



## Testimonial on Brain Training

by Juan Diaz, MFT, NFP

I consider myself a personal witness to the wonders of Brain Training. Although it may not be a panacea, it is still one of the most amazing techniques that I have ever come across. I may be biased in my opinion as a practitioner, but I believe that the written and video testimonies of hundreds of families who have greatly benefited stand as a stark testament to the power of Brain Training.

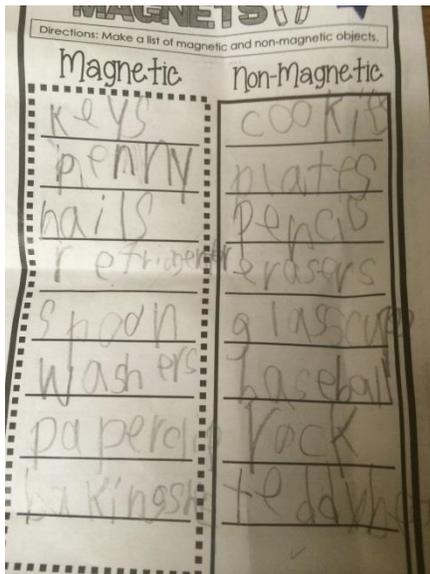
With over a decade of more than 11,000 sessions completed in upwards of 500 cases under my belt, I could say: "I've seen it all!" But this wouldn't be true. I have found that there is always something else to be amazed by!

Several months ago, I started seeing an 8-year-old Hispanic boy named Luis. His kind family gave me permission to use his real name and information for this article. Luis was struggling in school, especially with reading and writing. His teacher constantly expressed her worry about his lack of attention. Luis was diagnosed with Attention Deficit Disorder (ADD) over two years ago.

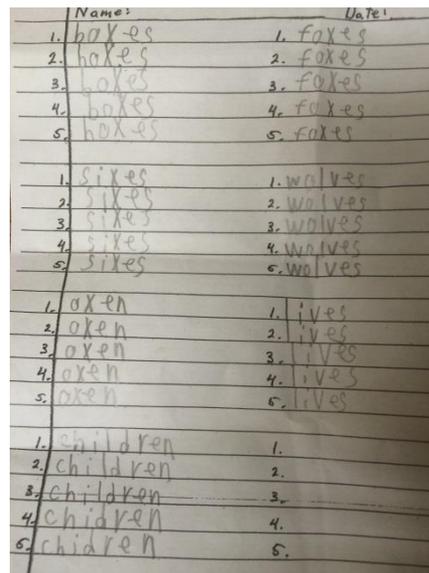
After analyzing and creating a training plan based on the brain map created for Luis, I began administering Brain Training sessions two times a week for him. One of the main findings, contrary to what I initially expected, was a prevalence of generalized high frequency amplitudes. Basically, his brain was overactive through his entire cortex. I decided to "calm" this excess of activity by inhibiting those amplitudes, area by area, and then concentrating on training the central strip.

Luis immediately began to show remarkable improvement not only in his reading abilities, but in his writing as well. To demonstrate this, I have included pictures of his writing before and after five sessions. It was incredible how responsive his brain was to the sessions as well as its capabilities to change its patterns and begin performing at an optimal level.

Before Brain Training:



After Brain Training:



I sincerely hope that this case will work for the benefit of readers and clients alike.

If you have questions about Brain Training, please contact Juan Diaz at 800.438.1772 or [jdiaz@wlcfs.org](mailto:jdiaz@wlcfs.org).