

WORKING WITH DEVELOPMENTAL TRAUMA: RESULTS OF NEUROFEEDBACK TRAINING WITH ADOLESCENT FEMALES AND COUNSELING IMPLICATIONS

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Effective treatment that ameliorates the effects of trauma is of paramount importance. Children exposed to trauma during integral developmental stages may experience psychological, physiological, neurological, and social problems. Traditional therapies and the combination of medications to reduce symptoms resulting from traumatic experiences are effective in treating trauma; however, continued research is needed to address treatment that includes alternative or adjunctive services such as the use of neurofeedback. Neurofeedback is effective with various disorders and in conjunction with psychotherapy and occupational therapy, although little is known of its effectiveness specific to trauma. The purpose of this pilot study was to determine if neurofeedback was an effective treatment for adolescents who had symptoms and common diagnoses associated with trauma. Thirty adolescent females were assessed before and after 50 neurofeedback sessions. Results indicated a statistically significant improvement in neurocognitive domains often affected by trauma. Implications are provided on using neurofeedback adjunctively with trauma counseling interventions.