



COMPLEMENTARY SERVICES

CRANIOSACRAL THERAPY (CST)



CranioSacral Therapy is a gentle hands-on therapy using a light touch and gentle movements to monitor the rhythm of cerebrospinal fluid (CSF) throughout the body. CSF surrounds, safeguards, and provides nourishment for the brain, spinal cord, and membranes.

With CST, the natural rhythm of the CranioSacral function is restored, blood, and oxygen flow are improved, toxins are removed more efficiently and brain cells function more effectively as they are receiving the nutrients they require. With CST, individuals generally feel a release from stress and anxiety and begin to enjoy a renewed sense of well-being which facilitates neurotherapeutic treatment.

SOMATOEMOTIONAL RELEASE (SER)

The body often retains physical and emotional imprints as the result of trauma. These imprints become isolated and dysfunctional and create “energy cysts” in body tissue. Initially, the body is able to adapt to these energy cysts; however, over time the body loses its ability to adapt effectively and additional energy is required to carry out the most basic of functions. Suppressed physical and emotional trauma lay the foundation for many ailments. By locating and releasing the energy cysts, internal energy is able to flow freely and can markedly accelerate the neurotherapy process.

According to Dr. Swingle’s recent research (presented at the international conference of the Association for Applied Psychophysiology and Biofeedback) SER was found to improve brain activity in the occipital region of the brain which is associated with emotional trauma. Some remarkable recoveries were experienced when the emotional trauma was treated neurologically with neurotherapy and the emotional content treated with SER.

SLEEP ASSESSMENT



Sleep plays a huge role in improving overall health. Lack of sleep can lead to Irritability, poor cognitive function, lack of concentration, mood swings and fatigue. According to the National Sleep Foundation in the United States, one in five American adults suffer from chronic sleep deprivation, making it a wide spread public health problem. Sleeplessness is also related to major health issues such as obesity, cardiovascular problems and poor memory.

At Swingle Clinic we use EEG based sleep monitors to record sleep stages: Deep sleep cycle, REM cycle and light sleep cycle. Clients in the sleep monitoring assessment program take a wireless EEG sleep monitor home and obtain a four-night record of sleep. We obtain a four-night record to be sure that the sleep disturbances that we observe are not simply transitory but are consistent across a multiple-night period. In addition to the sleep assessment, clients at the Swingle Clinic always have a ClinicalQ assessment. This is an EEG recording of brainwave activity over 5 critical brain areas.

MYOFACIAL PHYSIOTHERAPY



At Swingle Clinic we look at the body as a whole, not just the brain, when dealing with fibromyalgia, chronic pain and physical traumas. As a complement to neurotherapy, we use various modalities such as surface electromyography (sEMG) that can monitor and analyze muscle action potential for training and rehabilitation of neuromuscular conditions. The data we collect is used as a tool to treat the neurological function of the muscle, enhancing each individual's optimal capability as well as optimal wellness.

MICRO-MAGNETIC STIMULATION

Used with braindriving treatment procedures, micro-intensity magnetic pulsing is used to activate or quiet specific areas of the brain. Often used in conjunction with other braindriving stimuli including harmonics, visual stimulation and micro-amperage stimulation of acupuncture locations.

TRANS-CRANIAL DIRECT CURRENT STIMULATION (TDCS)

A DC current is applied to the scalp with the intention of altering neuronal activity. Tdcs uses such a low level of micro-amperage electrical stimulation that clients rarely feel it. It has been found to be very effective in facilitating neurotherapeutic treatment of a variety of conditions, including those associated with anxiety, depression, and obsessive thought patterns.

Stimulation is generated by attaching a wet cloth, cotton ball, or sponge to an electrode which is then placed on the scalp over the brain region to be treated. A second electrode is placed on a grounding area, such as the shoulder or arm. Stimulation is usually limited to three-minute exposures, generally at the beginning and end of a neurotherapy session.

CRANIAL ELECTROTHERAPY STIMULATION (CES)



Cranial Electrotherapy Stimulation is a therapeutic procedure using mild battery-powered electronic stimulation for the treatment of anxiety, depression, and insomnia. Stimulation is applied using ear clips or electrodes attached to the ear lobes. Usually, the patient experiences the electrical stimulation as a gentle tingling sensation, although sometimes no sensation is felt. CES is typically administered once a day for 30-60 minutes, though frequency may vary depending on patient needs and conditions. Positive results may be experienced immediately, though for some, it takes up to three or four weeks. For lasting benefits, treatment should be continued at regular intervals, on an as-needed basis.

ADRENAL STRESS ASSESSMENT

This is primarily used to assess the cortisol cycle for clients with severe stress tolerance problems and those with sleep disturbances. Saliva samples are taken on four specific occasions throughout the day and forwarded to a local laboratory for evaluation.

HEART RATE VARIABILITY (HRV)

A form of peripheral biofeedback, HRV is very effective in helping clients learn how to rapidly and efficiently relax the body. It is also very effective adjunctive treatment for clients with stress tolerance problems.

CAREER COUNSELING



These services are targeted for individuals aged 18-44 years wanting to explore Career occupations, life activities, education & training opportunities. This assessment has a prospective focus: matching personality and interest patterns to identify future possibilities. Using MBTI and Strong assessments, the program Supervisor will meet with you to explore your life experiences, skills, interests and integrate them with the assessments through Career counseling. The process also integrates neurofeedback protocols for brain optimization targeted specifically to achieve career goals and/or life activity goals.

PERIPHERAL BIOFEEDBACK

Neurotherapy includes biofeedback of the brain. Peripheral biofeedback is focused on areas other than the brain such as blood pressure, heart rate, muscle tension, body temperature, blood flow and conductivity of the skin. These peripheral biofeedback procedures are often used for treatment of pain, poor coordination, body tension and anxiety.

LOW ENERGY NEURONAL STIMULATION (LENS)



This is a form of braindriving where micro-amperage (barely measureable) electrical stimulation is directed at specific brain sites based on on-going brainwave measurements. A primary purpose of LENS is to enable brain flexibility which facilitates more efficient neurotherapy. Often used for clients with traumatic brain injury.