

QuietMIND Associates

Our individually designed treatment plans improve and sustain high functioning and are regularly employed in:

Individual, Family, and Group Therapy

Enhance and accelerate the self-discovery process using mindful, body-centered approaches.

Organizational Consultation

Improve individual and team performance.

Ergonomic and Functional Assessment

Optimize workplace safety, productivity, and teamwork.

Performance Excellence

Create and sustain peak athletic and artistic performance to achieve “The Zone” and facilitate rehabilitation.

Optimal Performance

Enhance performance of gifted and special-needs children and adults.

Executive Coaching

Improve public speaking, mental flexibility, and analytical and processing speed. Achieve greater elegance in strategic decision-making.



QuietMIND Associates QuietMIND Foundation

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For more information

www.quietmindfdn.org

Our offices in the Plymouth Woods Corporate Center are 40 minutes from Philadelphia International Airport and 30 minutes from Center city Philadelphia, Near the Plymouth Meeting Mall at the juncture of Rte. 476, the Pennsylvania Turnpike

QuietMIND

Associates

Neurofeedback Training

Integrative Psychotherapy

Neuropsychological Testing

Ergonomics, Safety and Productivity

Organizational Consulting and Training



QuietMIND

Foundation

A non-profit

*Clinical Research, Consultation and
Training Organization*

Institutional Review Board

Research Consultation

QuietMIND Associates

QuietMIND Associates (QMA) provides integrative behavioral health services using safe, proven, cost-effective techniques that offer lasting improvement in living and learning for all our clients.

The Testing: QEEG, rEEG Brain Mapping & Psychoeducational Assessment

Quantitative EEG (QEEG) brain maps assess brain functioning and impairment. **QEEG** results are used to design brainwave and/or blood flow biofeedback training programs to use in your home or office. **QEEG** is admissible as evidence in legal proceedings.

Reference EEG (rEEG) is for people considering or currently on psychiatric medication. **rEEG** results help your doctor choose the most effective medication. **rEEG** testing can greatly reduce trial-and-error prescribing.

Psychoeducational and School/Neuropsychological evaluations for adults and children can help students, schools and colleges to plan individualized educational programs. These evaluations also may guide decision-making about test accommodations for SAT, GRE, LSAT, GMAT, etc.

The Treatment: EEG Biofeedback

Learn to use your own unique brain signals to correct dysfunctional patterns with noninvasive technology. **EEG Biofeedback** has been shown to *increase IQ scores, as well as artistic, musical, athletic and cognitive performance.*

EEG Biofeedback can eliminate or lessen:

- Learning and behavioral and emotional problems (ADD and ADHD) and autistic spectrum disorders
- Pain, incontinence, and neurological, developmental, and movement disorders
- Psychiatric and pain medication dependence
- Addictive, eating and anxiety disorders
- Post-traumatic stress disorder, traumatic brain injury.

The Training: Home & Office-based EEG

QMA is an innovator in cost-effective EEG biofeedback training. Our expert staff guides clients through the complete process from assessment, protocol design and installation, to hands-on videotaped training. For those using our programs in the workplace or at home, we provide technical support and monitor results by email and telephone.

QuietMIND Foundation

QuietMIND Foundation (QMF) serves as a local, national and international center for research and training in the use of brainwave (EEG) biofeedback and related technologies. Founded in 2000, QMF is uniquely chartered and committed to integrating innovative technology and evidence-based behavioral interventions into governmental, public health and educational service delivery systems.

QMF Institutional Review Board (IRB) Our 24 internationally recognized scholars and experts offer *technical assistance, consultation and clinical research oversight* to the many clinicians who work outside of the academic world, yet seek to advance their fields of study through innovative, inter-disciplinary research. **QMF IRB** services can help design and implement advanced research in behavioral and integrative healthcare, education, training, leadership and quality improvement technologies.

Recent projects:

- *The Philadelphia Academy Charter School School District of Philadelphia, PA*
School-based treatment of autistic spectrum disorders with neurofeedback
- *Stratford Friends School, Havertown, PA*
EEG Biofeedback with children with ADHD and learning difficulties
- *Thomas Jefferson University, Department of Psychiatry and Human Behavior, Philadelphia, PA.* EEG Biofeedback for anxiety management in a methadone-maintenance program

Ongoing research projects:

EEG and Hemoencephalographic Biofeedback (HEG) training as a treatment for executive functioning deficits in early stage dementia
See www.quietmindfdn.org/dementia-therapy.

EEG Biofeedback training as a treatment for ADHD and conduct disorder in children.

Support QuietMIND Foundation

You can help support our critically needed research programs. Our goal is to advance the study and availability of EEG biofeedback in public institutions such as military and civilian healthcare centers and public schools.

Financial contributions.

Your donations are fully tax deductible.

Equipment Donations.

PCs and Intel-based Macintosh computers running WinXP and biofeedback equipment are used in our research programs and home treatment services for low-income clients.

Recent Grant Support:

- *Helen Bader Foundation*
- *Wings Foundation*
- *Phoebe Haas Charitable Trusts*

Educational and Employment Opportunities:

- *Doctoral Dissertation Program*
- *Internships – Graduate/Undergraduate*
- *Professional Training and Consultation*

Recent Internships in conjunction with:

- *Temple University*
- *LaSalle University*
- *Chestnut Hill College*
- *University of the Sciences in Philadelphia*