

NEWS release



Perkins

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PERKINS TO OFFER NEW EVIDENCE-BASED NEUROTHERAPY SERVICES

Lancaster – The Perkins Neurotherapy Center in Lancaster will provide state-of-the-art, neuroscience-based treatment services to individuals who struggle with a range of emotional or behavioral problems. Evidence-based neurotherapy (also referred to as “EEG biofeedback” or “neurofeedback”) refers to a range of therapeutic approaches that seek to modify brain patterns that are associated with psychological dysfunction. Treatment typically begins with an objective assessment of an individual’s brain activity via quantitative electroencephalography (QEEG). The results of the QEEG and other objective psychological measures lead to the creation of an individually-tailored training program in which people learn to change their own brain patterns to correspond to those associated with positive changes in physical, emotional, and cognitive states.

Evidence-based neurotherapy approaches are non-invasive. They do not involve surgery or medication, are neither painful nor embarrassing, and are not associated with any significant negative side effects. Neurotherapy approaches have been shown to be effective for improving self-regulation difficulties associated with a wide range of psychological conditions, including ADHD, Asperger/autism, anxiety, depression, epilepsy, traumatic brain injury (TBI), sleep difficulties, and substance abuse. For some children who have difficulties with attention and impulsivity associated with ADHD, recent studies have demonstrated that

neurotherapy can produce strong positive effects equal to or greater than stimulant medication. Research has also shown that youth who participate in neurotherapy treatment typically show a far greater lasting effect (e.g., maintain positive gains over 6 months post-treatment) than youth who are treated with medication. As a result, evidence-based neurotherapy approaches for ADHD have recently been designated a “Level 5 - Efficacious and Specific” category of treatment, consistent with the American Psychological Association’s rating system for treatments demonstrating the highest level of clinical efficacy.

Neurotherapy services at Perkins will be provided under the direction of Robert Davis, Psy.D., a licensed clinical psychologist with over 20 years of experience working with both adults and youth. Dr. Davis is board certified in evidence-based neurotherapy by the American Neurotherapy Association, a diplomate of the Society for the Advancement of Brain Analysis, and is board certified as a QEEG technologist. Dr. Davis completed his doctorate at Rutgers University and post-doctoral training in both behavioral medicine and trauma at Harvard University Medical School. “We are delighted to offer this proven treatment option to children and adolescents from throughout the region. Dr. Davis is an expert in the field of neurotherapy and we anticipate a very favorable response to this new treatment option at Perkins,” said Laura Beckman, Chief Operating Officer at Perkins.

Services are expected to be available in late August. For more information about Perkins Neurotherapy Center, please contact Dr. Robert Davis at bdavis@perkinschool.org or 978-368-6443.

Perkins is committed to healthy child development and the treatment of mental illness and behavioral disorders in children and adolescents. Perkins provides residential and day treatment services to hundreds of children and families and has provided intensive support to children with a variety of challenges since 1896. Perkins also operates a community mental health clinic, a therapeutic horsemanship program, a summer camp, and a child development (day care) center. In recent years, Perkins has widened and improved its continuum

of services and has established goals that are focused on new treatment models involving prevention and early intervention. More information about Perkins can be found at www.perkinsprograms.org.

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