



## ***"Effect of EEG Biofeedback on Chemical Dependency."***

**- Kaiser, D.A. & Scott, W.**

ANAHEIM CA., January 21, 2006.

A behavioral research team announced today that it has doubled the recovery rate for drug addicts in a study that gave patients feedback on their brain's electrical activity in conjunction with conventional treatment for drug abuse.

William C. Scott, principal investigator of the study, said that across the country, drug rehab programs have generally achieved a success rate of 20 to 30 percent in relapse prevention one to two years following treatment. In the current study, in excess of 50% of experimental subjects remained drug-free a year later.

The study used neurofeedback, a technique that trains patients to alter their brainwave patterns as they receive information about those patterns. The researchers placed electrodes on patients' scalps and displayed the brain's electrical activity on a computer monitor in the form of an audio-visual exercise. The feedback process informed patients about their success in making changes.

"Beyond the scientific implications of this study, which are exciting, the real significance is the hope it offers addicts, their families and our communities," Scott said. "For those who've tried and failed, here's a result that says, 'try again, there are new possibilities.' For families and communities, it's another opportunity to free ourselves from the specter of drugs."

In addition to improving the success rate for recovering addicts, the study documented significant improvements in the ability of the experimental group to focus their thinking and process information. Moreover, the experimental subjects exhibited significant improvement in some relevant measures of psychological functioning (Minnesota Multiphasic Personality Inventory [MMPI-2]). These gains may help to sustain the subjects in the ongoing recovery process.

Scott points out that most drug addicts are simply not either mentally or psychologically "available" for drug rehab therapy. This results in considerable attrition in conventional programs as addicts abandon treatment. A key finding in the current study is that the addition of neurofeedback training to conventional treatment reduced patient attrition significantly. After only 45 days of treatment, nearly one-third of the control group had opted out of treatment prematurely and left the residential facility, compared to only 6% of the experimental group. Scott said, "Any form of treatment which reduces the dropout rate becomes a valuable rehab technique."

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David A. Kaiser, Ph.D., the experimental psychologist who designed the study, noted that this work complements earlier findings on the efficiency of neurofeedback in aiding recovery among severe alcoholics. The present study extends these findings to opiate abusers, multiple-drug abusers, and users of stimulant-type medications such as methamphetamine and cocaine.

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*“It’s important to be informed, but there’s no substitute for a professional assessment when it comes to the physical and emotional well-being of someone you love. If you, or a loved one, are in need rehabilitation from chemical dependency, please contact a therapist, your physician, or New Seasons for a more comprehensive evaluation.”*

*--Steven M. Orenstein, MA, LMFT, CEO of New Seasons*

For information about New Seasons’ drug and alcohol treatment programs or to speak to an admissions representative, visit our website: <http://www.newseasonsrecovery.com>, or call toll-free, **866-697-3766**.

