

FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES

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FEEDBACK FROM OUR NEUROBIOFEEDBACK CLIENTS

"Anxiety and depression are an ever-present threat in my son's life. Sometimes psychotherapy has impact, sometimes medication works but most recently Laura Koch at Family Holistic Health made a real difference in his life with Alpha Stim and Neurobiofeedback treatments. The Alpha Stim was something he could do at home an hour a day and within a 1/2 hour of using the Stim, he felt a real lift in his mood. Just the ability to stabilize through such a non-invasive tool had a positive impact on his entire demeanor. Don't we all want to be in control of our moods, and Alpha Stim gave my son some control back. The Neurobiofeedback was a more significant investment of time and money but just as Laura had indicated at the onset of the treatment, after 25 or so treatments, my son felt real impact on his thought processes. Laura was supportive and sensitive to my son's needs throughout the treatment. It was great to add two new tools to my son's struggle with depression. Thank you to Laura and Family Holistic Health for making this possible."



"A while ago my friend had shared how undergoing Neurobiofeedback with Family Holistic Healthcare of Fairfield had helped both her son and herself each get to a better place as well as help their relationship. I'd personally saw a significant and calming change in my friend.

When my quiet son experienced a traumatic time last year, his anxiety reached an all-time high, he became severely depressed and talked of suicide. His personality was unrecognizable since it had disintegrated by his stress. My son had already been speaking to a therapist but I still honestly felt as though I was going to lose him. As a result of my desperation, I became depressed myself.

My son and I both started Neurointegration therapy with Laura Koch six months ago and I'm extremely pleased to report how well the training process has worked for us. Laura was/is not only knowledgeable with Neurobiofeedback but has made a solid calming connection with my son. The training is easy and fun and my son enjoys going. Dr. Doug Koch had also treated my son since the beginning and I'm happy to say that both Laura and Dr. Doug are now a vital part of our 'village'.

I can't say emphatically enough how Family Holistic Healthcare of Fairfield not only saved my son from a terrifying place, eased my depression but I'm confident that they got my son's loving, affectionate and funny self back. We both continue to receive treatment and highly recommend others to do so.

Thank you for saving our lives, Laura and Doug!"



"Our daughter suffered a terrible concussion at camp. After three months, she was still struggling and nothing we did seemed to get her back to a full recovery. We met with Laura Koch and learned about the benefits of neurofeedback. There were no guarantees of complete recovery but we felt we owed it to our daughter to try. We saw dramatic improvement after the first twenty sessions and we decided after testing that she would benefit from another twenty sessions. We are happy to say that our daughter is now fully recovered and back to her active life. She is doing well in school and back to her active dance schedule six days a week. Had it not been for neurofeedback and Laura Koch's knowledge, we're not sure how our daughter's recovery would have progressed. It was the right treatment for her."



"My insomnia started when my son was born and lasted for 20 years. I tried everything under the sun with limited or no success until I did Neurofeedback with Laura. I AM FINALLY SLEEPING THROUGH THE NIGHT. I feel like a new person. HALLELUYAH!"



"My 9 year old son came to Laura with ADD symptoms, anxiety, depression, and perfectionistic tendencies. After participating in traditional talk therapy, with minimal changes, and my desire to avoid medication, I was hopeful that biofeedback would help my son be a happier child who could enjoy his life. Since there were multiple concerns needing treatment, Laura and I decided to focus on the emotional component first followed by the ADD symptoms. Just as Laura explained, the brain started to make shifts in a positive direction, there were some setbacks, but overall the process went very smoothly. The headaches became less, the crying subsided, and the obsessive worry decreased. I started noticing a happier child, one who was more tolerant of B's on a test rather than stressing to get all A's, one who smiled and stopped talking so negatively about himself. When Laura felt it was time to focus on the ADD symptoms she did. The gains he made on the emotional level remained consistent while also making progress with his impulsivity, excessive talking, interrupting in class, and fidgeting in his seat. After his teacher completed the progress tracker and also kept her own data it was obvious there were noticeable changes in the right direction. My son participated in a school play requiring 6 months of rehearsals and 3 very intense performances. His grades were outstanding and his school behavior very appropriate. Overall, I couldn't have asked more from this process. There is no greater feeling for a parent to see their once struggling child feel happy, confident, content, and living life."



"My initial interest in neurofeedback was the result of reading a pamphlet in the office of Dr. Douglas and Laura Koch. As a psychotherapist very much interested in brain research, and as someone who has suffered with migraine headaches for 50 years, I decided that neurofeedback was an approach worth trying. Not only can I attest to the fact that my headaches have dramatically decreased, but through working with Laura, I also discovered many insights about myself that were quite profound and significant. Laura is an extraordinarily caring, warm, and extremely insightful human being. I so enjoyed working with her, getting to know her and having the tremendous opportunity she provided to have learned so much more about myself. No matter what issue or challenge you might be experiencing, I truly believe that neurofeedback may provide great possibilities for you and that Laura is an extraordinarily skilled, competent and gifted therapist to guide you on a path to greater health and wellness."



"In August of 2015, I suffered two panic attacks, about a week apart. At that time, many things in my life contributed to them. Having struggled with anxiety my whole life, and never having experienced panic attacks before, I felt an extreme urge for a wakeup call.

I saw my primary doctor, an ENT for anxiety-induced acid reflux, and my therapist of almost 20 years. We all agreed this heightened anxiety began having significant negative physical effects on my body: anxiety induced acid reflux, insomnia, weight gain, shortness of breath, and the onset of depression.

The coping strategies I had used in the past were breaking down and they just weren't able to "combat" this type of post-traumatic stress/anxiety. Medication was recommended, prescribed and eventually taken.

I wanted relief. I needed relief. I have two young children and a husband, all of whom I love, adore and cherish and I needed to *show up*. I wanted to be a part of their world and not live in mine filled with dread, fear and worry.

After about eight weeks on anti-anxiety and anti-depression medication, I knew this wasn't going to be a long-term solution for me. While I wouldn't say I felt worse or even better, I just didn't *feel me*.

I had known Laura Koch was treating people using Neurofeedback.

In November, I called, made an appointment and went. My husband and I listened to the description of the treatment. This concrete, yet abstract program intrigued me. The ability for the patterns in my brain to get retrained to a more "normal" state was the greatest hope I had.

I felt immense relief that maybe I didn't have to "do" anything more to calm my anxiety and depression other than make a commitment to being open to receiving potential change.

And, that's what I did. My husband made the commitment to support this decision in all ways. I wanted to go three times a week. I told my doctors and therapist that this was going to be my choice to climb out of a very difficult place. I did wean off of all medications while I began my work with Laura.

And, after about two to three weeks, I began to feel better. By better, I mean calmer, clearer, restful sleep and most of all hopeful.

Hopeful that something which plagued me my entire life might have an alternative solution.

Partnering with Laura and trusting her and the process was one of the greatest gifts I've truly ever given myself. There were highs and lows throughout the process. But something felt different.

After 78 treatments, I can honestly say I feel remarkably different. This isn't to say my world is problem free, on the contrary. It's that the problems and worries of living in this world don't overcome me. They don't "take my breath away".

Staying in the moment, seeing more clearly the source of what is upsetting me, remaining calm under stress have become more organic and natural. Restful sleep has been restored and I've begun to lose weight. I haven't felt depressed in months.

Finally, my complete and I mean complete trusting relationship with Laura was a significant part of the success of the program.

Laura is not a therapist; she will tell you herself. Yet, when dealing with clients struggling with anxiety and depression AND *working it out* using Neurofeedback, Laura, for me, was a conduit in helping me understand what changes were happening in my brain. In some ways, she was the liaison between my brain and me. This was important for me because for the first time, I was *feeling* differently and Laura helped me understand why.

The panic attacks were my wakeup call that my anxiety had become something different and harder to manage.

Neurofeedback was the antidote that allowed me to refrain from falling into the "I need to do something to fix this". Neurofeedback helped me move into, "let's see what's possible in my brain's ability to change" in order to help me long-term."

And so it has."