Marketing Your Neurofeedback Practice: Advanced Workshop

A Workshop Presented With

Stress Therapy Solutions

Joe Bavonese, PhD Uncommon Practices www.uncommonpractices.com (800) 940-0185

Download Workshop Slides at:

http://uncommonpractices.com/sts.html

Joe Bavonese, PhD Uncommon Practices www.uncommonpractices.com (800) 940-0185

Marketing Your Neurofeedback Practice: Advanced Workshop

Workshop Goals:

Help More People, Make More Money

Joe Bavonese, PhD Uncommon Practices www.uncommonpractices.com (800) 940-0185

Marketing Your Neurofeedback Practice: Advanced Workshop Workshop Outline

- Overview of Basic Business Principles
- Pay Per Click Advertising with Google AdWords
- Pay Per Click Advertising with Microsoft Bing
- Pay Per Click Advertising with Facebook
- Search Engine Optimization (SEO)
- Social Media Marketing
- Creating and Distributing Effective Videos
- Action Plan for Success

Review of Key Business Principles

1. CREATING YOUR
USP (your Unique
Service Proposition)



1. CREATING YOUR
USP (your Unique
Service Proposition)

Elevator Speech Exercise:

"You Know How [problem]?

Well I [benefit, in terms of specific behavioral, emotional or relational change]"

2. BUSINESS PLANNING

He who fails to plan, plans to fail.



2. BUSINESS PLANNING

- How Many New Intakes Per Month?
- How Many Clients Per Month for Each Service?
- How Much Total Revenue Each Month & Year?

3. TRACKING YOUR RESULTS



Know Your Key Metrics!

3. TRACKING YOUR RESULTS

- Number of phone inquiries per month
- Number of email inquiries per month
- Track specific referral sources how many from each?
- Conversion rate of phone/email inquiries to paid session
- Number of new clients per month
- Number of sessions per month
- Average Income & Expenses Per Month, Quarter and Year

4. THE ONLY THREE WAYS TO GROW A BUSINESS



4. THE ONLY THREE WAYS TO GROW A BUSINESS

- More Clients
- More Transactions per Client
- Increase Average
 Transaction Value

5. LIFETIME VALUE OF A REFERRAL



The Lifetime Value of a Referral

This is one of Jay Abraham's core principles, one that has been copied by many business and marketing consultants and teachers. It goes like this (with an example):

5. LIFETIME VALUE OF A REFERRAL

Write down:

- 1) your average fee per session: [e.g. \$100]
- 2) your average length of sessions: [e.g. 20]
- 3) Simply multiply these 2 numbers together: [e.g. \$2000]

This number, \$2000, is the average Lifetime Value of every new client who walks into your office. Some clients come for one session, others come for years, but this number represents the average.

Application: this is how much you can afford to spend to acquire one new client and not lose money.

Application: calculate the value of a business training or tip that results in just *one more referral per month* than you would have gotten on your own:

Example:

\$2000 x 12 extra referrals per year =

\$24,000 extra income every year for the rest of your career.

6. GETTING A NEW
CLIENT WHO HAS NEVER
HEARD OF YOU IS AT
LEAST FIVE TIMES MORE
EXPENSIVE THAN
GETTING AN EXISTING
CLIENT TO DO ANOTHER
SERVICE WITH YOU



6. GETTING A NEW CLIENT WHO HAS NEVER **HEARD OF YOU IS AT** LEAST FIVE TIMES MORE **EXPENSIVE THAN GETTING AN EXISTING** CLIENT TO DO ANOTHER **SERVICE WITH YOU**

 Your Database is Your Goldmine

-What System Do You use to Keep Track of Client Contact Information?

-How Often Do You Contact Past or Present Clients (with permission)?

6. REACTIVATE PAST CLIENTS!

 Electronic Newsletters are the least expensive way to stay in touch with potential clients (or current clients, to let them know about additional services)

-www.constantcontact.com

-www.mailchimp.com

-www.verticalresponse.com

7. UNDERSTANDING MARKETING



7. UNDERSTANDING MARKETING

This is really it in a nutshell:

They need something, you are offering something: Is there a match? Is it a good fit?

That's what good marketing allows both sides to figure out.

8. THE FOUR-STEP MARKETING FORMULA

- Problem statements Focus Attention
- Benefits Create Hope and Motivation to Act
- Features Establish Trust and Credibility
- Call to Action Tells the Person Seeking Help What to Do Next

The Marketing Formula

- A technique is not a benefit, but a feature
- A benefit is a specific change in feelings, behaviors or relationship patterns
- Confusion is the enemy of a good marketing campaign – clarity and curiosity are your best friends

Example:

Problem Statements - are you having migraine headaches? Nothing really helps to reduce the pain? Missing work and family time because of your migraines?

Benefits – Many people have found that they have been able to significantly reduce or even completely eliminate their incidence of migraines after five to ten sessions with me

Features - I am certified in a proven, safe, innovative state-of-the-art brain technology called <u>NeuroHeadAche</u> Matrix Method (NHAMM). NHAMM is based on ten years of research.

Call to Action - for more information about how NHAMM can help you get immediate relief for your migraines, call 248 899 9090; email us at relief@nhamm.com or text us at 248 899 9595

Additional Items Specifically for

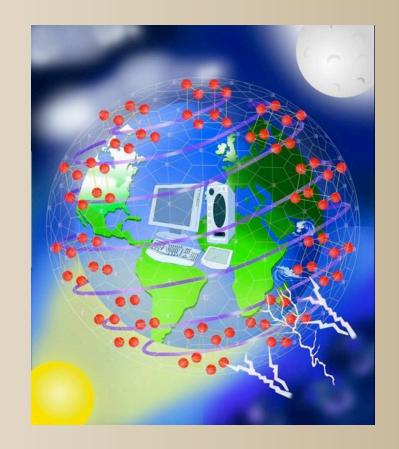
Neurofeedback Practitioners

- 1. Setting Clear Expectations on Intake
- 2. Creating an FAQ Page
- 3. Providing Post-Session Feedback that Something is Happening
- 4. Offer 10 20 Session Package Pricing

Internet Marketing

Internet Marketing

 The fastest, easiest, least time-consuming way to find clients who fit your USP

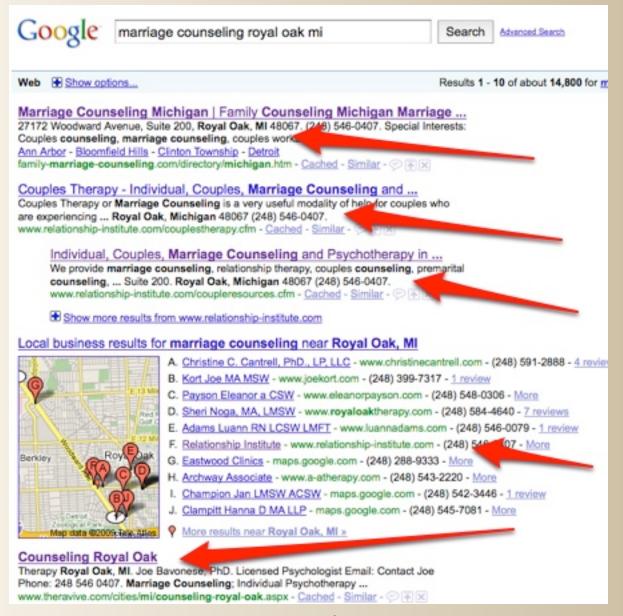


Internet Marketing

 You MUST Learn How to Get Found on the First Page of Google



You Can Dominate the Local Search Market



Pay Per Click Advertising:

The Most Effective Way to Get Your Target Market to Visit Your Website

Pay Per Click Advertising:

- -No Long Term Commitment
- -You Set the Budget
- -You Decide on the Search Terms
- -You Decide When the Ads Run
- -You Only Pay When You Get a Visitor to Your Website

Internet Marketing

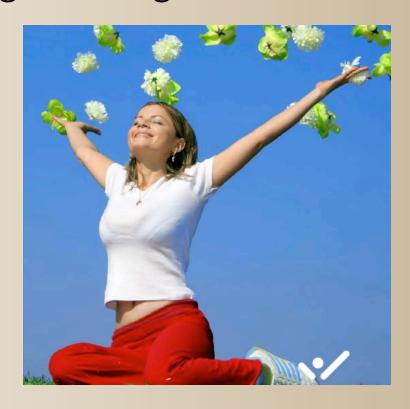
How to Get On the First Page of Google...

in Just One Day!

Pay Per Click Ads

- Google AdWords
- Google AdWords Express





Google AdWords

The Pay Per Click Ad Leader...

- Difficult, steep learning curve
- Campaign settings by default not set up for success
- Complete control over keywords, prices, time of day that ads run
- Crucial to test different headlines and ad copy
- QUIZ: What's wrong with these headlines?

Ads

Practical neurofeedback 🕣 🔍



www.brain-trainer.com

Info, hardware, software, training, free tools and listserve. 1-stop!

Cognitive Solutions 🖅 🔍



www.helpforld.com

Psychotherapy and Neurofeedback in Chicago

2409 N Clybourn Ave, Chicago, IL

Zengar NeurOptimal™ 🖅 🔍



www.zengar.com

Most Advanced Neurofeedback System Powerful. Easy to use. Effective.

Biofeedback/Neurofeedback



www.thoughttechnology.com 35+ Yrs of Biofeedback Excellence Design, Manufacturing & Sales

EEG Neurofeedback 🖅 🔍



www.mmneuro.com

Improve Sleep, Focus, Mood, & more. Mid-Michigan Neurofeedback, Okemos.

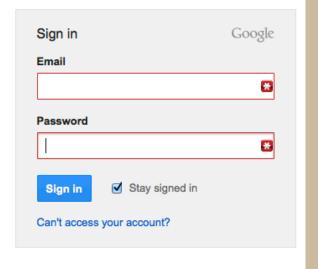
adwords.google.com

AdWords

Advertise your business on Google

No matter what your budget, you can display your ads on Google and our advertising network. Pay only if people click your ads.





Reach more customers Costs and payment For local businesses Success stories

You create your ads

You create ads and choose keywords, which are words or phrases related to your business. Get keyword ideas

Your ads appear on Google

When people search on Google using one of your keywords, your ad may appear next to the search results. Now you're advertising to an audience that's already interested in you.

You attract customers

People can simply click your ad to make a purchase or learn more about you.





Sign up now



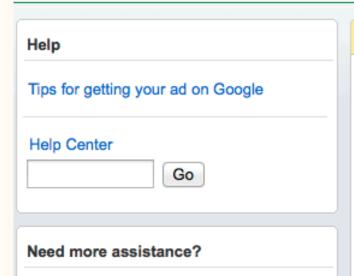
Keywords are what people search for on Google.



Your ad appears beside relevant search results.

adwords.google.com

Google AdWords



Call 1-877-721-1737 for free campaign set-up.

Mon - Fri, 9am - 9pm ET. More or request a callback Create Google Account

Set time zone and currency

Verify account

Create Google Account

Hello, and welcome to Google AdWords. We're glad to have you on board! We nee account.

To begin creating your AdWords account, choose the user name and password you

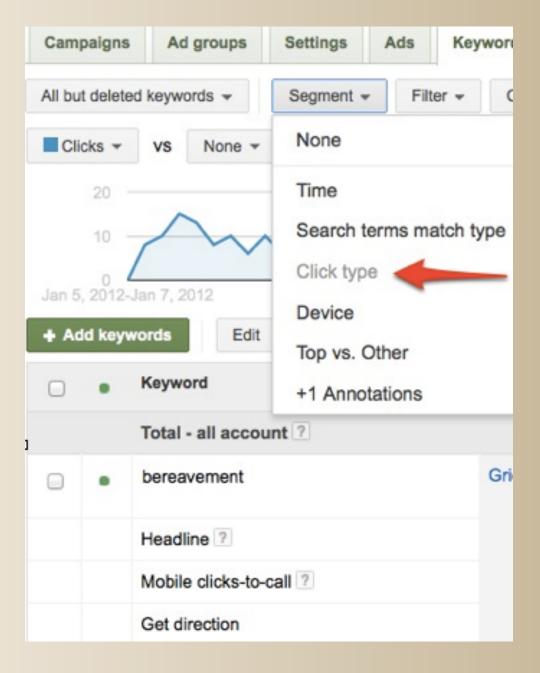
Which best describes you?

- I have an email address and password I already use with Google services like.
- I do not use these other services.

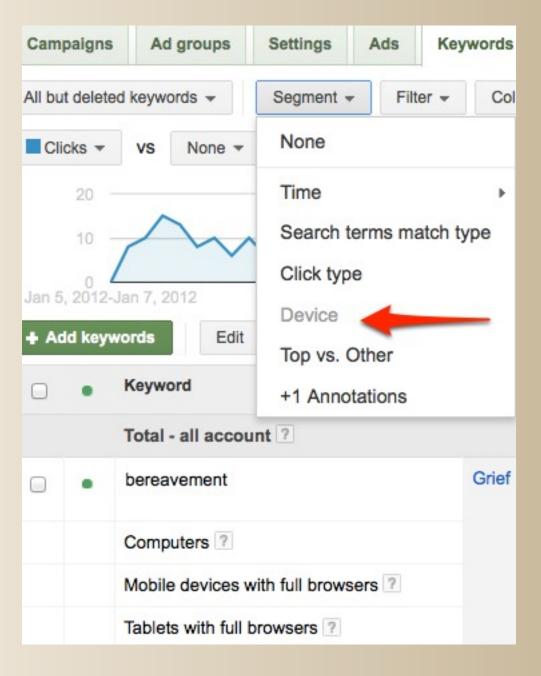
adwords.google.com



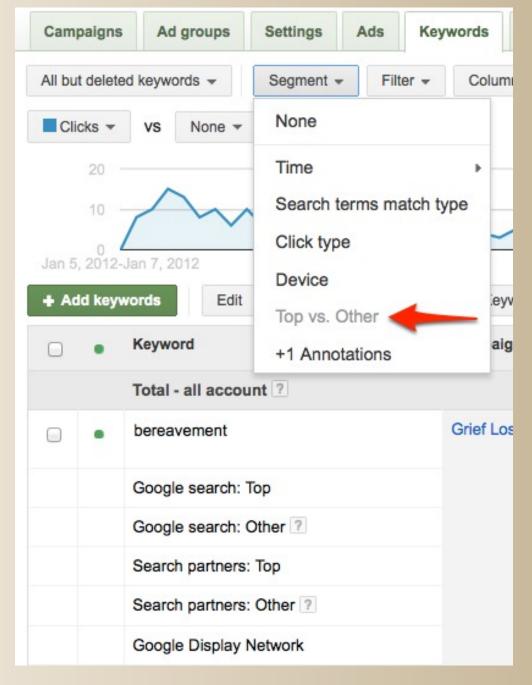
Click Type



Device



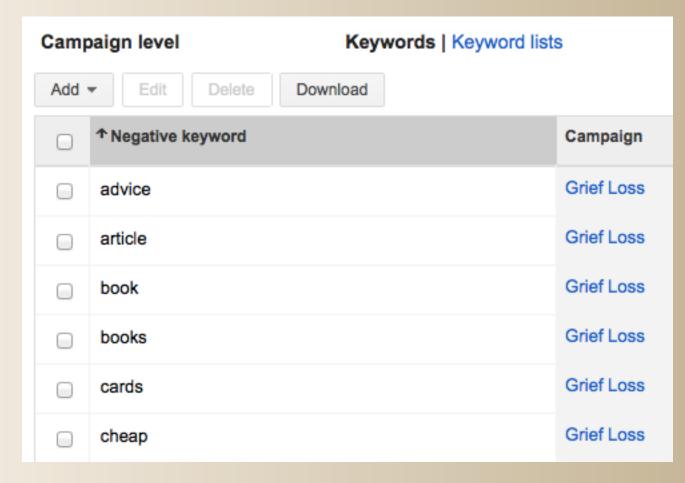
Location on Search Engine Results Page



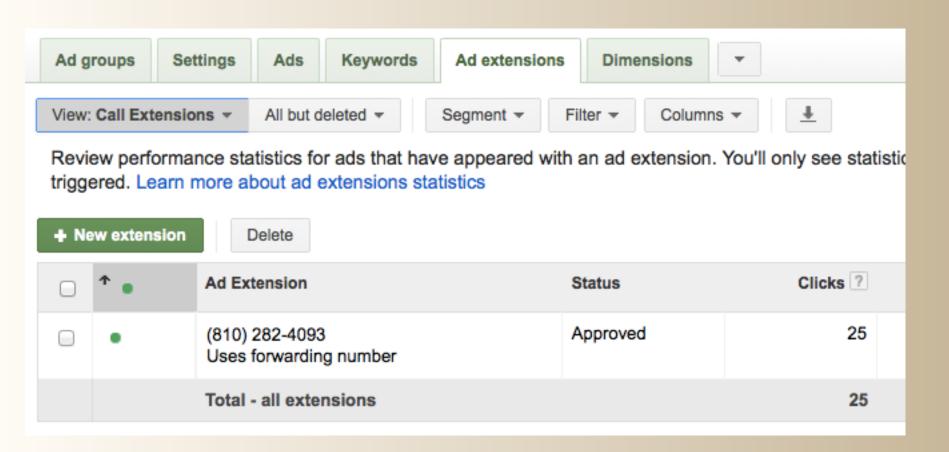
Find Keywords You Paid For

0	Search term	Match type ?	Added/Excluded ?	Campaign	Ad group	Clicks ?	Impr. ?	CTR ?
						485	92,537	0.52%
	post traumatic stress disorder	Exact match	Added	Grief Loss	Grief Loss	18	420	4.29%
	grief counseling	Broad match	None	Grief Loss	Grief Loss	9	104	8.65%
	post traumatic stress symptoms	Phrase match	None	Grief Loss	Grief Loss	8	29	27.59%
	dealing with grief	Exact match	Added	Grief Loss	Grief Loss	7	36	19.44%
	sympathy poems	Broad match	None	Grief Loss	Grief Loss	6	22	27.27%

Select Negative Keywords



Use Ad Extensions



How to Create a New AdWords Campaign



How to Maintain/Update Your AdWords Campaign

- Average Position on Page
- Types of Clicks
- Adding to Negative Keyword List
- Types of Devices
- Split Testing Ads
- Keyword Insert Headlines
- Updating Bid Prices
- Ad Extensions: Call, Location & Sitelinks
- Use Correct Campaign Settings

Key Elements in Your Landing Page

Your Landing Page Should:

- Not Be Your Home Page
- Be Very Specific to the Theme/Niche of The Ad
- Contain a Clear 'Call to Action' With Phone Number, Email and Text Options

Why You Should Bid HIGHER for Mobile-Only Smartphone Clicks:

- Google Controls 97% of Search on Smartphones and Tablets
- Up to 35% of Searches Now Occur on Smartphones or Tablets
- Potential Clients Can CALL YOU When Clicking on a Smartphone Ad

Why You Should Bid HIGHER for Mobile-Only Smartphone Clicks:

Device	Bid adj.	↓ Clicks ?
Computers		571
Mobile devices with full browsers	+ 100%	439
Tablets with full browsers		53

Mobile Search is Increasing Every Month

Be Sure Your Website Formats Correctly on an iPhone or Android Smartphone!

To See How Your Website Looks on a Smartphone, go to:

http://quirktools.com/screenfly/

or

http://www.howtogomo.com/en-gb/d/test-your-site/#getmo-meter

Mobile Search

Here are two Mobile Site Creators:

http://gomobi.info/

or

http://www.dudamobile.com/

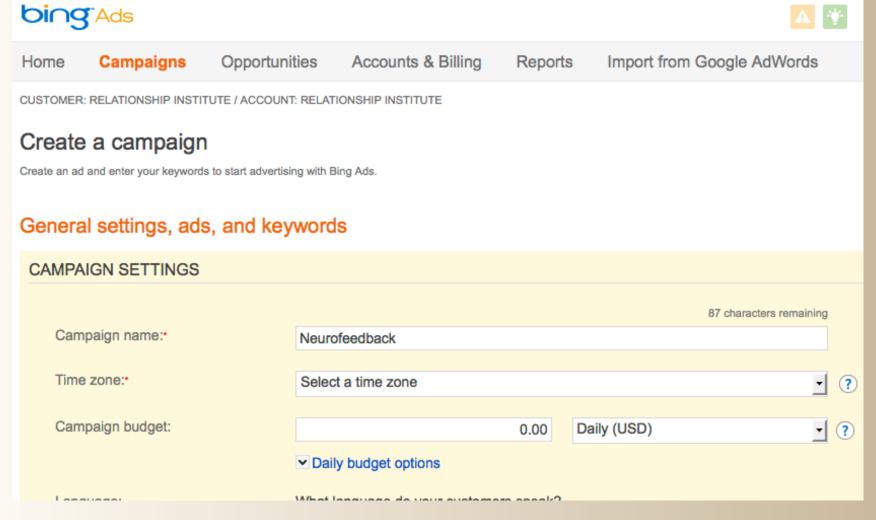
Microsoft Bing Pay Per Click Ads

bingads.microsoft.com

Bing Ads



How to Create a New Bing Ads Campaign



facebook.com

Ads Are Totally Independent of Your Personal Profile

- Facebook passed Google in Daily Visits, March 2010
- Facebook: 1 billion active users;380 million access via cell phones



- Average Visit on Facebook: 20 minutes, longest of any website
- Privacy Concerns! Don't trust ANYTHING Facebook ever says about Privacy!
- You can Establish a Purely Business Profile
- You Can Also Create a "Business Page" within Facebook

Advantages over Google AdWords:

- -precisely targeted profiles;
- -lower price per click;
- -picture/graphic can be included;
- -more words in ads

Estimated Reach

74,140 people

- who live in the United States
- who live within 50 miles of San Diego, CA
- exactly between the ages of 35 and 64 inclusive
- who are female
- who graduated from college

BUT Some Big Disadvantages over Google Pay Per Click:

- People are NOT searching for help
- You are reverting to the 'Interruption Marketing' model of the 20th
- So it requires MORE clicks per inquiry

SAMPLE ADS:

Are Facebook Ads for You? Free

quiz: http://isfbforme.com/

Sponsored

Create an Ad

No. 1 Website Design Firm

softwaredevelopersindia.com









Professional Web design company with 175+ Developers. Silicon Valley firm, Low Pricing from India, Call 408.805.0003

ResponseDynamite.com



8th Highest paid Internet Marketing consultant in Atlanta (unverified) is sharing his marketing trade secrets. Register Free.

Like · 1,377 people like this.

Earn a grad degree at WMU wmich.edu



Obtain a master's degree in social work, occupational therapy. or counseling at a Western Michigan University location today!

TherapyNotes.com

therapynotes.com



Best practice management system for mental health. Notes, scheduling, and much more. Try one month free!

Key Factors:

- The Image
- The Headline

Both Must Grab Attention

Sponsored

Create an Ad

No. 1 Website Design Firm

softwaredevelopersindia.com









Professional Web design company with 175+ Developers. Silicon Valley firm, Low Pricing from India, Call 408.805.0003

ResponseDynamite.com



8th Highest paid Internet Marketing consultant in Atlanta (unverified) is sharing his marketing trade secrets. Register Free.

Like · 1,377 people like this.

Earn a grad degree at WMU wmich.edu



Obtain a master's degree in social work. occupational therapy, or counseling at a Western Michigan University location today!

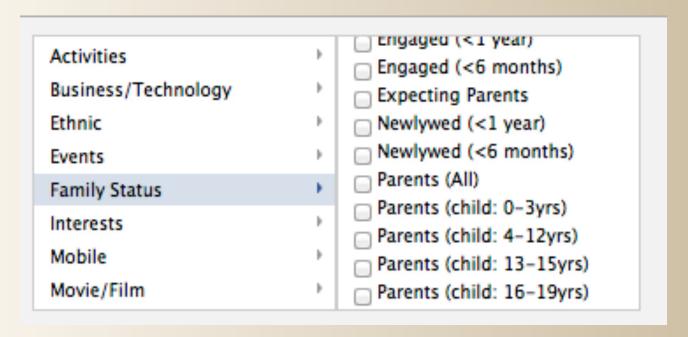
TherapyNotes.com

therapynotes.com



Best practice management system for mental health. Notes, scheduling, and much more. Try one month free!

 Targeting Can Also Include Family Status - Ideal for Working with ADHD Children - So Only Those Parents Will See Your Ads



Creating a New Ad Campaign

www.facebook.com/ads/create

- •SEO to increase free, organic search
 - Meta tags
 - High Search Keywords for Your Area of Specialization
 - ODomain Name
 - Inbound Links
 - Lots of Good Content





Ads related to counseling los angeles ca (1)

Couples Therapy - Saving Relationships For 20+ Years

www.savevourrelationship.com/

You owe it to yourself to call me.

About Fred Talisman, MFT - Contact Fred - Testimonials - Home Study Course

LA Couples Counseling - ChangeThruTherapy.com

Ads

www.changethrutherapy.com/Couples Help for Conflict, Communication, Intimacy - Aaron Buckwalter, LMFT

(1) Map of 2nd Floor, 143 N. Larchmont Blvd., Los Angeles, CA (323) 799-4130 - Directions

LA Couples Therapist - santa-monica-couples-therapist.com

www.santa-monica-couples-therapist.com/

Highly Effective Couples Therapy With Warmth, Humor and Compassion

Los Angeles Therapists, Psychologists, Counselling Los Angeles ... therapists.psychologytoday.com/.../LosAngeles-Therapists.htm.

20+ Items - Psychology Today: Find a Therapist Los Angeles California 11340 West Clympic Blvd. Suite 355. Los Angeles, California .PSVCh Today 921 Westwood Boulevard Suite 232. Los Angeles, California ...

Southern California Counseling Center www.sccc-la.org/

2 Google reviews

Contact Us - Train At SCCC - Get Help Now

Counseling Los Angeles - Theravive

www.theravive.com/.../ca/counseling-lo...

8 Google reviews

Richard Cohn PhD, MFT

richardcohn-mft.com/ 6 Google reviews

The Ness Counseling Center, Inc.

www.thenesscenter.org/

Google + page

Women's Clinic & Family Counseling Center

www.womens-clinic.org/

3 Google reviews

Los Feliz Therapy Center

therapycenterca.info/los-feliz-ca/

Google + page

Alana Ofman Icsw alanaofman-losw.com/

5 Google reviews

Google Places

@ 439 N Larchmont Blvd Los Angeles (213) 260-9788

(A) 5615 W Pico Blvd

(323) 937-1344

Los Angeles

(B) 774 Terrace 49

Los Angeles

Los Angeles

(310) 388-4944

D 8512 Whitworth Dr Los Angeles

(310) 360-8512

(310) 203-8899

F) Los Feliz, California

(323) 272-1478

(E) 9911 W Pico Blvd #500 Los Angeles

(323) 829-3548

© 566 S San Vicente Blvd

Los Angeles Therapists & Marriage Counselors, Psychologists in ... www.goodtherapy.org/Los-Angeles-Therapy.htm

GoodTherapy.org is the best website to find a therapist in Los Ange ... Helping People Find Therapists & Advocating for Ethical Therapy ...

How can I find low cost or maybe even free therapy in Los Angeles? askville.amazon.com > ... > United States > Los Angeles - CA

8 answers - Sep 22, 2009

Los Angeles - CA. ... Similar Questions: find low cost free therapy Los Angeles ... They have free medical, dental and short term therapy.

Southern California Counseling Center - Los Angeles, CA

www.yelp.com > ... > Counseling & Mental Health

*** Rating: 4 - 9 reviews

9 Reviews of Southern California Counselling Center 1 walked into this place and ended up getting a smooth transitional space to consider what I needed to ...



Map for counseling los angeles ca

Marriage Counseling

Ads ①

gsep.pepperdine.edu/psychology Eam your Masters of Psychology at Pepperdine. Get Info & Apply Now Pepperdine University has 146 followers on Google+

Counseling in Pasadena

www.jeremymast.com/

Healing, hope for couples, families & individuals. Free consultation.

Christian Counselling

www.bethany.org/Counseling Let us help you experience

Healing, Growth & Well-Beingl

Top W Hollywood Therapist

www.networktherapy.com/WilliamConti Compassionate, Intuitive Therapist. Anxiety/Depression/Relationships

(2) 7611 Norton Avenue (213) 880-8262 - Directions

We Treat Anxiety

www.insightgroup.org/ Insight Psychotherapy Group Helping you find a better path

Psychotherapist www.ginnywinn.com/

Licensed Marriage Family Therapy Relationships, hypnotherapy

(8) 610 Santa Moncia Boulevard #224 (310) 302-1139 - Directions

Affirmative Therapy

www.mgliberatorelmft.com/ Caring, concerned and affirmative therapy to maximize your potential.

Lynn Krown, MFT

www.lynnkrown.com/

1 (877) 952 9002 Create the Love & Life You Want Free initial consultation

(4) 15503 Ventura Boulevard #390A (818) 754-8277 - Directions

See your ad here »

- Meta Tags the most important thing you can do for free to get listed high on Google
 - 'View Source' in your browser to see them all
 - -Title Tag most important (up to 70 characters)
 - -Description Tag 2nd most important (up to 160 characters)
 - -Keyword Tag is WORTHLESS

Sample Meta Tags – **VIEW SOURCE**In your Browser

```
<!DOCTYPE HTML PUBLIC "-//IETF//DTD HTML//EN">
<html>
<head>
<title>Michigan Avenue Neuropsychologists</title>
<meta name="verify-v1" content="x//vCDp/wTqGyy5a+7zskqSWHds2s/0
<meta name="description" content="Neuropsychology Services-Spec
<meta name="keywords" content="psychology, clinical psychology,</pre>
```

Sample of a Good Title Tag - Max 70 Characters (with highest search keyword first):

ADHD Neurofeedback, Anxiety Depression Therapy Counseling in Denver

(69 characters)

Sample of a Good Description Tag - Max 160 Characters

(with most crucial message in the first half):

Counseling, Psychotherapy and Neurofeedback for ADHD, Anxiety, Depression, Trauma, Couples, Children and Families in Denver Colorado with Dr. Lance Jones

(154 characters)

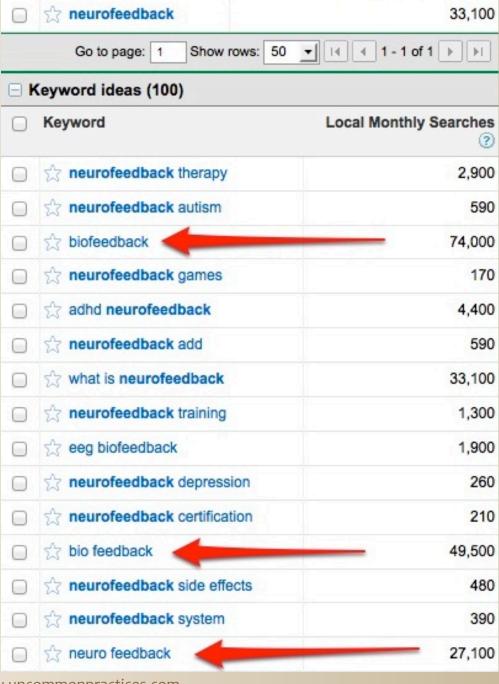
 Get High Search Keywords with Google Keyword Tool

-Find the link for this tool by searching in Google for "keyword tool"

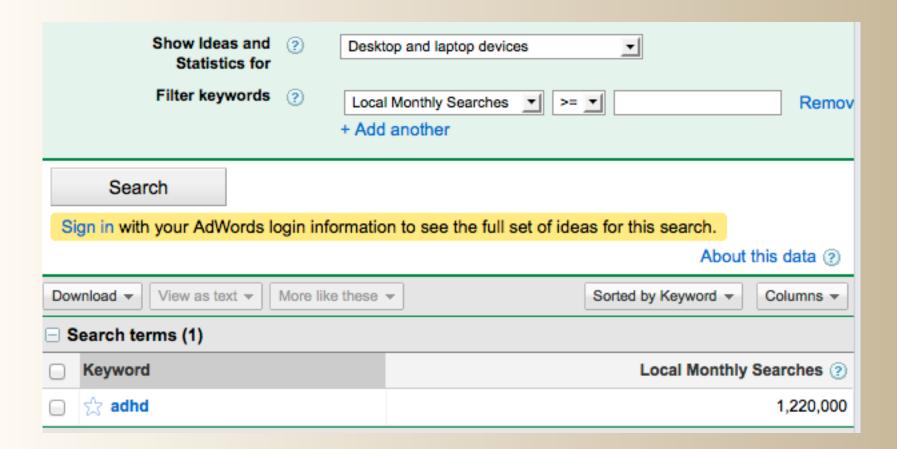
Sample Keyword Research Results

Keyword		Competition	Global Monthly Searches	Local Monthly Searches
depression	Q		11,100,000	11,100,000
anxiety	Q		6,120,000	6,120,000
panic attacks	Q		673,000	450,000
panic attack	Q		550,000	368,000
anxiety disorder	Q		450,000	301,000
disorder anxiety	Q		450,000	301,000

Desktop/Laptop Searches for "Neurofeedback" and Related Keywords:



Desktop/Laptop Searches for "ADHD":



Google Places – free to create a profile

Google places

Connecting you with the places you love

22 Rate and share places on Google



Local recommendations - powered by you and your friends
Find, rate and share places you know to discover new ones you'll love.



Get your business found on Google



Claim your business listing on Google - for free

Sign up for Google Places, or login to learn insights about your business.

Get started 🧿

Google Search: "neurofeedback Denver"

ADHD-ADD: Age 7 to Senior | neuroAgility.com

www.neuroagility.com +1

www.brain-trainer.com +1

qEEG & Neurofeedback Denver-Boulder Promoting sustained, flexible focus

➡ Show map of 3773 Cherry Creek N. Drive and nearby neuroagility.com locations

Practical neurofeedback | Brain-Trainer.com

(Pay Per Click Ads)

Info, hardware, software, training, free tools and listserve. 1-stop!

Neurofeedback Systems | Stens-Biofeedback.com

www.stens-biofeedback.com +1

Advanced Wireless Nexus-10 - the hot new generation of technology

Denver Neurofeedback

www.denverneurofeedback.com/

(FREE GOOGLE PLACES PROFILE)

Neurofeedback trains the brain directly and is often referred to as exercizing the brain. Computer feedback enables the brain to learn new patterns to function ...

9

7500 W Mississippi Ave Ste A-30 Hours: Sun Closed; Mon-Fri 8:00am– Lakewood, CO 80226 5:00pm; Sat 8:00am–3:00pm

(303) 862-6863 Bus: S Wadsworth Blvd & W Mississippi Av

Place page - Write a review - Directions - Is this accurate?

Rocky Mountain Neurofeedback and Counseling | Denver | Golden ...



(Pay Per Click Ads)

Neurofeedback at Home

www.smartbraintech.com +1

\$595 Complete System Improve Attention - Concentration

Search Engine Optimization

Create a Profile on Google Maps/Places http://www.google.com/business/placesforbusiness/

Create a Profile on Microsoft Bing Maps/Places https://www.bingplaces.com/

Both Profiles Needs to be Verified

- -By immediate phone call with a PIN #
- -By a postcard mailed to your office address with a PIN#

Search Engine Optimization

To Get a Free Report on How Your Website is Doing Regarding SEO, go to any of these sites:

www.woorank.com (online)

http://www.juxseo.com/ (online)

www.seoquake.com (requires download and installation)

Search Engine Optimization

To Get a Free Report on How Many Inbound Links Your Website has, go to:

www.opensiteexplorer.org (online)



Enter a URL to start searching 43 billion URLs and 9.2 trillion links

http://



Also: www.ahrefs.com and

www.getlisted.org

Website Analytics

To Get a Free Report on Everything You Wanted to Know About Your Website Visitors, Go To:

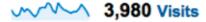
www.google.com/analytics

Visitors Overview

Oct 6, 2011 - Nov 5, 2011



3,657 people visited this site



3,657 Absolute Unique Visitors

✓✓✓ 6,588 Pageviews

1.66 Average Pageviews

70.83% Bounce Rate

89.57% New Visits

Visitor Segmentation

Visitors Profile: languages, network locations, user defined

Browser Profile: browsers, operating systems, browser and operating systems, screen colors, screen resolutions, java support, Flash

Map Overlay

Geolocation visualization

Try Google Ad Planner.

Understand the demographics and behaviors of your website's visitors.



Site Usage Goal Set 1

Oct 6, 2011 - Nov 5, 2011 -

Views: EE B = 7 EIII M



These mobile devices sent 342 visits via 8 operating systems

	doar Set 1								112.1101	
34	342 1.71 00		0:01:29 83		83.63	% New Visits ? 33.63% ite Avg: 89.57% (-6.64%)		Bounce Rate ? 66.96% Site Avg: 70.83% (-5.46%)		
	Operating System 💝	None 💝		Visits ↓	Pa	ges/Visit	Avg. Time on Site		% New Visits	Bounce Rate
1. Android			152	1.99		00:02:07	78.29%		58.55%	
2.	iPhone			95	1.47		00:01:07		84.21%	76.84%
3.	iPad			68		1.69	00:01:10		91.18%	61.76%
4.	I. BlackBerry		13		1.08	00:00:09		92.31%	92.31%	
5.	iPod			7		1.00	00:00:00		85.71%	100.00%
6. SymbianOS		5	1.20		00:00:06		100.00%	80.00%		
7.	Nokia			1		1.00	00:00:00		100.00%	100.00%
8.	Sony			1		1.00	00:00:00		100.00%	100.00%

Converting Traffic to Inquiries

- Keys to Conversion
 - Make Your Home Page About the Potential Client, Not About You
 - Specialize (you may only have 10 seconds to convince me you can help)
 - avoid tiny fonts
 - Have a Clear Call to Action: What Do You Want the Visitor to Do Next?

10 Signs of Alcoholism							
ADHD							
Adolescent Psychology							
Anxiety							
Are You Stressed Out?							
Articles							
Autism							
Bariatric Surgery							
Depression							
Depression Checklist							
Does your child or student have attention problems?							
Drugs and Alcohol							
Early Indicators of Learning Disabilities							
Gerontology							
Goal Setting							
Kindergarten Readiness							
Learning Disabilities							
Managing Anxiety							
Parenting							
Psychological Testing							
PTSD							
Six Parenting Tips							



номе



ABOUT US
WHAT IS NEUROFEEDBACK
ALLIED COUNSELING
LINKS & RESOURCES
PATIENT REGISTRATION
TESTING
CONTACT US



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Welcome to the web site of NEUROFEEDBACK - BIOFEEDBACK OF CHICAGO

Thank you for visiting Neurofeedback Biofeedback of Chicago. Our site offers you complete information about Neurofeedback and what it is. Learn about our staff, the services we have to offer and where we are located. **Contact us** today to find out more or call us at (847) 615-1425.



PATIENT REGISTRATION

Save time and download the forms needed before coming in. We have forms from New Patient Registration to Office Policy Statements. Fill out the forms and then print or email them prior to appointment. **CLICK HERE**



CONTACTING

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Get Turn by Turn Directions, Phone Numbers and our Email Address. We are located at:

37 Sherwood Terrace, Suite 102, Lake Bluff, IL 60044 CLICK HERE



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NEUROHEALTH ASSOCIATES

Specialists in Pediatric and Adult Neurocognitive Disorders

Neurofeedback... maximizing your brain's potential.



477 E. Butterfield Rd, Suite 310, Lombard IL 60148 Phone: (630)-969-3ADD (3233) | Fax: (630) 969-3310

About Our NHA Professionals

Clinical Neuropsychology - A Guide for Patients & Families

Brain Waves 101: Neuroscience of Behavior

Brain Mapping ADD/ADHD and Related Disorders

The 6 Different Subtypes of ADD

Treating the Brain Without Medication

Neurofeedback and Cognitive Therapy

How Does It Work?

Advanced Neurotechnology: Enhancing Brain Ability

Before & After Treatment

Brain Map Comparisons

School/Academic Consultations

General Biofeedback: Q & A

Getting Started : Q & A Contact Us

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International Society for Neuronal Regulation National Academy of Neuropsychology EEG & Clinical Neuroscience Society

EEGInfo.com

Home

Effective Treatment Always Starts With a Comprehensive Examination and Accurate Diagnosis



Meet Our Director:
Diplomate, American Academy of Clinical
Neuropsychology
Dr. Kyle Bonesteel

Our Director, Dr. Bonesteel, is one of only 32 board certified neuropsychologists in the state of Illinois (as of 8/10), recognized as a Diplomate of the American Academy of Clinical Neuropsychology. This high distinction requires a PHD in clinical neuropsychology, a specialized post-doctoral fellowship at a major medical center, and successful completion of a rigorous set of



NeuroScience Research

Read the Latest Research

The ADD/ADHD Resource

Neurofeedback

Cognitive Therapy

EEGinfo

The Doctors of NEUROHEALTH
ASSOCIATES have been featured on
the WGN Medical Report, Chicago



The Balanced Brain

Neurofeedback Clinic

Home

About Neurofeedback

Our Services

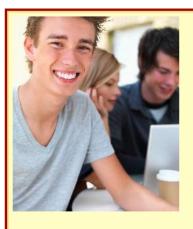
O & A

Research

Contact Us

Links

Videos



Your brain.

It determines who you are and controls how you function in the world. It governs all your physical, mental, emotional and intellectual behaviors. But your brain can be out of balance and disregulated. There are many causes. Genetics, stress, illness and injury, trauma, poor nutrition and toxic substances can all contribute and the result is poor function. Lack of focus, migraines, impulsive behaviors, learning disabilities, it's a long list.

The good news is that Neurofeedback can help!

Whatever we do in our lives, doing it well requires training. We can train our bodies to perform. Well, the brain is no exception. A brain out of balance can be restored and a balanced brain can be trained to perform better. We finally have the technology to show you measurements of your brain's processes, in real time, that are usually outside of your awareness. We can show you how to train your brain to perform better and relieve debilitating symptoms.

Click on the image to the right for an introduction to Neurofeedback and what it can do for you.



003512

Family Counseling And Neurofeedback Center

Dr Dastrup | About FCNC

Treatments

Contact



Iowa Courthouse

Dr Dastrups' office is built with remnants from a historic Iowa courthouse. Click here to discover more.

Family Counseling & Neurofeedback Center (FCNC) is dedicated to helping families, couples, individuals, adolescents and children become happy and successful.

Helping people help themselves is our primary concern. FCNC provides intensive focused treatment for those who need health care answers for enhancing their lives, personal growth and relationship issues, and for finding their authentic true self.





Meet Dr. Fibus

Our Approach

Relationship Counseling

Anger Management

NeuroFeedback

Success Stories

Resources

NEUROFEEDBACK

What is Neurofeedback?

Benefits of Neurofeedback

Neurofeedback & Relationships

Alcohol & Drug Addiction

Anger Management

Anxiety & Worry

Asperger's Syndrome

Attention Deficit Disorders

Bipolar Disorder

Depression

Fear

Headache

NEUROFEEDBACK



This powerful brain-based technique has been successfully helping clients around the world for more than 30 years.

Neurofeedback, also known as EEG Biofeedback or Neurotherapy, is a groundbreaking technique that challenges the brain to a higher level of performance. This powerful brain-based technique has been successfully helping clients around the world for more than 30 years. It is non-invasive and offers dramatic results for a multitude of symptoms.

How it works

We "listen in" on brainwave activity through electrodes applied to the scalp—a painless, non-invasive procedure you may be familiar with if you've ever had an electroencephalogram (EEG). We then process the signal by computer and extract information about key brainwave frequencies. We show the ebb and flow of this activity back to the person, who attempts to change their brain's activity level, increasing or decreasing it, depending upon the specific focus. We present this information to the person in the form of a game, so the person is effectively playing a game with his or her brain. Eventually the brainwave activity is "shaped" toward more desirable, more regulated performance. The frequencies we target and the locations on the scalp where we listen in on the brain are specific to the individual and to the conditions we are trying to address.

How long does it take?

Each session depends on the treatment.

How long does it last?

Neurofeedback involves learning by the brain and if that brings order out of disorder, the brain will continue to use its new capabilities, and thus reinforce them. Matters are different when we are dealing with degenerative conditions, like Parkinson's or the dementias, or when we are working against continuing insults to the system, as may be the case in the autism spectrum. In such cases the training needs to be continued at some level over time. Allergic susceptibilities and food intolerances make it more difficult to hold the gains.

Mindy Fox, MFT & Neurofeedback Practitioner Los Angeles, California

Specializing in treatment of Anxiety & PTSD.



About Mindy Fox, Licensed Marriage & Family Therapist, Lic. # MFC31637

Two offices located in the Los Angeles, California area:

2665 30th St. #217, Santa Monica, CA 90405

3820 Del Amo Blvd. #301, Torrance, CA 90503

The process of change often begins with personal crisis and can lead to personal transformation. Mindy works with you to effectively release and change negative limiting beliefs, undesirable patterns, and resolve old issues that keep you from moving forward.

Mindy has over 18 years of experience as a licensed marriage and family therapist. Her expertise in psychotherapy, EMDR, and neurofeedback helps her treat clients with: attention deficit disorders, post-traumatic stress disorder, anxiety, and depression issues.



Recent Posts

 Music Therapy and Neurofeedback

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- dating advice on Contact Info
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Archives

September 2010

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Dr. Leah Lagos

BIOFEEDBACK | NEUROFEEDBACK | THERAPY | (SPRINGFIELD, NJ 07081 & NEW YORK, NY 10086)



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- * Neurofeedback
- * Stress Assessment
- * Therapy
- *** Links & Resources**
- * About Dr. Lagos
- *** Contact**

CONTACT

Dr. Leah Lagos

(646) 770-1702 675 Morris Avenue Suite 202 Springfield, NJ 07081 3 East 65th Avenue New York, NY 10086 drleahmlagos@gmail.com



Each of us is shaped by a vast array of experiences and talents. The hope is that we can always function optimally in our personal lives, our career, and achieve our goals. Life, however, invariably presents challenges that distract us and interfere with our health and performance. This is where I can help.



As an experienced health care provider with a specialized background in biofeedback services in Springfield, New Jersey and New York, NY. I provide therapy as well as the most modern and empirically supported techniques such as biofeedback and neurofeedback for children, adolescents, adults, and athletes. My work is always designed to be supportive, communicative, and encouraging. In this way, I can assist my clients in gaining confidence and achieving their personal and health goals. With knowledge and experience accumulated through training and practice around the world, I have been able to help my clients find new direction in their lives and move forward with greater satisfaction.

Psychotherapy, biofeedback, and neurofeedback can all be very effective in enhancing health and life. I never cease to be deeply touched by my clients' dedication and commitment to achieving their personal goals. Through the journeys we have taken together, they have learned valuable skills and in doing so have gone on to make important and long-lasting changes in their lives.

Through my initial assessment, I determine which combination may be most effective for each individual. As therapy continues, I continue to evaluate the treatment plan to employ the most effective therapies and help my clients achieve their goals.



Dr. Stephanie Rimka



"Take care of your body with steadfast fidelity.

The soul must see through these eyes alone, and if they are dim,
the whole world is clouded."

-Johann Wolfgang Von Goethe

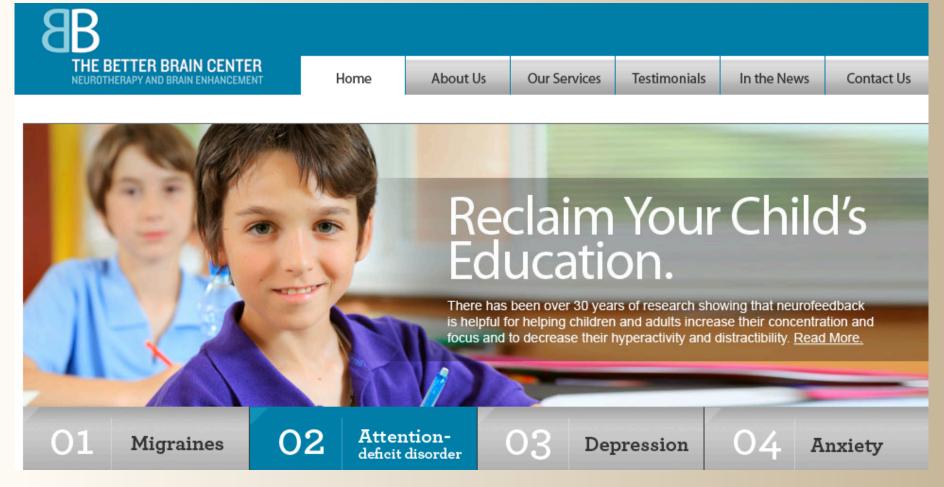
Stephanie J. Rimka, BA, DC is a diverse practitioner dedicated to helping others transform and empower their lives. Dr. Stephanie continues learning methods to release the limitations of the personality and to expand consciousness towards a humanitarian, evolutionary approach to oneness. After receiving her BA in 1995 from Albion College, Albion, MI, her 15 year career in health care began as a case worker for schizophrenics. Her interest in emotions and their relation to brain dysfunction led her to a seemingly unlikely place: Chiropractic College at Life University, Marietta, GA where she received her Doctorate in 2000

graduating Summa Cum Laude. Yet, it was through understanding that there were natural ways to help restore proper brain function and improve quality of life without drugs which motivated her decision. After completing an intensive 2 year training program in the international organization Global Relationships Centers, she co-taught an interpersonal communications course called Understanding Yourself and Others based on Jungian, Adlerian, and Gestalt principles for large groups; she participated in a 2 year study of Soul Focused Healing and Energy Mastery with Deborah Mills; and she mentored privately for 3 years on coaching and teaching techniques with specialist Apolonia Fortino. Combining this

Successful Websites

Ok, So What's a GOOD ONE LOOK LIKE?

http://www.neurofeedbackconsult.com/



Converting Traffic to Inquiries

- More Keys to Conversion
 - Have Phone Number & Clickable Email Address on Every Page
 - Emotionally Engage the Reader With Relevant
 Content that Taps into More than One Sense

Converting Traffic to Inquiries

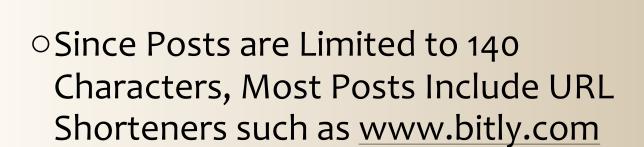
- More Keys to Conversion
 - Understand the Continuum of Engagement
 - Text (worst)
 - Pictures
 - Audio
 - Video (best) with Additional Bonus: GOOGLE Owns YouTube!

- User-Generated Content
- Lists of Friends/Contacts/Followers
- Messaging Between Contacts



Twitter

- Great Resource for Up to the Minute News and Postings by People you Respect
- But Despite Massive Hype, It's Not Ready for Prime Time as a Referral Source





Twitter

Can't Hurt to Register Twitter Names <= 20 characters, for FREE, in case Search Capabilities Become More Widely Used – such as:



@chicagoanxiety or
@neurofeedbackla or@adhdsolutions

Sample Twitter Postings



NeurofeedbackOC

38 mins

OC Neurofeedback - Dr. Clarity's new book " Neurofeedback: Transforming Your Life With Brain Biofeedback" - Click here: t.co/noWfyJhf



Spirit1Body

1 hour

What Is Neurofeedback?: Neurofeedback t.co/Xcb1Meeh



NeurofeedbackOC

1 hour

Orange County Neurofeedback - Neurofeedback Book Available Now! - Click here: t.co/tK1OLWtC



kimlacey

3 hours

Bookended by amnesia and neurofeedback t.co/FpgWmYQk via @zite



Halaabdelkhalek

4 hours

Improving 10-40% of cases of autism after 60 sessions, thru Neurofeedback. American experts in complicated cases. Call clinic@01005000044



DevelopmentalDi

4 hours

Kids Eliminate ADHD By Watching DVDs With Neurofeedback: Imagine being able to exercise you or your child out of: t.co/XgYPXkez

LinkedIn

Emphasis is on Learning & Networking

 Good for Business to Business Referrals such as Supervision or Clinical Training



 Also Good to Ask Clinical Questions and Get Support for your Practice

Facebook

In Addition to Pay Per Click Ads,
 You Should Create a Facebook

Business Page

Facebook "Likes"
 Will be More
 Important Now
 That They Are
 Starting "Graph
 Search"





Facebook's New 'Graph Search'

Since Most People Don't "Like"
 Their Therapist, Graph Search Will
 Default to BING Search



- So Be Sure You Have a Free Profile on Bing at
- https://www.bingplaces.com/



• Facebook's New 'Graph Search': facebook Sample Searches





Marriage Counselors who live in New York, New York

Sorry, we couldn't find any results for this search.



Psychologist who live in Chicago, Illinois



psychologist who live in chicago, illinois | Web Search





Therapist at Goldsmith Counseling, PC

- illinois From Rochester, New York
- Likes Psychology
- Studied Master in Counseling at Adler School of Professional Psychology
- # 1 mutual friend: Geoffrey Gray
- ✓ Friends Message





Lilly Calandrello

Works at Lilly Calandrello

- Lives in Chicago, Illinois · From Chicago, Illinois
- Likes Psychology, Second Life and 72 others
- #Studied at Homewood- Flossmoor High School '82
- # 7 mutual friends including Elizabeth Bohorquez and David Riklan

+1 Add Friend Message



Beth Nathalie Rom-Rymer

President at Rom-Rymer and Associates

- in Chicago, Illinois From Lido Beach, New York
- Likes Psychology, Politics and 1 other
- Studied Clinical Psychology at University of Illinois at Urbana-Champaign
- # 3 mutual friends including Katherine Nordal and Doug Haldeman

+1 Add Friend Message



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- 8:00 am 9:00 pm · (323) 937-1344
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Counseling & Mental Health

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F Web Search: neurofeedback for adhd in ohio

Neurofeedback « Neurofeedback Ohio

www.neurofeedbackohio.com/neurofeedback

A review of neurofeedback treatment for pediatric ADHD. Journal of Attention Disorders. T. Ros, M. A M Munneke, D. Ruge et al. (2010) ...

Neurofeedback Ohio

www.neurofeedbackohio.com

At Neurofeedback Ohio you'll receive the assistance you need. ... Optimize with Neurofeedback ADD/ADHD addiction Anxiety autism chronic fatigue chronic pain

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neurofeedbackcincinnati.com

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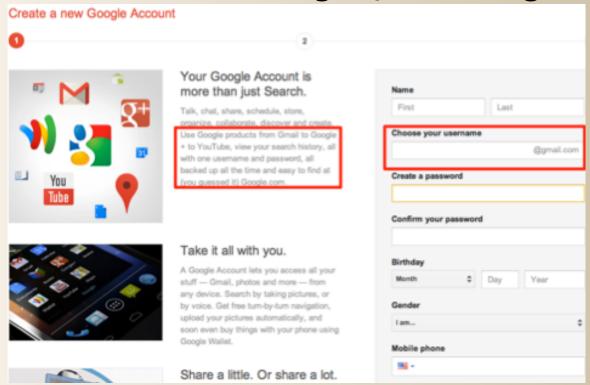


- 130 Million Active Users, 400 Million Total Users
- Combines the Best of Twitter and Facebook with Great Privacy Settings
- Features 'Video Hangouts' with up to 9 People
- You Can Have a Business Profile on Google+

Google+



 Google is Forcing All New Google Accounts to Have a Gmail Email Address AND Signup for Google+



Google+

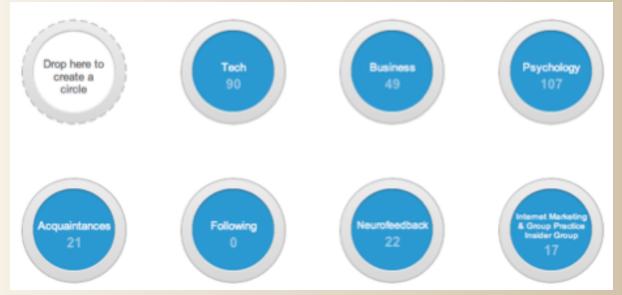


Google Gives Organic Search Results Preference to Businesses that Post on Google+

Google+



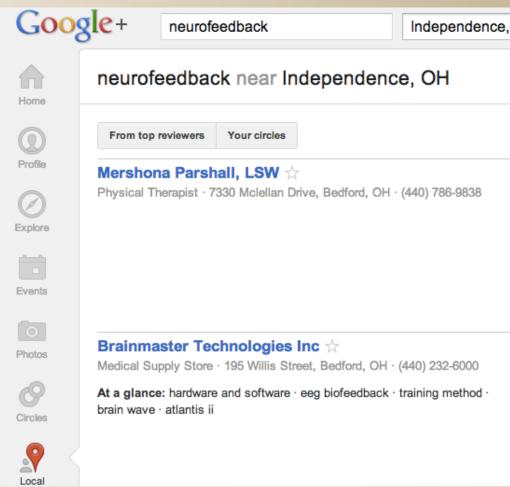
- Everyone Should Have a Google Plus Account
- Create a Business Profile
- Contacts are Contained in 'Circles' of People of Common Interest or Location



Google+ - LOCAL

- Google Has Been
 Importing Google Places
 Profiles Since July 2012
 into Google Plus/Local
- Most of TheseImported ProfilesContain Errors
- Check Your Profile in Google Local





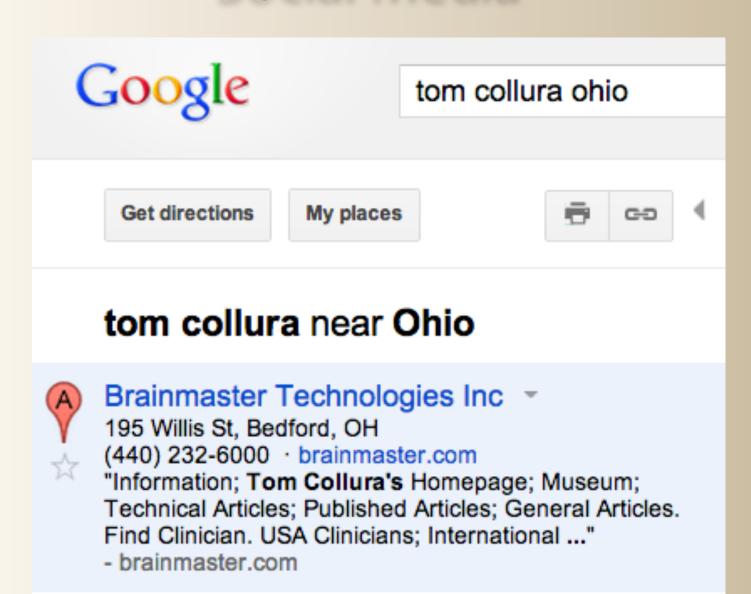
Google+ - LOCAL



Best Way to Check Your Google Local Profile:

- Go to maps.google.com
- Type in Your Name and City
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Social Media



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Video Marketing Has Six Big Advantages:

- Videos Get Indexed in Google Faster than Anything Else
- Videos Can be Keyword Tagged for Search
- In Search Results, Video Shows up a Thumbnail Image, not a Line of Text:

Videos for counseling videos



The Couple, Introduction to Counseling and ...

10 min - Aug 26, 2009

Uploaded by psychologist3 www.youtube.com



Basic Counseling Skills 6 min - Aug 28, 2009 www.metacafe.com

- Video Marketing Advantages:
 - Video is the Most Engaging Medium Available
 - Videos Can go Viral (others market for you)
 - High Resolution Video is Very Inexpensive To Produce and Free to Put Online and on Your Website
 - YouTube Has Become a Major Search Engine for Information

YouTube

 YouTube: 4 billion videos viewed every day; 200 million of those on mobile devices



- Of HOURS of Video is Uploaded to YouTube Every MINUTE
- Owned by Google

YouTube

Everyone Should Create a YouTube Channel (free) You Tube

- Upload 2-3 Minute Videos
 Based on FAQs
- Embed Videos on Your Website
- Keyword Tag Your Videos

•YouTube - How to Embed on Your Website You Tube

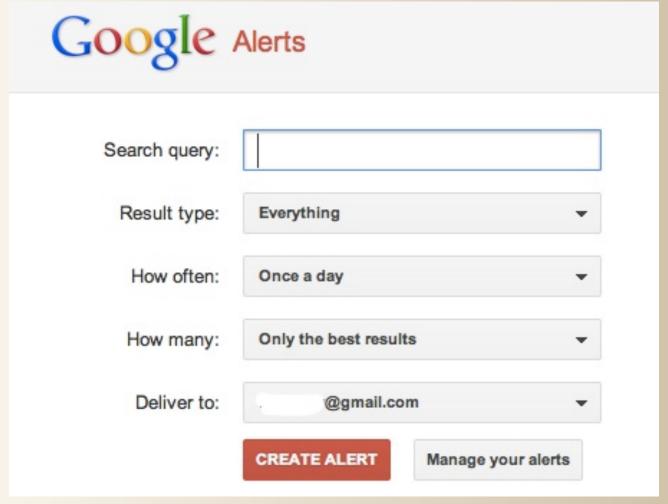


▶ ◄ ¹) 0:00 / 0:24 □ □
This video is public.
Like
#1 Click 'Share' to Get Embed Code
http://youtu.be/MfH6joKBu6 Email Email
#3 Click 'Embed' to See and Copy HTML Code
After making your selection, copy and paste the embed code above. The code changes based on your selection. #2 UNCHECK This
Show suggested videos when the video finishes
 Use HTTPS [?] ■ Enable privacy-enhanced mode [?]
Use old embed code [?]
420 × 315 480 × 360 640 × 480 960 × 720 Custom
100,000
Width: px

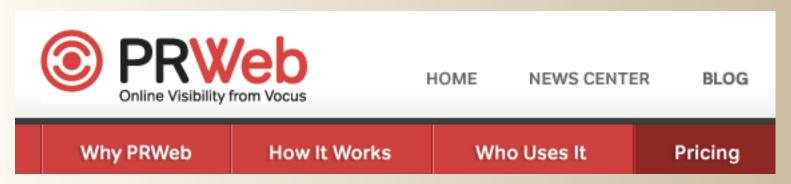
The Internet Allows a New, VERY EFFICIENT Method of Public Relations

- Get Free Coverage on TV, Radio, Newspapers
- Enhance Your Brand Image in Your Community
- Increase Visitors to Your Website
- Take Advantage of the Fact that Reporters Now LOOK FOR NEWS STORIES, Rather than Waiting for News to Come to Them as In the Past

STEP 1: Sign up for Google Alerts



STEP 2: Create an Account on PR Web (prweb.com)



 STEP 3: When a National News Story Breaks with Your Keyword Topic (e.g. neurofeedback, ADHD etc), Create a Press Release and Send out Locally or Nationally via PR Web

Example: Nov 2011: Huge national story on shortage of ADHD Medications

- STEP 4: (Optional): Post Your Press Release Copy on Twitter and Google Plus with Hash Tags (#ADHD)
- STEP 5: Ride the Momentum of the News Story
- STEP 6: Be Available for Interviews Reporters
 Have Very Fast Schedules and Usually Want to Talk or
 Tape the Same Day (or at the most, 1 day later)
- Record all Interviews (audio and video) and Post on YouTube, Your Website and/or Blog

Summary

ESSENTIAL TAKEAWAYS (all FREE):

- Update Copy on Home Page of Website
- Update Website Meta Tags
- Create/Update Google Places Profile
- Create/Update Bing Places Profile
- Create/Update a Google+ Profile
- Create/Update a Facebook Business Page
- Create Quantifiable Goals
- Carefully and Systematically Track Results Monthly

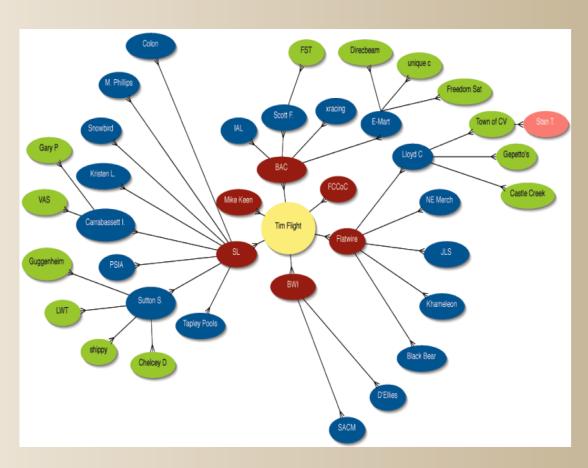
Summary

OPTIONAL TAKEAWAYS:

- Experiment with Google AdWords to Increase Traffic
- Experiment with Facebook Ads to IF You Have a Specific Target Market
- Create a YouTube Channel and Make
 Several 2-3 Minute Videos on FAQs
- Post Something on Google+ Several
 Times a Month

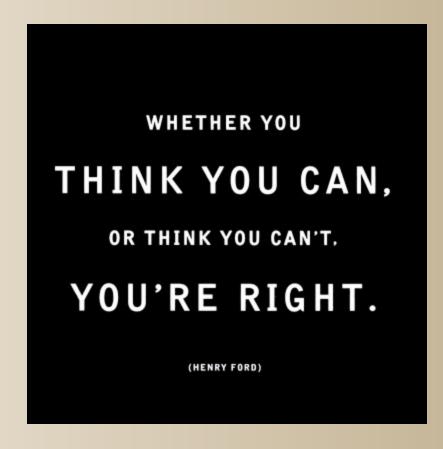
Summary

•The Internet connects you with a vast network of relationships that would otherwise be unavailable to you



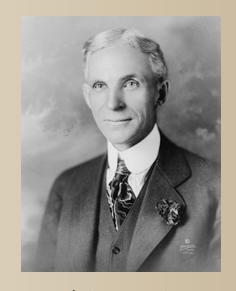
Attitudinal Issues

- You Have to take Risks to Succeed, and Ignore the Negative People in Your Life
- You Have to Invest Time and Money to Really Learn How to Implement This Stuff
- Business is a Complex Field that is Ever Changing



Attitudinal Issues

- Hang Out with People Who
 Are More Successful Than You
- Don't Invest Time in PeopleWho are Negative
- Never Stop Learning

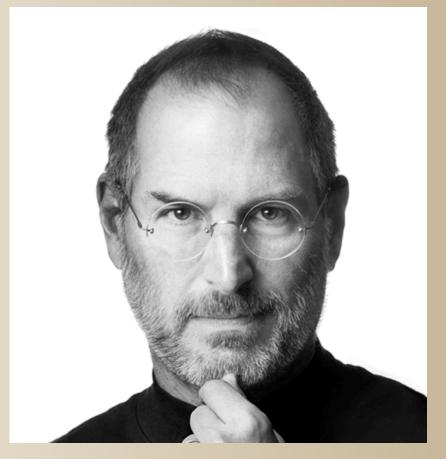


If I'd asked my customers what they wanted, they'd have said a *faster horse*.

-Henry Ford

Attitudinal Issues

"Death is very likely the best invention of Life. Your time is limited, so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become."



Steve Jobs, 1955-2011

Key Business Principles

Action Plan Exercise



Key Business Principles

Follow up Resources:

1) Internet Marketing Resources:

http://uncommonpractices.com/sts.html

2) Email me with any questions you might have:

joe@uncommonpractices.com