

Attention Issues

Attention and Concentration

Issues with attention is one of the most common childhood disorders and can continue through adolescence and adulthood. Symptoms may include difficulty staying focused/inattention, difficulty controlling behavior, impulsivity/hyperactivity (over-activity).

According to the CDC (2021), ADHD has three subtypes:

Predominantly hyperactive-impulsive:

- Most symptoms (six or more) are in the hyperactivity-impulsivity categories.
- Fewer than six symptoms of inattention are present, although inattention may still be present to some degree.

Predominantly inattentive:

- Majority of the symptoms (six or more) are in the inattention category and fewer than six symptoms of hyperactivity-impulsivity are present, although hyperactivity-impulsivity may still be present to some degree.
- Children with this subtype are less likely to act out or have difficulties getting along with other children. They may sit quietly, but they are not paying attention to what they are doing. Therefore, the child may be overlooked, and parents and teachers may not notice that they have ADHD.

Combined hyperactive-impulsive and inattentive:

- Six or more symptoms of inattention and six or more symptoms of hyperactivity-impulsivity are present.
- Most children have the combined type of ADHD.

What is the LENS?

The LENS, or *Low Energy Neurofeedback System*, is a unique and effective form of neurotechnology that targets the central nervous system and utilizes real-time brain waves to help alleviate symptoms, optimize functioning, and reclaim neurological and physiological potential. Results can be seen quickly, often beginning within the first session, and are lasting. It may be utilized as the primary treatment approach, or as an adjunct to other modalities. Clients across the lifespan, from young children (3 months old) to the elderly, and animals have benefited significantly from the LENS technology.

What Are the Benefits of the LENS?

- Symptoms begin to decrease with clients reporting noticeable differences within 1-3 sessions.
- Over 85% of clients have benefited significantly from the LENS.
- Changes are enduring, meaning there is no need to receive LENS on an ongoing basis.

What Does a Session Look Like?

You will complete 3 questionnaires that your LENS Provider then uses to customize a session plan unique you and your physiology. During a session, sensors are placed on the head or body and used to monitor the real-time electrical activity from one moment to the next. The LENS identifies your unique electrical signature, and uses this information to customize your feedback. The entire session might run from a few seconds to several minutes, depending upon the client.



LENS PROVIDER TESTIMONIES

“In the past 17 years I have used 10 different neurofeedback systems. The LENS is the most user-friendly of the systems and produces the fastest results, to the delight of my patients and myself.”

- D. Corydon Hammond, Ph.D., BCIA-EEG, ECNS, International Society for Neurofeedback & Research, Psychologist & Professor, University of Utah School of Medicine

“I have been providing neurofeedback services for 14 years. Several years ago I acquired a LENS to use along with my other units. To my surprise, I now use the LENS, and only the LENS, for about 70% of my clients because it is more effective and efficient.”

- Douglass L. Starr, Ph.D., Clinical Psychologist

“I was astounded by the power and effectiveness of the LENS. I use it both alone and in conjunction with psychotherapy with uniformly positive results. I love the increased therapeutic effectiveness that the LENS offers.”

- Jeffrey S. Rutstein, Psy. D.

“Although I have been using Neurofeedback with patients for well over twenty years and have four other systems active in my office, I now always start patients with LENS neurofeedback because it most consistently brings patients relatively quick relief of their distresses and disturbances and sets them on a course of a more fulfilling and spiritually balanced life. I’ve never before had so much fun helping so many tough cases.”

- Thomas M. Broad, MD

RELEVANT LITERATURE

Hammond, D.C., Editor (2007). *LENS: The Low Energy Neurofeedback System*. Binghamton, NY, *The Hawthorne Medical Press*.

Larsen, S., Harrington, K., & Hicks, S. (2006). “The LENS (Low Energy Neurofeedback System): A Clinical Outcomes Study of One Hundred Patients at Stone Mountain Center, New York.” *Journal of Neurotherapy*, 10(2-3), 69-78.

White, Christine (2008). “Restoring Optimal Brain Function Helps Many Health Problems: ADD, Autism, Depression, Fibromyalgia, Anxiety, PTSD, Learning Disorders, Strokes, Parkinson’s Disease, Multiple Sclerosis.” Townsend Letter, *The Examiner of Alternative Medicine*.

*Please contact Ochs Labs at hello@ochslabs.com for a full list of studies conducted to date.



For more information on how the LENS can address symptoms of ADHD, please contact Ochs Labs at 707.823.6225.

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