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Automated neurofeedback brain-training as a primary addictions intervention

Neurofeedback brain-training has a significant presence in the literature for its efficacy in alleviating the symptoms and behavioral manifestations that significantly challenge recovery from addictive disorders, with no enduring negative side-effects. It is considered a behavioral intervention in that it teaches the brain to better manage its own brain-wave activity, leading to reduction of 80-85% of symptoms in the first 30-40 training sessions. Brain-training has shown efficacy in alleviating symptoms of ADHD, depression, PTSD, insomnia and many other neurological conditions that co-occur with addicted populations. Barriers to broad-based implementation clinical and subclinical settings include cost of equipment, lengthy, in-depth training requirements, and a lack of clear guidance in developing and implementing brain-training protocols specific to each individual's brainphenotype. Automated Psychophysiological assessment and EEG Biofeedback training systems demonstrate equal efficacy as clinician-guided EEG Systems. We propose that Automated EEG Biofeedback systems have evolved to differentiate and train a multiplicity of brain-phenotypes related to symptoms of addictive disorders as well as many other co-occurring psychophysiological symptoms. These systems decrease the cost of brain-training significantly, reduce the training and experience requirements for brain-trainers, and will increase recovery potential in nearly all addiction treatment models. The aim of this report is to illuminate the broad understandings of automated neurofeedback brain-training as an essential primary intervention in addictions treatment.

Biography

Don began his career in mental health as a US Navy Substance Abuse Program manager. With over two decades in the field as a private practitioner, university professor, and innovator, he brings his understanding of psycho-physiology to bear on treatment modalities that directly address the underlying brain-rhythms that drive nearly all mental health disorders. Dr. Don is a full-time professor at National University, teaching addictions, psychology, and human behavior courses. He has recently published several articles articulating the broader application of Automated Neurofeedback Brain-Training as a primary mental health intervention. He has "brain-trained" hundreds of individuals under psychiatric/psychological care with outstanding results.