



# *NSI* The NeuroScience Institute

Neurological Tests & Treatments

## Why Can't He/She Stay Focused?

The frontal region of the brain generates energy/neural activity so you can concentrate for as long as you need to in order to complete a task. In ADHD, BIPOLAR, OCD the **frontal region of the brain** is typically **underactivated** (thus underfunctioning). In PTSD and trauma cases, an over activated amygdala can attribute to the disorder. The limbic system, moreover the amygdala region hijacks neurotransmitters that would normally flow to the pre-frontal cortex. As a result the Patient is not able to generate enough energy in the frontal area of the brain to sustain executive functions, logic and reasoning, emotional regulation, concentration on routine, mundane tasks which include academic tasks.

## **ADD (Attention Deficit Disorder) or ADHD, BIPOLAR, OCD are neurologic disorders often set up by a PTSD or trauma.**

The labels ADHD, BIPOLAR, OCD can be misleading because many Patient's diagnosed with ADHD, BIPOLAR, OCD are not hyperactive, have no behavioral problems, but have significant problems with staying focused, being easily distracted, and completing tasks without being monitored.

The disorder is diagnosed more frequently in males than in females. **Patients with ADHD, BIPOLAR, OCD, EMOTIONAL DYSREGULATION** may continue to struggle with the "inattentive" symptoms and are at increased risk for academic underachievement, resultant low self esteem, easily escalate into anger, car accidents, alcohol/substance abuse, employment and relationship problems.

## Core symptoms

### ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION (Inattentive type)

- Inattention
- Easily Distracted
- Difficulty finishing tasks such as homework without supervision
- Poor short term memory ( i.e. difficulty following a series of instructions)

### ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION (combined type including hyperactivity and impulsivity)

- Inattentive symptoms (as listed above)
- Impulsive (acting without thinking of the consequences)
- Hyperactive (fidgety and/or difficulty sitting still)

## The Patient's Behavioral Problems May Be Neurologically and Psychologically Caused.

The **frontal region of the brain inhibits motor activity and impulses**. If this region is underactivated, then the Patient's motor activity may not be inhibited adequately, thus you will have a **hyperactive or fidgety Patient**.

This **underactivation** also causes the Patient to act on their impulses spontaneously (interrupting, blurting out, reactive) unable to think of the consequences. They are behaving normally for their brain, but their frontal brain is **not inhibiting their impulses**. This is the way their brain works, so they may not understand why they are being criticized. Thus, they may feel they are being criticized unfairly which can eventually lead to reactive **argumentative behavior**.

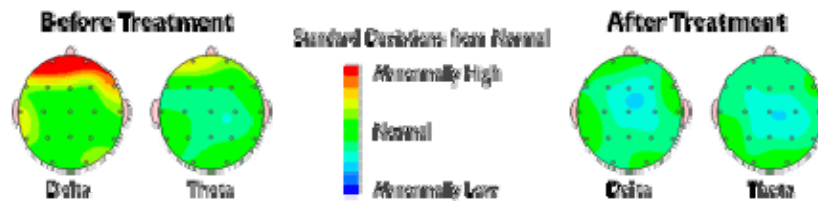
## Proper Diagnostics Are Essential For Proper Treatment

Historically insurance driven, the **diagnosis of ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION** is based on a cluster of clinical symptoms without looking at brain functioning, though the symptoms are neurologically and often set up psychologically. ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION are not a single disorder and the diagnosis itself tells you nothing about the origin of the symptoms. Only studying brain functioning and individual therapy can provide those answers.

Using modern brain science the Crosby Center utilizes qEEG brain mapping, SPECT-brain photo imaging and multiple integrated therapies to better pinpoint the areas/brainwaves that are causing or contributing to the Emotional symptoms and ultimately the personality and behavior of the patient..

Treatment using (biofeedback) and EEG (neurofeedback) is individualized based on the patient's brain map. "**One size does not fit all**". A brain map for an ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION patient is as important as an EKG (electrocardiogram) is for a heart patient. The more information the treatment team has on what is causing the patient's symptoms, the more effective a treatment plan can be developed using **Neurofeedback**.

As is true with any medical test, the brain map findings need to be correlated with the patient's clinical symptoms and evaluation to determine optimal EEG Biofeedback protocols.



- Underfunctioning of the frontal regions of the brain can result from too many slow brainwaves (**delta or theta**) or too few fast brainwaves (**beta**).
- Difficulty with **impulsivity** tends to show more frequently in **right frontal lobe** abnormalities
- Patientren with ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION who are **emotionally over reactive** or excessively tantrum, typically show excessive slow brainwaves in the **right temporal lobe**.
- Patient's with ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION who have difficulty with **social cues** frequently have abnormalities in the **right posterior region**.

If you or a family member need help, please **fill out** the confidential Online contact form and ADHD, BIPOLAR, OCD, EMOTIONAL REGULATION symptom checklist. Our Center will contact you to arrange a telephone screening consultation to assess if we can help you. There is **no charge** for the screening consultation

The Crosby  
Centers

11828 Rancho Bernardo Rd, Ste.201-207 San Diego, CA 92128 TEL: 858-385-9399: FX:858-569-2342 [www.crosbycenter.com](http://www.crosbycenter.com)  
A Team of Physicians " PROVIDING INDIVIDUALIZED TREATMENTS " Effective & Absolutely Confidential

Applied Psychological Services  
NeuroScience Institute  
Advantage Intensive Outpatient Programs  
AAE Retreats