

Walking the Tiger Trauma and Letting it Sleep: The implications of recent neuroscience findings for neurofeedback in the treatment of developmental.

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Abstract

When a friend handed me a copy of Peter Levine's book on trauma, I misread the title and I imagined this beautiful wild creature walking quietly in front of me on a leash. Misread or not, this has become my focus with neurofeedback over my last twenty-five years. I have wanted to, at the very least, domesticate the savage terror that is developmental trauma, to quiet it, to let it sleep. In this talk I'll share three findings from the Lanius lab that I think demonstrate the core damage done by neglect and abuse in early childhood and provide an overview of the protocols and therapy I use to address this all too common catastrophe.

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Biography of the Author

Sebern F. Fisher, MA, is a psychotherapist and neurofeedback practitioner in private practice who specializes in attachment issues. She trains professionals nationally and internationally on neurofeedback, neurofeedback and attachment disorder, and the integration of neurofeedback with psychotherapy. From 1980 to 1997, Sebern was the clinical director of a residential treatment program for severely disturbed adolescents in western Massachusetts. At that time, it was considered to be one of the best such programs in the state and, by in large, the treatment outcomes were abysmal. In efforts to better understand these kids and to enhance treatment outcomes, she introduced attachment theory in the mid-eighties and in 1991, Dialectical Behavior Therapy. Her center became the first in the nation to adopt and implement DBT in a residential milieu. Sebern discovered neurofeedback for her own brain in the spring of 1996. She went into full time private practice in 1997 and began to integrate neurofeedback with psychodynamic psychotherapy. Her book, *Neurofeedback in the Treatment of Developmental Trauma: Calming the fear-driven Brain* is a direct result of this work.