

Phoenix Consultation Specialty Programs

Neurofeedback - EEG Biofeedback is a learning strategy that enables persons to alter their brain waves. When information about a person's own brain wave characteristics is made available to him, he can learn to change them. You can think of it as exercise for the brain.

EEG Biofeedback is used for many conditions and disabilities in which the brain is not working as well as it might. These include Attention Deficit Hyperactivity Disorder and more severe conduct problems, specific learning disabilities, and related issues such as sleep problems in children, teeth grinding, and chronic pain such as frequent headaches or stomach pain, or pediatric migraines. The training is also helpful with the control of mood disorders such as anxiety and depression, as well as for more severe conditions such as medically uncontrolled seizures, minor traumatic brain injury, or cerebral palsy. For more information, articles, and case histories, go to: www.eegspectrum.com and click on "What is Neurofeedback?" You will also find many informative articles about neurofeedback at that web site. You may also call us at the Neurofeedback and Counseling Center. We'd be glad to discuss the potential benefits of neurofeedback for you or your child.

Psychotherapy Psychological Assessment - Psychological assessment, or psychological testing is used to evaluate one or more of an individual's specific abilities, functions, capacities, or personality traits. Common examples would be intelligence testing, academic achievement testing, attention-stimulus processing testing, language processing (reading) testing, vocational preference testing, personality trait testing, executive function, memory and learning functions, and testing for the presence of psychological or emotional problems. Results are frequently used to aid in psychotherapy treatment planning, as well as evaluating academic difficulties or special education needs, custody evaluations, assistance in disability determination, and many other situations needing psychological function and performance data. Some assessment instruments are used to collect pre-treatment performance data to establish "base-line" abilities to compare with the same test's results after treatment (ie, the test data is used to measure treatment effectiveness and/or progress).

Wilderness Therapy - While the term, wilderness therapy may be unfamiliar, the concepts behind it have existed for thousands of years. It's most ancient form, the vision quest, utilized by indigenous peoples as a ritual passage into adulthood, relied on the premise that nature and wilderness have an ineffable ability to affect human healing and change. This same premise is the core of our own wilderness therapy program. While utilizing some of the "stress-challenge" concepts of organizations such as Outward Bound, the Phoenix Wilderness Therapy program does not solely rely upon group dynamics or adventure challenge processing. Instead, our program is suitable for individuals, couples, or even families. While insight and personal change may be achieved through group dynamics and stress-challenge, it is our belief that Nature itself provides the dynamic experience for holistic change (mind, body, spirit). We are not a "camp" for troubled teens, a survivalist school, or a learn-through-hard-knocks program. Instead, our focus is on adult development of 'being' by shifting our focus and experience into the here-and-now through nature immersion.

Dyslexia-Reading Enhancement Clinic - Dyslexia is a neurologically based reading disability. It is far more common than once believed, and is found in approximated 1 out of every 5 individuals. Further, only 1 in 100 diagnosed with dyslexia receive remedial help. So, despite it's prevalence, it is widely untreated and unrecognized. Reading is a fundamental need in today's world. Poor or impaired reading ability affects all aspects of life, including vocational and professional achievement. Both children and adults are often stigmatized as "slow-learners" or even less kind labels. Self-esteem, interpersonal relations, and daily functioning may suffer. The Phoenix Dyslexia-Reading Enhancement Clinic is a program targeted to dramatically improve reading ability, often by many grade levels. Because Phoenix also offers other related services that reading-disabled individuals often require (such as academic achievement testing or supplemental neurofeedback training), we can customize your program without your needing to deal with multiple agencies. Whether you have previously been diagnosed as dyslexic, have marginal reading skills, or would simply like to increase your reading comprehension, we can help.

Weight Loss Consultation - Losing and maintaining significant weight loss is difficult. It is also a multi-million dollar industry. We find Dr. Barry Sears, *The Zone Diet*, a very useful and cost-effective approach to losing or managing weight. We will serve as your "coach" or "tutor" in helping you learn the principles of the system, practical approaches to nutrition, and how to develop a life-style rather than a short-term "diet." *The Zone Diet* is a nutritionally balanced life-style which emphasizes a "30-30-40" approach; that is, 30% of your calories should come from low-fat proteins, 30% from monosaturated fats, and 40% from low-glycemic carbohydrates. We can help you develop, implement, and tailor a Zone dietary life-style. Additionally, counseling is available to help you overcome self-defeating patterns of "emotional" eating. For some clients, neurofeedback treatment provides the much needed neuro self-regulation for successful weight management. As with any weight loss program, please consult your physician first (we would be more than happy to discuss with and include your physician in your treatment plan).

Personal Life-Coaching - Not everyone needs therapy (and you don't need to be "sick" to need therapy). Many, however, want help. In a world where mentoring is nearly nonexistent, (and who ever heard of a "relationship" mentor anyway . . .), what many people are looking for is a coach. Using a "sports" model, a life-coach is a psychologist or specialty trained individual, who uses all their specialty skills and training to help their client achieve clearly defined goals. These goals may be professional, such as job change, career change, skill development, etc.; or goals may be personal, such as relationship development or enhancement, habit change, etc. In the coaching process you will work together (often using specific "homework" assignments) to assess where you are now, where you want to be within a certain time frame, and what impairments or impediments there are to achieving those goals. Then a personalized, dynamic plan will be developed for you to follow with regularly scheduled contacts (by phone, e-mail, fax, or in person) to assess and evaluate progress in your plan. During these sessions you will work through problems, develop new strategies, and adapt or change your plans and goals as necessary. Throughout, the coach-client relationship is characterized by collaboration and collegiality.

Phoenix Consultation

High Performance and Wellness Center

Modern health care is designed around a “medical model” where treatment is driven by diagnosis. More recently, with the advent of managed care, reimbursement too has become driven by diagnosis as well as cost efficiency. This means if you wish to utilize your managed care plan for mental health services you are required to be “sick” even if you really aren’t sick. In addition to being medically “labeled” and diagnosed, ultimate control over service providers, length of service, even absolute client-therapist confidentiality may be taken away.

We understand the need for effective and proper treatment of the more severe and crippling forms of psychological distress, including those with medical origins. As you can see we have always provided, and will continue to provide these traditional counseling services. But we believe that for most individuals the medical model ultimately undermines the psychological foundations of self-esteem, self-empowerment, and self-determination. Instead of focusing on “illness,” we focus on your personal growth and problem solving. Throughout the life span there are normal periods of transition, uncertainty, or emotional turmoil. Trauma and tragedy, divorce, bereavement, dislocation, growing up, growing old. These and other normal life experiences can leave us out of balance or in great emotional pain. You’re not sick, or crazy; you just need to talk with someone and get back on track. We are confident that through one of our programs, or through a combination of programs, we can help.

In today’s modern world we often reach out for professional help on a regular basis. Tax preparation, lawn mowing, ski lessons, snow removal, wedding planners, piano lessons, plumbers, dentists or lawyers. You don’t need the shame and embarrassment often associated with getting psychological help, because you’re not sick. You’re human. And when life gets out of whack, you don’t have to go it alone. Counselor, therapist, coach, guide; whatever the name, that’s why we’re here.

Phoenix Consultation Practitioners

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Find us on the Web at:
www.phoenixconsultation.com

Phoenix Consultation

High Performance and Wellness Center



Who We Are . . . What We Do

We are a network and professional community of counseling psychologist practitioners sharing a common perspective on psychological services, psychotherapy, personal growth, and human potential. Together, we offer a variety of services and support for wide array of family, interpersonal, and personal issues. We believe in a holistic approach emphasizing the integration of each individual’s mind, body, and spirit. Our logo, the mythical phoenix, represents our belief in the human spirit’s capacity to regenerate, the mind and body’s natural impulse to seek balance, and the flexible and adaptive capacity of our bodies and brains to heal, grow, and self-regulate.

Specialty Programs Offered

- Neurofeedback:** For ADHD, Pain Management, Performance Enhancement, Seizure Management, and more
- Psychotherapy:** Individual, Group, Family, Marital/Couple, Retreat-Intensives
- Psychological Assessment:** Personality, Intellectual, Academic, Vocational Assessments
- Wilderness Therapy:** Vision Quest, Nature-Based Retreat, Personal Growth, Stress Challenge
- Dyslexia-Reading Enhancement Clinic:** Reading Programs for Dyslexia and Reading Lag
- Weight-Loss Consultation:** Reduce or Maintain with *The Zone* Diet program by Dr. Barry Sears
- Personal Life-Coaching:** A Therapy-less Way For Individuals Wanting to Achieve, Change, Enhance their lives