

Anxiety (Nervousness)

What is Anxiety?

According to the *National Institute of Mental Health*, almost 20% of U.S. adults and 32% of adolescents reported having an anxiety disorder in 2017. In addition, it appears as though anxiety is understandably more prevalent during the Covid-19 pandemic, including the subsequent impact on people's everyday lives. Anxiety may manifest in different ways and to varying degrees depending on the level of stress and whether there is a genetic component. Symptoms of anxiousness may include anxiety attacks, nail biting, inability to be still, substance dependency, insomnia, a jumpy leg, or even simply a general sense of ill-ease.

What is the LENS?

The LENS, or *Low Energy Neurofeedback System*, is a unique and effective form of neurotechnology that targets the central nervous system and utilizes real-time brain waves to help alleviate symptoms, optimize functioning, and reclaim neurological and physiological potential. Results can be seen quickly, often beginning within the first session, and are lasting. It may be utilized as the primary treatment approach, or as an adjunct to other therapies. Clients across the lifespan, from young children (3 months old) to the elderly, and animals have benefited from LENS therapy.

What makes the LENS different from other forms of neurofeedback?

Each person's brain waves (EEG signals) are unique to them and are constantly changing from moment to moment. Utilizing these EEG *fingerprints*, the patented LENS technology matches the feedback to each person's own physiological (neurological) profile in real time. Other forms of neurofeedback may require 40-80 sessions to elicit change and require much more time per session to obtain results.

The LENS is more efficient, requiring fewer sessions:

- Anxiety is often the first symptom clients report dropping with consistent LENS sessions.
- Anxiety can be addressed in as little as 6-8 sessions, and 12-15 sessions if anxiety runs in the family.
- Average duration of treatment is from a few seconds to several minutes.

What Are the Benefits of the LENS?

- Symptoms decrease or resolve quickly, with clients reporting noticeable differences within a few sessions.
- Over 85% of clients have benefitted significantly from the LENS.
- Changes are enduring, meaning there is no need to receive LENS on an ongoing basis.

What Does Treatment Look Like?

In your first session, you will complete 3 questionnaires that your LENS Provider then uses to customize a treatment plan unique to you and your physiology. During a session, sensors are placed on the head or body and used to monitor the real-time brainwave activity being emitted at the skin surface. Your brain waves are unique to you—no two people's are the same, and they change from one moment to the next. The LENS identifies your unique EEG signature, and uses this information to provide custom feedback.

With a typical anxiety symptom presentation, the client begins to experience relief from their symptoms (anxiety attacks, nail biting, inability to be still, substance dependency, insomnia, etc.) within the first 1-3 sessions. Symptoms have been shown to decrease significantly or resolve within 2-15 sessions with the LENS, making it a fast-acting modality. And the results are enduring.

LENS PROVIDER TESTIMONIES

"In the past 17 years I have used 10 different neurofeedback systems. The LENS is the most user-friendly of the systems and produces the fastest results, to the delight of my patients and myself."

- D. Corydon Hammond, Ph.D., BCIA-EEG, ECNS, International Society for Neurofeedback & Research, Psychologist & Professor, University of Utah School of Medicine

"I have been providing neurofeedback services for 14 years. Several years ago I acquired a LENS to use along with my other units. To my surprise, I now use the LENS, and only the LENS, for about 70% of my clients because it is more effective and efficient."

- Douglass L. Starr, Ph.D., Clinical Psychologist

"I was astounded by the power and effectiveness of the LENS. I use it both alone and in conjunction with psychotherapy with uniformly positive results. I love the increased therapeutic effectiveness that the LENS offers."

- Jeffrey S. Rutstein, Psy. D.

"Although I have been using Neurofeedback with patients for well over twenty years and have four other systems active in my office, I now always start patients with LENS neurofeedback because it most consistently brings patients relatively quick relief of their distresses and disturbances and sets them on a course of a more fulfilling and spiritually balanced life. I've never before had so much fun helping so many tough cases."

- Thomas M. Broad, MD

RELEVANT LITERATURE

Hammond, D.C., Editor (2007). LENS: The Low Energy Neurofeedback System. Binghamton, NY, The Hawthorne Medical Press.

Larsen, S., Harrington, K., & Hicks, S. (2006). "The LENS (Low Energy Neurofeedback System): A Clinical Outcomes Study of One Hundred Patients at Stone Mountain Center, New York." *Journal of Neurotherapy*, 10(2-3), 69-78.

White, Christine (2008). "Restoring Optimal Brain Function Helps Many Health Problems: ADD, Autism, Depression, Fibromyalgia, Anxiety, PTSD, Learning Disorders, Strokes, Parkinson's Disease, Multiple Sclerosis." *Townsend Letter, The Examiner of Alternative Medicine*.



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