NEUROFEEDBACK: A Revolutionary New Drug Free Treatment for PTSD, ADD, ADHD, TRAUMATIC BRAIN INJURY, DEPRESSION And Other Maladies


On December 15, 1999 a local woman’s life was changed forever. Deborah DuSold, a practicing molecular biologist with a great future ahead, had her life changed in seconds when she was involved in a serious car accident. Her prognosis: Traumatic Brain Injury due to the accident. The medical doctors who helped her physically recover told her upon evaluation that her mental condition would be as good as she was going to be. They stated there was nothing else they could do for her.

For two long years she could not hold a job and went through very hard times. She would have memory lapses sometimes over a hundred a day. As she slowly recovered some capabilities after two years she was able to get an income again as she searched for treatment to help her recover totally. Her extensive research led to a new treatment therapy called neurofeedback also called EEG biofeedback. It is based on electrical brain activity called the electroencephalogram, or EEG. This treatment did not require any drugs and with its years of research and successful outcomes gave her great hope once again.

Through the use of this revolutionary new therapy she has not only recovered but has actually gotten a much better memory today than ever before. Because of her own personal experiences with neurofeedback, she is now dedicating her life to helping others. Fortunately for people living in Tucson, Ms DuSold has a company called MindWorks Studio located in Tucson providing neurofeedback treatments. She has surrounded herself with other professionals offering an assortment of alternative therapies including neurofeedback. They search for the “cause” of the problem to treat not just treat the symptoms. Their goal is optimum mental and physical condition.

Several months ago I attended a lecture conducted by this remarkable woman, and it inspired me so much I have spent the last few months researching neurofeedback. I have found that it not only helped people to recover from Traumatic Brain Injury but also has worked wonders with people around the globe with conditions like PTSD, ADD, ADHD, DEPRESSION, SLEEP DISORDERS, SEIZURES, and REVERSING AUTISM and a long list of other maladies. The research and development of neurofeedback has been conducted over 40+ years and now is practiced all over the world with great results. The list of successes from this method is long and covers many conditions.

I decided the best way to describe how the method worked is by experiencing a ½ hour neurofeedback session myself. It was definitely a unique experience and if you look at the slide show below you will see some of my own “brain images” taken during the session utilizing the program BrainPaint. Besides viewing changing images during the procedure, I was equipped with headphones and could literally hear unique sounds that sounded like music. When I asked what music I was listening too, she stated that it was the sounds of my own brain. The brain-painted beta images are unique just to me. Yours will look
totally different.

Each person has their own brain sounds, as well as distinct images. This session took place after I completed an extensive questionnaire about any symptoms I may need treating. After the questionnaire, the computer program we were using made the evaluation of what area of my brain should be activated and at what frequencies and the time required for each. I was hooked up to the machine by wires attached to certain areas of my skull and my ear lobes. By using only my mind I was able to keep focused on the images and if I would let my mind wonder then the images on the computer screen would notify me to relax and refocus. It was truly an amazing experience.

The associates working with MindWorks Studio utilize a number of treatment programs depending on the client’s need. Young children may have a treatment similar to a video game completely controlled by their mind. No conscious thought would be used. Adults with sleep disorders would use a different program than would an adult with a drug addiction. These scientific programs treat the CAUSE of the problem unlike a drug that treats the symptoms.

I will be writing a series of articles about the positive effects of neurofeedback in the near future. The knowledge I reveal will give hope to many suffering needlessly today or becoming dependent on pharmaceutical drugs. Since I have been a substitute teacher K-12 for over 6 years in the Tucson area I know first hand about children with learning disabilities, ADD, ADHD, AUTISM and seizures. I have personally seen the stress on the kids struggling as well as the obstacles the parents have to endure. With this “drug free” treatment, they will learn “another way” to treat these problems and once again have great hope for the future of their children.

If you are expecting the “magic bullet” to reverse major problems in your life with one short treatment this is not reality. There is no treatment in the world that can accomplish this. With proper guidance by trained professionals, neurofeedback has the potential to be one of the most powerful “non-drug” treatments available with proven results. In my future articles, I will give lots of reference materials for you to read and research, online links to sites and videos showing you the positive results achieved in a majority of cases. I will also give you links and information of other sources and alternatives to explore.
particularly when it comes to ADD, ADHD, and AUTISM.

Athletes, CEOs, and others wanting to achieve top performance are presently using Neurofeedback. It has proven to be extremely effective.

Below is a list of the staff available in Tucson through MindWorks Studio. If you would like to find out about practitioners in other cities or other countries, please call Ms DuSold and she would be happy to direct you to sources that can help you. Her website is being redone at present.

MindWorks Studio: 2230 East Speedway, Suite 120, Tucson, AZ 85719

Phone: 520-762-7642

Milan Sampat PhD

Dr. Milan Sampat is a Doctor of Transpersonal Psychology, Licensed Professional Counselor (Georgia), and Certified Hypnotherapist with over 15 years of experience in individual, couples, family and group counseling. He holds a Master’s in Professional Counseling from Georgia State University, specializing in Health Psychology and Behavioral Medicine. Milan draws from traditional cognitive behavioral therapy and psychoanalysis to progressive therapies such as Somatic Psychology, Clinical Hypnotherapy, Buddhist & Yoga Psychology and Energy Medicine.

Dr. Sampat’s clinical expertise includes children, adolescents and adults with depression, anxiety, trauma and substance abuse, guiding them to their life purpose. His creativity and success lies in designing personalized treatment plans for his clients with expertise in facilitating individual, group and family therapy. Additionally, as a clinical team leader and adjunct faculty, he has lectured worldwide. Milan has also developed and presented workshops, classes and seminars on various topics including: mental health, academic education, and metaphysical growth.

Dr. Sampat developed his eclectic clinical and research background from working with prestigious institutions such as: Emory University, Charter Hospitals, Devereux Foundation, Georgia Mental Health & University System. These unique experiences, paired with his intuitive abilities, allow him to serve as a bridge between traditional medical and psychological therapies and diverse alternative therapies.

(Milan also worked in Brazil with John of God for two years!)

Larry Honig PhD

Larry has a doctorate in Psychology from Saybrook Graduate School and Research Center. He is a psychotherapist, LENS neurofeedback practitioner and researcher. He specializes in working with people with traumatic brain injury.

Bill Wolf LCSW has been a practicing psychotherapist in Tucson for the past 18 years. I specialize in the treatment of individuals and couples with difficulties ranging from relationship problems, to phobias, to sleep disorders. I often use a combination of talk therapy, neurofeedback and energy work known as EFT (Emotional Freedom Techniques). My working premisis is that people are basically healthy and often struggle with challenges that interfere with realizing their strengths and ability to enjoy their lives. My work is 12-Step friendly and I have extensive experience working with people in many areas of recovery.
Bill Coleman LMSW is a certified Psychodrama Trainer and a neurofeedback practitioner. He has instituted a new model of diagramming defensive strategies for trauma treatment to help trauma sufferers bring into focus what happened to them and how they have coped. He has also created many psychodramatic action structures for substance abuse treatment. BrainPaint neurofeedback is now an integral part of his practice. Bill served as a Captain in the U.S. Army during the Vietnam War. He says to his patients, “I am no stranger to trauma, and you will not be alone as we go on the recovery journey together.”

Kyle Neeley NMD, a licensed Naturopathic Physician, Acupuncturist, Prolotherapist, Mesotherapist and Physical Medicine Specialist that has trained all over the world. Over the past 25 years he has helped patients reach a better quality of life in over 48 states, 80 cities and 4 countries. Website: http://drkyleneeley.com/

Dr Chris Zimmerman D.C. is a chiropractor committed to providing pain relief for many symptoms and conditions to maintain a higher quality of life. Dr. Zimmermann uses a “whole person approach.” This approach to wellness means looking for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function. Using this unique approach, Dr. Zimmermann is able to help a patient to accelerate and/or maintain their journey to good health.

Bonnie Phelps, PhD trained at the American Medical College of Homeopathy. Bonnie practices Classical Homeopathy or Hahnemannian Homeopathy. This method follows the teachings of the founder of Homeopathy, Samuel Hahenamann.

A Homeopath will take a detailed medical history (including physical and emotional symptoms) from a client, and then personalize the remedy to heal the whole person. Homeopathy is holistic. It treats all the symptoms as one, which means it addresses the cause, not the symptoms.

Carol Neuhauser

The Divine Midler once introduced Carol as the “facialist to the Stars”. She has had the honor of working with over 100 well-loved celebrities, sports figures, politicians and captains of industry. Carol worked at Canyon Ranch for 30 years and has now done an “about face” and opened her own private salon. A facial from Carol is a spiritual experience.

Cora Jacobson has been providing massage therapy since 1998, and specializes in myofascial release and shiatsu. In 2009, she became certified in holistic nutrition and began offering nutrition counseling and classes. Cora believes in the body’s ability to heal itself, and her work is a source of support for that process. Visit her website at www.touchofradiance.com or call Cora at (520) 975-6355 for more information.

Joe Pinella

Mr. Pinaella teaches Qigong at MindWorks Studio. Joe was paralyzed in a car accident 20 years ago. Instead of listening to the therapists telling him to get accustomed to being disabled, Joe healed himself using Qigong.