



LENS - Low Energy Neurofeedback System

We are excited to announce a new therapeutic approach to help clients who want to improve their quality of life. Although LENS Neurofeedback is a new service for our clients at Stokan and Associates, it has been around for 30 years.

LENS Neurofeedback is considered “non-traditional” neurofeedback, also called EEG Biofeedback, because it is based on electrical brain activity, the electroencephalogram, or EEG without any audio or visual stimulation. Instead of training your brainwaves to change it helps the entire brain to regulate and rebalance itself by freeing the brain from its frozen state or defensive looping mechanisms. Think of it as resetting the brain and nervous system instead of training it. LENS Neurofeedback is promoting self-regulation. Self-regulation is a necessary part of optimal brain performance and function, allowing the nervous system to function better.

LENS Neurofeedback is a therapeutic approach that helps individuals who suffer from:

Anxiety/Depression	Attention Deficits	Behavior Disorders
Anger Issues	Mood	Autism Spectrum
Cognition	Motor Skills	Emotional Disturbances
Fatigue	Motivation	Memory/Concentration
Performance Optimization	Pain	Reactivity
Sleep Disturbances	Impulsivity	Addictions/Dependencies

This is a great option for individuals that don't want to take medication, are not responding to medication and are unable to commit to a lengthy treatment plan.

LENS Neurofeedback is considered a biofeedback therapy service. Please contact your insurance company to inquire about reimbursement/coverage.

Starting June 3rd, the office staff will begin scheduling appointments for LENS therapy. Each session will be 45 minutes. The cost of the treatment will be as follows:

Initial	\$225.00
Follow-ups	\$175.00

Please call the office if you or a loved one is interested in scheduling an appointment or want more information on LENS Neurofeedback. Our number is 281-394-2005.