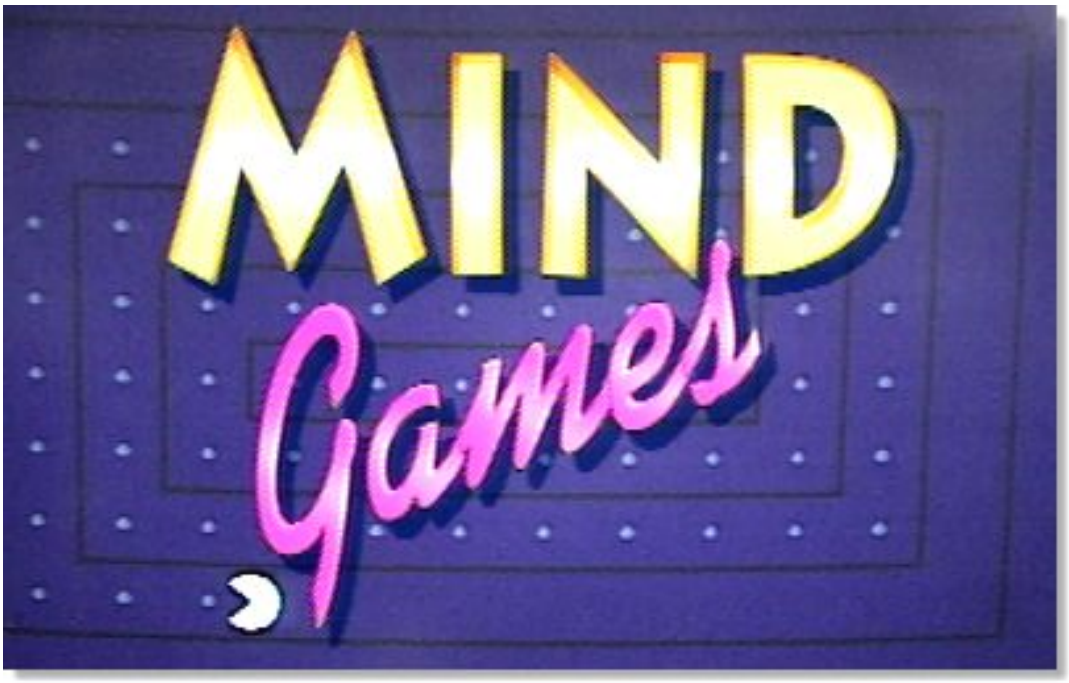

Mind Games

Information from a Special Report on the Channel 5 Eyewitness News at 10

Think video games are bad for your children? Now, a Utah Psychologist is using video games to help kids in amazing ways.

Science Specialist Ed Yeates shows you how hyperactive children who might otherwise be treated with drugs are actually learning to control their brain waves and change their mood--while they play.

Ed Yeates Report on Mind Games Pt. 1

Ed Yeates Report on Mind Games Pt. 2

Additional Information

Using Neurofeedback to Treat ADD/ADHD:

Using neurofeedback to treat ADD/ADHD is somewhat controversial. Some doctors caution that neurofeedback should not be considered a "panacea" for people who suffer from ADD/ADHD. In severe cases especially, they say, medication is the best treatment, or perhaps medication in conjunction with neurofeedback. Those who have tested neurofeedback say 30 - 40 percent of patients were able to discontinue use of medication.

From Steven A. Szykula, Ph.D.: "The study of EEG biofeedback to treat ADD/ADHD

actually had its start in the study and treatment of epilepsy. It has long been known that epileptics have differences in their brain waves. As early as 1968, published studies demonstrated that cats and humans could be trained to alter their brain waves. Furthermore, training to reduce slow-waves and increase certain other brain waves actually reduced seizures in both animals and humans."

Three pioneering researchers then turned attention to applying EEG biofeedback to ADD/ADHD. Over a fifteen year period, they reported results including:
-more focused, more thoughtful, better students
-major improvements in measured intelligence
-medication could be reduced or, in most cases, eliminated
-children with learning disabilities demonstrated marked learning improvement
-less opposition, fewer night terrors, less easily frustrated patients

From Joel F. Lubar, Applied Pschophysiology and Biofeedback, Vol. 22, No. 2, 1997: "How long do neurofeedback training effects last? (Mr. Lubar) published a paper in 1995 in which we assessed patients up to ten years after their initial training. The greatest improvements occurred in very important categories including general behavior, overall attitude, getting the homework done, improved grades, relationships with family and friends, and general relationships. In summary, for many of these individuals who are now adults, a much better overall adjustment occurred in the home and school settings and in the work place as well."

Lubar says of medications commonly used to treat attention deficit disorder, " They work while they are in the system, but there is virtually no long term carryover to the non-medicated state. Neurofeedback works not only when it is ‘in the system' so to speak, but the carryover lasts for a very long time and perhaps even a lifetime."

Contacts:

If you are interested in neurofeedback to treat attention deficit disorders and other ailments, contact:

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Cascade Center for Family Growth
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Link to:
EEG Biofeedback Website

Go to KSL-TV Home Page

Science Specialist Ed Yeates Reports On: "Mind Games" (Part 1 of 2)

Can't concentrate? Can't control your anger? Try playing a video game, but in a most unusual way. Science specialist Ed Yeates reports on a new technique to control hyperactivity and attention deficit disorders.

About 150 to 200 patients - so far - have played a new version of pac man. This version is a psychological mind game that's getting both kids and adults off ritalin and other drugs.

12-year-old Trevor Hoyt is playing a video game - but without his hands! He controls the game with his mind, electrodes attached to his head. On the monitor, he maintains constant control of what are called his beta brain waves.

For 30 to 35 sessions, Trevor, Sam, Ryan, Andy and others play the games. All have various levels of attention-deficit hyperactivity disorder. As long as they hold this brain wave pattern, the pac man keeps chomping away at a faster rate. And patients learn how to concentrate and how to control their hyperactivity.

Andy says, "You don't use your hands and stuff but you just like use your head. You have to think about what you are doing." Ryan Hansen adds, "Like relaxing on the chair and then focusing on the game and they you can just make the stuff move."

Eventually patients don't need the games anymore. And many don't need drugs. Andy Prestridge NO longer takes Ritalin. And he can now sit in class and concentrate.

"It just like kicks in and it just helps you get to work on your homework," he says.

Trevor Hoyt says, "It's like concentrating on waht she is saying instead of hearing the beeps and stuff." Trevor not only suffered from ADHD. He had night terrors which even frightened his parents.

His father says, "He kicked me right over the back of a table one night. And he didn't even know he did it." But after the games, the night terrors disappeared. So did most of Trevor's hyperactivity. His mother, Cindy Hoyt noticed, "His self esteem is a lot better. He's happier. He's doing better at school. He's confident."

Biofeedback in the form of relaxation therapy has never worked for hyperactive kids. But this technique which apparently challenges and develops concentration and self-control has surprised many behavioral scientists.

Dr. Steven Szykula believes treating hyperactivity and attention deficit may be just a

beginning. He says, "I think the brain is a very amazing organism. Once it learns something and finds that it is adaptive, it continues to do it."

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Science Specialist Ed Yeates Reports On: "Mind Games" (Part 2 of 2)

In our first report, we showed you how kids play a different kind of mind game, to cure their hyperactivity.

Today, at the University of Utah, an alcoholic and drug abuser, is doing the same thing, to kick his habit. Science Specialist Ed Yeates reports.

Terry is getting hooked up to take a trip. But this time, the trip won't involve drugs or alcohol. Terry has learned how to retrain his brain waves so he can walk away from drugs and alcohol.

He listens to a tone. That's sort of his audio pac man that tells him if he's in control - strengthening his alpha and theta brain waves.

Dr. Corydon Hammond, a University of Utah Clinical Psychologist says, "Alcoholics and children of alcoholics have a deficiency of alph brainwavaes. But when they use alcohol there is an increase in alpha brainwaves."

Researchers say that's why Terry is learning how to increase his alpha brainwaves on his own, without a drink.

His goal: to stretch the alpha brainwave activity as far as it will go. He explains, "I've been trying to be sober for two years and the last nine months--almost ten months--I havean't had a desire."

Terry has to work at it. He doesn't always have the machine to listen to the tone. But when he has the urge to drink or use drugs, he stops and plays the game in his mind - imagining scenarios of how he should react. "Running across people and stuff from my past that I did drugs and alcohol with, and just saying 'Hi, good to see you. Goodbye.'"

Every scenario increases alpha brainwave activity--without the need for a drink.

Patients on mind games seems to grow almost every day. Researchers now say it may even help patients who suffer from chronic fatigue syndrome. It's based on a new study which shows chronic fatigue syndrome patients have slower brainwave activity. And neurofeedback can change that.