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identifying areas of the brain requiring remediation, they can effectively help calm and organize areas of the brain that cannot typically be reached by insight-oriented or cognitive-behavioral therapies.

Mack and Smith discussed the use of neurofeedback as an effective method of calming and organizing the brain. "What we found is that neurofeedback can be remarkably effective for calming the brains of kids who have lived with a great deal of fear," said Mack, whose children's residential treatment center incorporates cutting-edge neurological research into treating children with emotional difficulties. "Our clients are telling us that neurofeedback sessions make them feel incredibly calm and relaxed, as though they're in a beanbag chair. It gives them a sense of control over their level of arousal, often for the first time. To be able to do that is monumental."

One child with severe anger issues whom Smith treated with neurofeedback has had close to 25 sessions. Drawings the boy made five months ago, before treatment, show faces with rigid, fearful expressions, while pictures of people were small with their arms close to their bodies. After the sessions, however, the drawings were looser, with smiling faces, arms open and a clear sense of humor.

"These approaches have helped this child make a shift towards a less fearful, less labile, more emotionally and cognitively available state of functioning," Mack explained. "The social learning model we use in our milieu is an essential component of our treatment model. Adding neurodevelopmentally-informed approaches such as neurofeedback have helped many children become more available to the relationships in the milieu and to the other types of therapeutic, relational work we offer."

About the Authors:

Jonathan Mack, jmack@sandhillcenter.org, is the Clinical Director and co-founder of the Sandhill Child Development Center, www.sandhillcenter.org, in Los Lunas, NM. Joel Smith is the Neurofeedback Supervisor. They co-presented "Shake, Shimmy, and Dance: Neurodevelopmental Considerations in the Assessment and Treatment of Troubled Children" at the third annual Northwest Get Together hosted by Woodbury Reports. They previously co-presented, "Technology and Neurobiology; Practical Applications in the Treatment of Children with Regulation Difficulties" and demonstrated "Dance, Dance Revolution!" at the second annual Northwest Get Together.

NEWS & VIEWS...

MENTAL HEALTH WORSENER BY SELF-MEDICATING

(May 9, 2008) A Press Release by the White House Office of National Drug Control Policy reported a finding that depressed teens self-medicating with marijuana and other drugs tends to make their situation worse.

INCONSISTENT ADHD DIAGNOSES

(June 1, 2008) The Vancouver Sun reported children who show signs of ADHD are regularly misdiagnosed in every province of Canada except Quebec due to their guidelines for diagnoses. Diagnoses can vary from doctor to doctor.

ORGANIZATIONS RESHAPE EDUCATION

(June 19, 2008) The New York Times reported *Teach for America* and *Knowledge Is Power Program* (KIPP), are two new organizations looking to reshape US education by creating new charter schools and getting more smart young teachers into needy classrooms.

INTERNET ADDICTION A 'CLINICAL DISORDER'

(June 19, 2008) Telegraph.co.uk, a British news source reported a British psychiatrist claimed obsessive Internet use is a public health problem that is so serious it should be officially recognized as a clinical disorder.

COUNSELING SKILLS CONFERENCE

(June 19, 2008) US Journal Training, Inc., Deerfield Beach, FL, 800-441-5569, announced the 14th Annual Counseling Skills Conference will be held October 2-4, 2008, at the Las Vegas Hilton in Las Vegas, NV. The agenda includes special training track on pain and addiction, with a special focus on Mindfulness and Recovery, Compassion, Fatigue, Personality Disorders and Trauma. For more information on registration, refer to their website.

Here is the crux of the difference between education and schooling...

The former turns on independence, knowledge, ability, comprehension and integrity, the latter upon obedience.

~ John Taylor Gatto