

ALPHA-STIM

This paper is designed help you use Alpha-Stim for maximum results. Written in the summer of 2014, I have been using Alpha-Stim practically full time in my practice as a psychologist, for about nine years. Please let me bring you up to date on what I have been learning.

AID stands for Anxiety, Insomnia and Depression. I have seen those conditions significantly improve with AID. That being said, its effectiveness extends to other conditions. Many patients seek my help for trauma recovery, but I do not limit Alpha-Stim for use with trauma patients. Virtually everyone who seeks my help, takes me up on my offer to use this device for the duration of every meeting.

We directly approach problematic feelings, exploring where they came from, while the AID unit is doing its job. This device seems to speed up resolution for emerging feelings, and that is a big help during difficult counseling sessions. Having incorporated it into my work over a long period of time, I have gained assurance it will assist my patients to feel better by the end of each session. That is what I always aim for, and Alpha-Stim AID contributes nicely to that outcome.

A Recent Lesson: Throw Away the Medical Model

Here is how to think about Alpha-Stim AID. Each hour in use is like taking a stress pill with no side effects. Most people start out slowly, and gradually increase their use. Within a few weeks they are able to absorb as many "pills" as are needed, in order to obtain the right effect. Sometimes you may need quite a few. Please take me seriously. I have found when people bring the medical model with them to Alpha-Stim, it stops them from getting what they need.

The "medical model" goes something like this. Make your interventions as small as possible, for as short a time as you can, and stop as soon as possible. An example would be depression. We are told to start medications at the lowest level possible, and very gradually increase them, keeping them at low levels. You always hope to completely stop taking the anti-depression meds, to avoid side effects. That is exactly the opposite of the correct approach to using Alpha-Stim. You will not do as well if you limit your Alpha-Stim "doses." It will not produce any addiction nor dependency, there will be no side effects, and there will be no reason to stop. Make your interventions large enough and long enough to get the help needed.

Let's take a look at Alpha-Stim and anxiety. When anxious patients come into my office, they urgently want to feel better right away. My recommendation is so simple: Put on the Alpha-Stim unit at low levels, until your anxiety feels at least a little better. Then, over the next few days, put it on whenever you feel anxious, increasing it to levels that are comfortable, until the anxiety goes away. If that means it will take six hours or more to feel better, well, that beats stopping at one hour and not feeling any better. Use it until the anxiety subsides.

Please understand, it is often recommended to start slowly with Alpha-Stim, but my patients with anxiety want to step up the pace, right from the beginning. They tell me large doses of Alpha-Stim are very beneficial. That being said, it is also true that an hour or two per day would also help, but anxiety symptoms call for action right away. People usually find it better to aim for the

immediate settling of their feelings because they stay on AID for extra hours, rather than going more slowly.

When you begin, your ears and brain will not yet be accustomed to the low-level electrical current, so it is okay to start at the "1" level, or just a little higher, if that feels comfortable. You will be able to benefit even more when you are able to gradually increase to higher levels, over time, "5" being the highest.

Do not miss the point about throwing out the medical model. A few people have logged over 100 hours of Alpha-Stim per month, while they are in counseling. I help them to deal with the traumatic causes of their anxiety, and they use massive doses of Alpha-Stim. For some of them, it is only when they are using AID that they feel entirely free from anxiety. Happily, within a few months, the traumatic causes can receive enough healing, and Alpha-Stim can train the brain to operate at lower brain wave levels, so the anxiety will be much improved.

The same lesson applies to insomnia and depression. It is customary to work Alpha-Stim into a person's schedule for about an hour each day. That will usually bring good results. When I am a bit over-stressed, 40 minutes usually is enough to help me. However, when I put it on for an hour-and-a-half or more, the results seem even better. It is very likely that because I have been using it for a few years, my ears and brain do well with that level of stimulation. This is what my patients tell me: Regular use helps them feel increased energy and clear thinking.

One person uses it every afternoon. She is in a business which requires her to be quite creative, and Alpha-Stim helps her creativity. Bottom line: Don't get stuck in medical model thinking. Regular or extended use can help you thrive, so do not stop using it when you have improved. It is always good to have some stress pills on hand! Alpha-Stim will go about its work, processing your feelings every time you use it.

Another Recent Lesson: AID Helps Relieve Pain in the Head, Neck and Shoulders

The relief that Alpha-Stim provides for fibromyalgia has been documented for many years already, so that is not a recent finding. Even so, it is a good place to begin thinking about how this approach helps with pain.

Here is the way I think about fibromyalgia. It is a pain-processing problem. The brain can become resistant to receiving pain messages from the body, over a long period of time. So the brain learns to ignore the message. Eventually, the body begins to send stronger messages:

"Can you feel me now? We've got a serious problem down here!"

The new message gets through for a while, but the brain soon does an even better job of ignoring the "in-coming pain" message. So the cycle continues, with the body's pain level getting higher than ever, and the brain trying harder and harder to ignore it. This will become a crippling condition, soon enough. The pain keeps ramping up to higher levels.

"Listen to me! I am not going to let you forget that we have a problem down here."

The brain will no longer operate at a low level of brain waves under these conditions, which means the higher-level brain waves will persist. Pain processing will fail. The body will give up, and the pain will win. Fibromyalgia becomes unmanageable at that point.

"I cannot stop crying out down here, because the problem is not getting better."

Alpha-Stim helps the brain return to Alpha Wave level. At this lower level, brains do a better job of processing feelings and pain. So the pain level evens out, because the brain is finally receiving its pain message at the appropriate intensity level. Pain can often go from a "10" to a "2", and recovery from fibromyalgia will be underway.

Alpha-Stim is a very smart instrument. It helps brains do their work more effectively. The processing of pain in the head, neck and shoulders happens when Alpha-Stim is used. The brain wants to help the body feel better, and Alpha-Stim works with it.

Recent Lessons about Insomnia

When patients begin to work with me, "insomnia" is usually not at the top of their problem list. However, it is often an un-named problem. So it is not surprising when people say they are making progress with insomnia, even if we were not working on it. Alpha-Stim helps with sleeping problems, even if depression and anxiety are the main focus of treatment.

Here are three ways people use Alpha-Stim to help them sleep better:

1. Even though there is a slight chance using Alpha-Stim before bedtime may make it harder to fall asleep, my patients tell me a different story. After using it for a week or so, the initial effect seems to reverse, and it helps them *get to sleep*. My advice is to try it for yourself before bed, and see if it helps.
2. A few people who awaken abruptly at night and cannot get back to sleep, report that putting on Alpha-Stim right then helps them get back to sleep.
3. For those who awaken early and cannot get back to sleep, my patients say it helps them to start up the Alpha-Stim, even if the alarm clock is set to go off fairly soon. This provides a bit more sleep. The extra "Alpha time" sets them up for a better morning.

Recently, I was explaining to a patient about these three different ways to help with insomnia, and she – surprisingly – told me she already uses all three. She went on to say this is the first time in her life she has ever slept more than an hour or two at a time.

Let me mention one person's story, shared with me this week. She is a person who has had consistently positive counseling sessions, over the course of a year or so. The counseling material she needs to go through is very, very difficult, and I have been complementary to her after almost every session, about how well she just did. I was surmising she was a high performer – she did therapy very well, and her life was showing positive results.

A few days ago she and I were talking about how different people use Alpha-Stim, as she knows a few people who also have purchased an AID unit. Perhaps I should not be surprised at all by

what she said. She told me she has found she needs to use it during her quiet time for 15 minutes before going to sleep, and for another 15 minutes of quiet time when she awakens. Her overall functioning is far better than expected and her disciplined use of Alpha-Stim has been crucial.

An Introduction to Alpha-Stim AID

New and improved since January, 2013, Alpha-Stim is featuring new medical equipment. The AID (Anxiety, Insomnia and Depression) unit has replaced the SCS unit (Stress Control System). The price is a little higher but the technology is improved, it is more user-friendly and it is manufactured in the United States. Patients in my office like it better, and tell me so.

This is a question-and-answer forum about Alpha-Stim AID. Please take a few minutes and get acquainted with this friendly electrical device. It will be around for a long time, so you will want to learn about it. I use it in therapy practically all of the time. People come in, put on their AID unit, and we begin.

As a psychologist I have been steadily using it to help my patients since 2005. I can declare with certainty that it makes a positive contribution in treatment, and it helps people outside of therapy as well. I first learned about Alpha-Stim by speaking with someone who was experiencing its positive effects, so I telephoned the staff at the Electromedical Products headquarters in Texas to learn more. It was helping somebody right in front of me, and I believed what I was observing was pretty powerful. That turned out to be correct. The Electromedical Products staff kindly answered my questions, and I put an Alpha-Stim unit to work with a patient suffering from fibromyalgia and childhood traumas. It immediately showed positive results, so I went ahead and purchased 10 units! They were sold out in two weeks and I have been distributing them to people near and far ever since.

Of course, I would not hand out a device that stimulates the brain without trying it out myself, so I did just that. The Alpha-Stim brochure advises beginners to use it every day for three weeks, so I did – one hour each day in the morning. Even though I missed my Alpha-Stim time on Sundays, I got the desired effect before the end of the three weeks. Since then I've noticed that I cry less, yell less, and feel more energetic and clear headed. Every few weeks or so, I may notice if I am all stressed out, and use it for an hour or more, for a day or two, and it puts me back on track.

I always have an AID unit on hand when I carry out therapy, and invite patients to put it on while we are speaking. Whether people use the Alpha-Stim unit only in my office, or if they purchase one and use it at home, as well as during the therapy sessions, I see it helps people deal more effectively with strong feelings. It can help in other ways too. For example, whenever I fly, I use Alpha-Stim, and it helps me with jet lag. It is a great benefit to arrive clear headed. Interestingly, one person calls it her "happy-zapper." The AID immediately helped her with headaches and insomnia. That is not really a testimonial, but an open statement about what I have observed.

Please do not just write off this electrical device as a hoax, or expect that I am merely hyping it. To learn more, go over the questions and answers below. I have sent the following question-and-answer article to the neuroscientist who designed the Alpha-Stim technology, Dr. Daniel L. Kirsch. He let me know it is accurate, and it shows I understand how it works. So thank you, Dr. Kirsch, for your support.

Should you consider purchasing one, you will be pleased to know Alpha-Stim is FDA approved, and no significant side effects have been reported in over three decades.

Processing Feelings Using Alpha-Stim AID

Alpha-Stim AID is a cranial electrotherapy stimulator (CES) approved by the Food and Drug Administration to treat anxiety, insomnia and depression, under the supervision of a licensed health care professional. It is the subject of numerous scientific studies, and has received more scrutiny than most drugs. It has been used to assist people withdrawing from drugs, to help children and adults with attention deficit disorder, and to improve the ability to obtain restorative sleep, feelings of well-being, and "quality of life" ratings for people with the severe pain of fibromyalgia. A comparison of CES with antidepressant drugs shows it to be far more cost-effective than serotonin reuptake inhibitors (SSRIs), yet devoid of any significant side effects.

While the experimental data clearly prove the efficacy of this technology, as a psychologist I have found the literature to be lacking a discussion about using the CES in a clinical setting, to process feelings, which is a crucial component of successful psychotherapy. Accordingly, this section is written for my own patients and others who would like to understand how Alpha-Stim might help them process feelings. Here is what I tell my patients who purchase an Alpha-Stim AID for use at home.

1. Getting Started on Alpha-Stim AID

Now that you have your own AID, these are some guiding ideas. Please review them thoroughly, so you can receive the most benefit. The questions and answers come from hundreds of hours of clinical observations of how people respond to this particular device.

2. What Does Alpha-Stim AID Do?

It provides a slight energy boost to your central nervous system (CNS), which helps your brain do its many jobs a little better. One of its jobs is processing pain. Another is processing feelings. Your CNS is constantly at work doing those jobs, so every time you use Alpha-Stim AID it helps you process pain, and it helps you process your feelings at an unconscious level.

In this case, "unconscious" refers to non-verbal processing of feelings. You will probably not be able to talk about what is happening with your feelings as they begin to emerge during an Alpha-Stim treatment. However, putting your words to the emerging feelings is sometimes possible within a few minutes, which helps process the emerging feelings quite a bit. Unconscious processing of your feelings turns out to be the good and the bad news, all at the same time. Alpha-Stim treatments help you cope, particularly with daily feelings, which is the good news. It also gets behind your defenses to where deeper feelings reside, which can be bad news if you do not process those feelings in some way, like talking about them.

Alpha-Stim treatments process daily feelings and sometimes make initial contact with deeper feelings. Do not be surprised if you uncover deeper feelings using AID. Unprocessed, deeper feelings which are very intense can sometimes be too extensive to process right away. If headaches or bodily symptoms come up during initial treatments, they may connect to emerging deeper feelings. Do not stop the Alpha-Stim treatments if you get a headache or

some other bodily reaction. Here is the lesson I have learned: Trust that you will be successful in processing feelings, even though it may not be very easy, and it may not happen right away. You will find if you stay with the plan, you will process deeper feelings. This is a tool to help you process feelings which will need to be dealt with sooner or later. It is preferable to talk about the emerging feelings and to keep your Alpha-Stim treatment going until you break through and get the "Alpha-Stim effect."

When I describe how AID helps you "process pain", I am referring to syndromes like fibromyalgia, persistent muscle tension and other kinds of chronic conditions. As a psychologist, I am not trained in medicine, so medical matters are not within my domain. Nonetheless, it seems germane to report what I have observed. It helps people with bodily pain, pretty dramatically, so I can say it is one approach to pain management. Please note there are two other Alpha-Stim devices, the Alpha-Stim M and the Alpha-Stim Personal Pain Manager. These are specifically designed to process pain. They have electrodes that can target specific pain sites. The Alpha-Stim website explains them further.

This paper's initial section includes how I approach fibromyalgia. Please take a look there in case you have this condition. For further questions about treating fibromyalgia and other chronic pain conditions, call the Alpha-Stim staff at (800) 367-7246, or log on to www.alpha-stim.com.

3. What Do You Mean by an "Alpha-Stim Treatment?"

Each time you use Alpha-Stim is a treatment. Usually within 20 minutes you can expect to get the "Alpha-Stim effect." An hour or longer will give you a better chance, but it may take longer for some people, in case feelings are blocked. When people use it for less than 20 minutes they can sometimes feel a little bit worse. It is better to stay hooked up to this energy-booster long enough to process feelings which emerge during a "treatment."

Here is the effect you are looking for: Clearer thinking and increased energy. That does not happen every time. In some cases it may take a few weeks of daily treatments. Nonetheless, it is what you are seeking, during the few weeks it usually takes to gain the maximum effect. You may have a good effect the very first time you use it, and it may last for a few minutes or hours. But in order to make the good effect last longer you will need to keep on with daily treatments for a few weeks. You can strengthen the good effect by continuing treatments for a few minutes after you reach the desired effect. Alpha-Stim treatments do not require spending time away from your daily routine. You can use it while you do paperwork, computer work, watching TV or reading the newspaper. It seems best if you can create a positive atmosphere, like listening to great music or using it while you are in the middle of an enjoyable activity. You can even stick the device into your pocket and use it while you take a walk, or even during chores.

4. Do We Know What Happens at the Brain Level During Alpha-Stim Treatments?

Alpha-Stim treatments appear to strengthen our brain's joy pathways by resolving feelings. When unresolved feelings are properly dealt with, all paths lead to joy. That is the way brains are supposed to operate, and the AID device helps brains work like that. A pilot study demonstrated that just one 20-minute treatment increased Alpha brain waves and decreased Delta and Theta brain waves. What does that mean? It is incompatible with anxiety, which takes place in the

Delta and Theta levels of brain activity. It makes you less anxious and more alert by training your brain to operate at a lower level.

People often end up in joy at the end of a therapy session, while using the AID device for the whole time, even if deeper feelings are uncovered. One person said she felt "as though she had just had a massage." That was a very good outcome. She dealt with some deeper feelings, and her whole body felt better. It seems to get people to and through painful feelings, which leads to joy. This does not automatically happen right away, particularly if a trauma with a lot of bodily pain emerges during a counseling session. What I am emphasizing here is very basic: Alpha-Stim treatments steadily process feelings, so continuing to process the stuck ones eventually allows a brain to return to joy. Whenever negative feelings "take over", you will not be able to feel joy. But when those feelings subside, your brain automatically returns to joy. That is why it is worth the effort to push through difficult feelings during therapy. After resolution is reached people return to joy right away, and leave in a much-improved feeling state.

Working on a difficult set of feelings is like climbing a mountain which is partially hidden by clouds. Alpha-Stim can lead you to the mountain and help as you begin to climb. While you are still ascending, you may find the mountain is much bigger than expected. Do not quickly give up. Alpha-Stim is like equipment which helps you climb any mountain, even one more difficult than you imagined. Mountain climbing and processing feelings always bring unforeseen challenges, so keep the right equipment nearby. If the mountain brings you into unexpected, dangerous territory, it may be a good idea to enlist some help with the unexpected terrain. Teamwork is important for mountains and for feelings. Try to talk about it, and stay with the visual that you will soon be heading down the other side, which will make it worth the effort.

5. What Signs suggest that Alpha-Stim is needed?

When your feelings do not get resolved with other methods, Alpha-Stim may be the right tool. Difficulties maintaining focus on deep feelings during therapy, or leaving therapy in an unsettled state may point to unresolved feelings. Any fear which remains unrelieved over time, also points to unresolved feelings. Those are a few common signs which indicate Alpha-Stim could help.

"Ups and downs" in daily feelings can come from too much stress. Because Alpha-Stim helps with those kinds of feelings, Alpha-Stim treatments can be beneficial for people who have a high stress life. Here is something to keep in mind: You do not have to be in therapy in order to benefit from Alpha-Stim. Some spouses and friends of my patients have given me unsolicited, positive reports after they have profited from using Alpha-Stim, apart from therapy.

6. What about Using Alpha-Stim during Therapy Sessions?

I am seeing better sessions using Alpha-Stim. It is a seemingly subtle, yet powerful tool, especially when it produces joy at the end. One psychologist had been in treatment with me, and he bought an Alpha-Stim unit. He used it at home during most weeks, and brought it along to his treatment sessions. We agreed that one therapy session did not go as well as others. He had forgotten to bring his device along that day, and mine was out on loan. This illustrated to both of us how Alpha-Stim can make a big difference in treatment. Considering the investment in time and money for a therapy session, this is an important lesson.

7. Is there a Specific Alpha-Stim Treatment Protocol for Me?

Not exactly, but here are some ideas which may help you fine-tune your treatments. When strong feelings come up it may be necessary to work on them by using extended treatments, so do not discontinue your plan if feelings do not feel better right away. Please try a few variations in your treatment protocol, so that you will be able to find what suits you best. Try different lengths of treatments, different number of treatments per day, different power levels, and attempt to find out what times of the day work best for you, so that you can develop a good daily rhythm. Count on this: You will get in touch with your feelings during each and every treatment, and that gives you an open door for some progress.

8. Is it better to Use Alpha-Stim When a Problem Comes up, or to Use a General Plan?

Try to develop some consistency in your body's daily rhythm. A plan to use Alpha-Stim regularly will probably help you quite a bit. In addition, eat at the same times during each day, exercise at the same times, take your meds at the same times each day, and use Alpha-Stim treatments at the same times. Each of these can improve your daily rhythm, which helps a lot with insomnia and depression.

You can add extra treatments in cases where you need to calm down. Most of the time Alpha-Stim treatments hold anxiety in place, which also helps your daily rhythm. Two hours or more each day seem to help with high stress. Do not change your meds. Be assured that Alpha-Stim treatments will not interfere with them.

9. What about Addictions?

People can easily become stuck. "I really need a cigarette, ice cream, or something sweet." These are common coping methods. Most people can receive help within minutes, using Alpha-Stim from 20 to 60 minutes, whenever they get stuck in anxiety, depression, a craving or with some other trouble. Alpha-Stim treatments can replace desperate, less desirable, coping methods, like eating too much or too little, taking extra meds, or even self-harm.

I have found Alpha-Stim sometimes seems ineffective in overcoming addictions because it is not immediate enough. An addict is looking for a "right now" solution, but Alpha-Stim does not seem to kick in for the first 20 minutes or more. My advice is to keep Alpha-Stim going until you get "the effect," even if it takes longer than 20 minutes. It takes that kind of discipline to win "feeling battles." You want to put Alpha-Stim up front in your addictions battle, as a first line intervention – use it early, every day, so you can prevent the tempting urges.

10. Do You Have any Tips for Me?

Since no damage comes from too much Alpha-Stim time or from treatment which continues for too many months, a suitable mindset would be something like this: "I'll see how much Alpha-Stim time is right for me, rather than how little." It is better to take a "full dose" of Alpha-Stim, rather than trying to take as little as possible. Experiment with different "doses" to find out how much it takes to give you the optimal effect. As long as it is helping you, there is no reason to decrease your daily Alpha-Stim time.

Use Alpha-Stim in a flexible way, but use it regularly. Combine it with calming music or with spiritual time for the best effect. Use it regularly for about three weeks, to see if it helps you gain strength and keep your emotional balance. Start your day with 20 to 60 minutes. Adding another treatment in the afternoon can be helpful. You can also use treatments during spells of strong fears, anxiety or depression, in addition to your regular plan, as needed. After you have gotten the effect you are looking for, you can thin out treatments to every other day, you can use it for fewer minutes or you can lower the strength of the current indicator. Here is a rule of thumb: Keep using it until it helps you, and for as long as you need it to thrive.

Target particular behaviors which interrupt your day, like these:

- If you get anxious just before your spouse comes home, it may help to boost your calmness with Alpha-Stim. Anything which makes you anxious, like an activity, a person or even a time of the day can be targeted. Anxiety is intolerable for even a few minutes. People have a strong need to do something, right away. They can get impulsive, doing what they later regret, but they sense they must do *something*. Please consider using Alpha-Stim instead. You will not regret it later. If you can hang in there and use it for about 20 minutes, you may find relief.
- Hopelessness is another tough condition to deal with. Hopelessness is its own worst enemy. To experience hopelessness is to deeply sense nothing could help, so there is no reason to try anything, even Alpha-Stim. Here are two helpful ideas: Stretch your Alpha-Stim treatment plan a little longer, and talk to someone. Left alone, with no plan for help, hopelessness can spiral dangerously.
- If you cannot rid yourself of a craving, like sugar, nicotine or alcohol, try using Alpha-Stim treatments as soon as the cravings begin. We may find that, taken together with other treatment approaches, Alpha-Stim may facilitate weight loss and help with drug addiction recovery, and may even help with alcoholism. The key seems to be replacing the unwanted craving with an Alpha-Stim treatment, to supply the hoped-for CNS energy boost, being produced by addictions.
- When deep feelings are being worked on in therapy, nurture and support are needed. Do not neglect to pursue lots of positives and please create some extra time for fun and frolic while the deep work is underway.

A Few Thoughts about the Future

Despite the purely clinical nature of my observations, it would seem feasible to carry out thorough, scientific studies about the effectiveness of Alpha-Stim in therapy. It will take some funding, no doubt, but my observations suggest such studies should be carried out. I hope this section will provide some ideas for designing experiments, and will be a challenge for therapists to find out in their clinical practice, to what extent Alpha-Stim can be beneficial.

If other therapists see the same results I do, it will not be very long before Alpha-Stim is as widely used as meds are today. That will be quite a change, and it will have some far-reaching consequences. For one, the role of meds would have to be fully re-examined. Here is the question begging to be answered: Which conditions or symptoms are helped by boosting the CNS with Alpha-Stim, and which improve when meds are added? As we uncover the answer to that question we will discover the correct course of treatment for many of our patients,

particularly those who are not able to process their deeper feelings. We need to give our best effort to provide solid answers.

Another far-reaching consequence is the necessity of dealing directly with feelings that come up during sessions whenever Alpha-Stim is used. Those sessions tend to bring unconscious feelings into conscious awareness, which requires therapists to concentrate on dealing with those feelings as they emerge. It may be helpful to spend some extra therapy time, in those cases, and we may need to be more flexible than usual in supplying follow-up phone calls. Do not be surprised if patients using Alpha-Stim during treatment sometimes feel exhausted at the end, and may need to take some extra time in the waiting room, to regain their energy before driving home.

Treatment for eating disorders and drug addictions are multi-million dollar industries. After all, the quality of people's life is at stake when they have problems with eating or addictions, so they are very eager to make progress. If Alpha-Stim can cut recovery time and cost, we need to make it available not only to people in recovery, but to the people who are running the recovery programs.

Other possible contributions from Alpha-Stim researchers would include creating guidelines for home-based treatment of anxiety, insomnia and depression. This technology may reduce treatment time, and may make it feasible for therapists to help more people by including Alpha-Stim treatments at home, as part of their recovery program.

Many people will benefit if professionals from disciplines like psychology, psychiatry, neurology, pain management, nutrition and biofeedback can combine their Alpha-Stim findings, and teach each others how to use this technology more effectively. I cannot exactly see the future, but it seems if millions of people can benefit from Alpha-Stim, they will soon discover that, and will decide to begin using it. Therapists may need to learn how this technology works fairly soon, or they will not be able to answer patients' questions. It remains for scientists and clinicians to determine how to help people use Alpha-Stim in therapy and apart from therapy.

Closing Notes

I was initially hesitant to release this article. But now, after these many years of watching Alpha-Stim at work I can say the results have, consistently, been almost too good to be true. I had thought at first what I am seeing is nothing more than an exaggerated placebo effect. Or it could be my patients want me to feel good about my work, and are simply telling me what I want to hear. I now believe, more than ever, the results are reliable. People keep on using Alpha-Stim without me mentioning it. They bring it along to treatment, week after week, they make it a part of their daily routine and consider it to be a useful part of their lives. Some even have let me know they found out how much it helps because they left it home during vacation. They really missed it, and were relieved to get it back into their routine. "Seemingly subtle but powerful" sums it up.

It may be unethical for therapists not to use Alpha-Stim. If therapists know something may help their patients and yet they refuse to try it, that might be considered unethical. These are not simply "initial findings" – we have many, many studies which support these observations. After

carrying out short-term and long-term treatment with hundreds of people for these nine years, I believe my initial findings have been more than strengthened by what my patients continue to report. Therapists are mandated to continue to learn about interventions which could help their patients, so if Alpha-Stim could help, therapists may not be able to ignore that.

Don't hold back. Here is a vignette which reveals how I have struggled with change. When I found that Eye Movement Desensitization and Reprocessing (EMDR) had been found to be effective by a clinician whom I trusted, I went out and bought the book, after more than 10 years of being skeptical. I gulped down my decade of dismissiveness, and paid out the money to get trained. Do you know what I found? It is effective, consistently, and I now use it every day, along with my Alpha-Stim AID, to help my patients. It took my willingness to reassess my hesitation about this new intervention. I had to not hold back, and get involved. The well-being of my patients is at stake. I needed to try EMDR, or I believed my integrity would be compromised. This is what I am trying to spell out here, about Alpha-Stim. Clinicians, if something works, it is your job to use it. Don't hold back. Reassess. See for yourself whether this really works. It may be unethical for you to dismiss this state-of-the-art intervention.

There is one more potential problem area we should look at before we close – legal worries. In over 30 years there has never been a credible lawsuit brought against Alpha-Stim. Please dismiss legal worries, counselors and therapists, about getting into trouble if you use Alpha-Stim. I have been exposed to the cloud of fear which pervades malpractice lawsuits. We pay a lot of money for malpractice insurance, and yet we are flooded by insurance companies with a full array of fears. They are against anything at all which will cost them money, but they are not against Alpha-Stim. The air needs to be cleared. No worries! People will not sue you, and your malpractice coverage will not be in jeopardy because you use Alpha-Stim. People will get better. You will receive accolades, not lawsuits.