

July 2011
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First Annual
Recovery Ride



Saturday
July 30, 2011
Courage to Change
Addiction Recovery
Ranches

Staging Area – Walmart
Parking Lot
11101 S. Parker Rd.
Parker, CO

10:30 am

Cost: \$30 per rider \$15
per guest (includes BBQ)

T-Shirts for
1st 100 Registrants by 7/21

Final Card pick up at
6234 Crowfoot Valley Rd.

BBQ &
Auction Party Follow

Download
Registration Form



Nursewing.com

Sobriety is a journey...
Of broken dreams....Renewed
Of withered faith...Revived
Of self esteem...Reborn.

It is a road not walked alone,
but in the company of many,
Where tears are understood,
Pain -- an avenue to freedom,
And fear an accepted
response.

It is a way of life...
Where the gift encountered
Is hope.



Neurofeedback System: Restoring the Brain to Optimal Functioning

**Neuro-Psycho-
Physio-Spiritual-Logical
Regime
for
Sustainable Addiction
Recovery**

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dr.jmiller@c2cranches.org

By Judith Miller Ph.D.
CEO & Founder

The Courage to Change
Ranch program now in its
8th year of promoting
behavioral health is
comprised of
7 Components of Care



The first and most important component is designed to rebalance neurotransmitters and restore the brain to optimal functioning. Based on the knowledge and understanding that addiction is a brain disease, we have adopted the slogan: 'Use Your Brain for a Change.'

The latest edition to our scientific regime for repairing the addiction damaged brain is L.E.N.S. Neurofeedback System. Dr. Len Oches, clinical psychologist trained in biofeedback, was the inventor of LENS. Dr. Oches refers to his invention as "The gift that keeps on giving." The best way to describe this gift is: Multiplicity – for its positive effect on so many domains of physical and mental health.

LENS has effectively improved the symptoms of a myriad of disorders. To name a few: Autism Spectrum Disorders, Anxiety, ADHD Cerebral Palsy, Head Injuries (TBIs), Spinal Injuries, PTST, Seizure Disorders, Reactive Detachment Disorder, Asperger's Syndrome, Learning Disabilities, Sleep Disorders, Epilepsy, Explosive Disorders, Tourette's Syndrome, Tics, Panic, Anxiety, Obsessive Compulsive Disorder, Anxiety, Depression, Phobia, and Bipolar Disorder.

Upon discovery of this treatment regime, C2C realized that most of our clients come into our program with many of those symptoms or disorders listed above – so why not apply LENS to addiction? We did and we are having resounding results. Marvelous improvement is the best way to describe an addict's behavior and symptoms after only a few treatments.

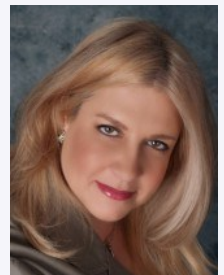
A client jokingly referred to LENS as 'electroshock' therapy, but in fact it has no more potency than the electrical charge from a watch battery. "Less is more," states Dr. Len Oches founder of the Low-Energy Neurofeedback System (LENS). He further states:

What we have stumbled upon is a bunch of anomalous findings and observations, and they do not fit within the current medical-scientific frame of reference. So I get a lot of skeptical doctors who say: "The results are impossible, so you're really not believable!" But guess what? This is the leading edge of science. This is where science comes from, from the realization of the anomalous.

C2C is in the midst of preparing the first anomalous findings of the LENS application for addiction. Watch for the headlines! For more information on LENS: <http://www.ochslabs.com/>

Neuro-feedback in the Treatment of Addiction

Ezine
By Dr. Clare Albright



Neurofeedback seems to be especially effective in treating conditions or diseases that are affected by stress. In short, the neurofeedback helps correct the feelings that would normally arise during times of stress, by re-training the brainwaves to modulate at frequencies that are more consistent with a calm, non-stressed state of mind and body.

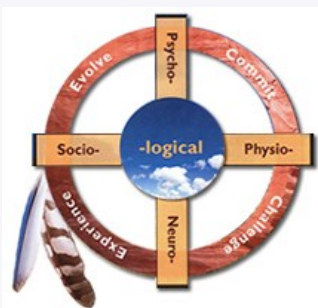
How successful is neurofeedback for alcoholism? One recent study found that, during a twenty-four month observation period after the neurofeedback therapy sessions had ended, eight of the ten participants did not drink. Interestingly, all of the participants in the non-neurofeedback group started drinking again during the same twenty-four month period.

What makes neurofeedback therapy so successful in the treatment of alcoholism?

Just ask anyone why they started to drink again after quitting, and they'll say "The cravings!" When asked to describe "cravings" in terms of how it feels, it's not too surprising to find that the feelings are identical to feelings of stress. In fact, stressful situations can often trigger a setback, even in someone who has remained sober for some time. Could it be as simple as no stress, no craving?

For those who have been so successful leaving alcohol behind because of neurofeedback, it would seem so. Ask them what they like most about drinking and they will tell you "It relaxes me!" Again, in the absence of stress, we find none other than--you guessed it--relaxation.

Up to this point, we have not mentioned drugs, but have only been talking about alcohol. However, alcohol is a drug, and people who are addicted to drugs like cocaine struggle with the cycle of quitting and relapsing for pretty much the same reasons that alcoholics do. **Continued on next page....**



Neurofeedback in the Treatment of Addiction

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You may hear that one drug is far more addictive than another is, but at its core, that means that the feelings and cravings are stronger. Which means that neurofeedback therapy can be just as successful in treating drug addiction as it is with alcohol addiction.

Perhaps the most exciting aspect of neurofeedback therapy is the fact that for many conditions, the results tend to be far more resistant to change when compared to other methods of treatment. Some researchers have even hinted at the results as being permanent. Not only that, but when used in conjunction with other types of therapy, neurofeedback has the potential to radically increase the overall effectiveness of any treatment, resulting in a very favorable outcome.

Any time we can assist someone in moving from a stressful state to a calm and relaxed frame of mind, and keep him or her from engaging in addictive and destructive behavior, we will have significantly increased the probability for success. Fortunately, with neurofeedback, this is not only possible, but it is predictable as well.

Many people have already set themselves free from drug and alcohol addiction with the help of neurofeedback therapy. The brain can be trained not to experience stress in a context that had been stressful before. Then, where you once found a craving, you will now find peace.

[Read Full Article...](#)



A Choice to Speak Up!

Sober in the City

Written by Debbie Strand July 09, 2011

Executive Director

Freedom From Addiction Foundation, Inc.

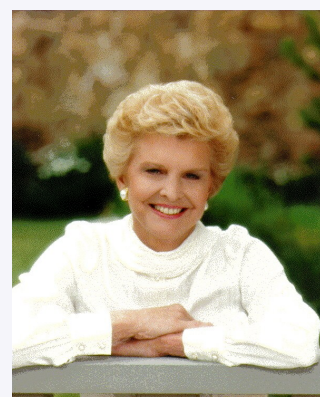
Betty Ford was a true pioneer in speaking out about addiction and recovery. As I heard the news of her passing away, I thought about her being one of the bravest women who was speaking out about addiction in the late 70's.

I have been met, at different times, with difficulties in my personal relations for being as out spoken as I am about my addiction and recovery. I really admire Mrs. Ford for doing that so many years ago when recovery was not as popular as it is now.

I remember being on my first radio show and having to do a local news piece where video of me was going to be used. My first thought was run! My second thought was all the famous people I had looked up to and had gotten inspiration from their written and spoken words about their addiction and recovery and decided to do the piece.

Addiction and recovery are a huge part of my life and to try to hide it in the shadows and to not speak in as large a format as I can find, would feel like a waste of all I have been through. It was not my original idea to tell the world that I was a crack head, black out drunk and a junkie. When I see it helping other people, it makes it all worth it.

There will be people from time to time who just won't get it but I keep being pointed in the direction of being an advocate of recovery. This is what I will do and I thank people like Mrs. Betty Ford for paving the way. For those of you who don't understand...I hope you never have to.



Betty Ford, the widow of late President Gerald Ford and a co-founder of an eponymous addiction center in California, died at the age of 93 on July 8, according to the director of the Gerald R. Ford Presidential Library and Museum.

She was noted for raising breast cancer awareness following her 1974 mastectomy and was a passionate supporter of, and activist for, the Equal Rights Amendment. Pro-choice on abortion and a leader in the Women's Movement, she gained fame as one of the most candid first ladies in history, commenting on every hot-button issue of the time, including feminism, equal pay, ERA, sex, drugs, abortion, and gun control. She also raised awareness of addiction when she announced her long-running battle with alcoholism in the 1970s.

Are You Worthy of Love?



Creative Care

Written by Kim Murphy

May 28, 2011

Brene Brown, a self-proclaimed "researcher/storyteller", says that our ability to feel loved and accepted comes from having the belief that we are worthy of love and acceptance. Huh? Basically, we have to buy it. If we don't allow it to be true, it won't be. But how do we allow this to be true for us if we don't feel it?

As a research professor at the University of Houston Graduate College of Social Work, Dr. Brown studies vulnerability, courage, authenticity and shame.

She looked for the common themes in people she studied who believe they are worthy of love and found this:

1. **They were courageous or "whole-hearted" in being imperfect.**

The word courage comes from the Latin root "cor" or heart and the original definition was "to tell the story of who you are with your whole heart" (even the imperfect parts).

2. **They had compassion toward themselves and others.**

They were gentle with imperfection, resulting in less shame.

3. **They had connection.**

As a result of being authentically themselves, they were willing to risk being vulnerable which resulted in connection with others.

If you're at all like me, a self-proclaimed recovering perfectionist, embracing this list can be a challenge. Here's what it boils down to for me illustrated by a conversation with myself:

Me: "Cut yourself some slack!"

Me the Perfectionist: "Yeah, right. Then I'll be a loser and not accomplish anything."

Me: "C'mon, there's got to be a middle ground."

Me the Perfectionist: "Really?"

Me: "Yeah, really. Believe me, you're doing a good job."

Me the Perfectionist: "Good? Is "good" good enough?"

Me: "Yep. Just do a good enough job and you can always go up from there if you want."

Me the Perfectionist: "Huh. I never thought of it that way."

Me: "Everyone is making mistakes all the time. You just can't always see them because they're not the same as yours."

Me the Perfectionist: "Seriously?"

Me: "Yeah. Hey, take it easy, ok?"

Me the Perfectionist: "Wow, uh, ok..."

Dr. Brown says if we reject the vulnerability that encompasses fear, shame, grief, we also lose the same vulnerability that holds joy, gratitude and happiness. Then we feel purposeless and empty and seek a way to numb again. An endless cycle? Not if we can begin to have a compassionate, inclusive, conversation, inviting ourselves to believe that we are indeed worthy of love and acceptance.