any process meant to induce change has the potential to create some negative responses. Clients may experience temporary fatigue, mental "fogginess", a "wired" feeling, difficulty sleeping, irritability, or headaches. Children may experience any of these responses as well as temporary episodes of day or night wetting. It is important to note that these are temporary, generally appearing and subsiding within 24-48 hours of the LENS session. While LENS has never been known to create any new unpleasant side effects, it can temporarily exacerbate current or previous unpleasant symptoms.

### **How many sessions of LENS are needed to see improvement?**

Most clients notice some degree of change within the first 3 sessions, and many after just one session. The average number of sessions needed to achieve lasting change for most symptoms is 20. However, chronic symptoms and more severe issues (such as autism spectrum disorders, severe depression, genetically-based mood disorders, etc.) generally require many more sessions to achieve lasting improvement. On the other hand, symptoms from mild traumatic brain injury and stress-related disorders often resolve in 3-6 sessions.

### **How often do I need to have LENS done?**

The frequency of LENS sessions is determined on an individual basis. That being said, most clients who are local to our clinic come for LENS sessions on a weekly basis. It is possible for long-distance clients to come to the clinic for a week or two in order to do LENS sessions daily, provided they are able to tolerate that frequency. For clients who are highly sensitive and reactive, having LENS done every 2 weeks may be sufficient.

### **Can I stay on my medication while using LENS?**

Yes, clients should stay on their current medication regimen when starting LENS. There is no need to stop or reduce medication, and decisions about medication changes should only be made with the prescribing physician.

### **Where can I learn more about LENS?**

The LENS website, [www.OchsLabs.com](http://www.OchsLabs.com), is a good source of general information as well as case studies. The Healing Power of Neurofeedback by Stephen Larsen is an excellent book about LENS and includes information on its use with many different populations. This book can be found on Amazon.