



## Press Release

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### **The Family Center utilizes computer games to “Retrain the Brains” of young clients.**

**The latest computer based therapies address anxiety, depression, ADHD, brain injuries and more at The Family Center.**

Ellicott City, Maryland, March 28, 2011- The Family Center now offers two cutting edge therapies, Neurofeedback and Cognitive Training. Children and adolescents work through game scenarios, view computer images of their brain activity and receive musical feedback in programs that are resulting in long lasting changes in brain function. The Family Center’s psychology associate, Anne Arena, MA, CAS, works with clients, developing a comprehensive non-medical treatment plan with these new therapies, to address their unique issues. Her clients are having tremendous results; children that have been told for years to “pay attention” now have a plan and are learning how.

Client training using the Neurofeedback and Cognitive Training programs starts in The Family Center’s Howard County office, often followed by development of an at home program. Ms. Arena finds the positive results of the latest treatments “exciting, compelling and effective for attention issues, learning problems, anxiety and depression.” Due to these therapies being part of a comprehensive treatment protocol, they are typically covered by health insurance. The programs are helping students with learning and emotional challenges to learn to function independently and more efficiently without the use of drugs.

Neurofeedback is a computer based program that provides a view of brain activity on the screen as clients complete exercises, teaching them to adjust their thinking in order to meet established goals. Clients view brain wave feedback through graphs while playing games such as tree climbing, racing or when playing CD’s and DVD’s.

With practice The Family Center young clients are learning to focus, improving their moods, controlling hyperactivity and reducing anxiety.

Cognitive training utilizes “computer games” to enable clients to better organize, process and learn more efficiently. Activities promote experimental learning and work to improve memory and problem solving. The Family Center’s clients with ADHD, brain injuries and learning disabilities using these programs are becoming highly motivated, independent learners.

The Family Center newest therapies, Neurofeedback and Cognitive training interventions, offer students therapy tools in a format they are comfortable with, computer games. With exercises often completed at their home, moving at their pace, it reduces anxiety, a key to achieving success. From athletes with a history of concussions to fourth grade students with ADHD, The

Family Center psychology associate Anne Arena, CA, MSA, patients are achieving tremendous success, identifying ways to focus and complete tasks in shorter periods of times. While maximizing personal learning potential is the goal of these treatments.

### **About The Family Center**

Dr. Gail Walter and the professional team at The Family Center have been offering a broad range of therapeutic skills for children, adolescents, adults and Maryland families for the past 25 years. Neurofeedback and Cognitive Training programs, are two of the cutting edge and supplementary therapy approach offered by the center. Other therapies include the Mind/Body Fertility therapy program, a holistic approach to infertility developed by a Harvard Associate Professor and the Parent Empowerment Training Program, with live parental coaching. The dedicated team at The Family Center offer comprehensive and effective services including Counseling, Psychological and Psychiatric services under one roof.

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For more information or to schedule an interview with Anne Arena, MA, CAS or Dr. Gail Walter, call 410- 531-5087 or e-mail the familycenter2@msn.com

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