she felt the Nexalin experience had introduced a level of peacefulness in her inner being that she had never known before.

Life tosses many curve balls to most people—and Dr. Dan Chartier of Raleigh is a master at getting a bat on the ball, to continue the baseball metaphor.

More precisely, he is a compassionate and skillful psychophysilogic psychotherapist who devotes his talents and energy to teaching what he describes as the skills of self-regulation. In the process, he helps reshape lives and ease pain on an every-day basis.

“The terms we use to describe the work we do often includes the word ‘management,’” he notes, “such as stress management, pain management, headache management, blood pressure management, and so on.

“It’s fair to say that the gold standard of mental health is one’s ability to adjust to the things that life throws at us, including chronic health conditions. So much of psychology is about helping individuals adjust to situations that have arisen or chronic conditions that they are managing—such as injuries, or chronic migraine headaches—or psychologically focused issues such as depression or anxiety. These are a few of the many chronic conditions that we human beings have to manage.

“In our practice, our goal is always to link what is going on at the intellectual level with what is happening directly and objectively at the physical level—and we do that with the use of such technologies as biofeedback and neurofeedback, and the relatively new intervention of Nexalin. With these tools, it’s a process of moving beyond words to subjective physical realities, where healing work can occur.”

THE PAIN OF MIGRAINES

“Every client is unique, of course, but an individual case can effectively describe a healing process. A woman I’ll call Rita was in her early fifties when we first met. She had been suffering with debilitating migraine headaches for years. A neurologist referred her to this practice because all of the standard treatment protocols, primarily pharmaceutical methods, had failed to provide relief.

“Her headaches occurred multiple times a month. Often, there would be weeks simply lost because she needed to stay indoors, with the lights low, with cold compresses on her head, while continuing to take whatever rescue medications she had and simply hanging on—sometimes for days—until the pain diminished.

“With Rita,” he recounts, “we began to do the standard muscle tension release protocol because there was elevated contraction in the facial muscles, jaw, forehead, neck and shoulders. Further, we also employed procedures to reduce vasodilation and increase blood flow throughout her body—one of the best methods for eliminating and ultimately preventing migraine headaches.

“We were making reasonably good progress with these therapies, but it was not very long into the treatment protocol that it was clear there were indeed other elements at work. There is a predictable learning process that emerges in doing this work, and this patient was off that expected track. So we began to explore some of the subtle feelings of tension that were obstacles to achieving deeper relaxation—and what began to emerge were recollections of some pretty awful child traumatic experiences, literally very abusive parenting events from her father.

“Along the path of beginning to unwind those old memories and the internal guarding that had subconsciously developed, the pain also began to diminish and the ability to control and facilitate true relaxation began to evolve, until ultimately this patient reached the point of being relatively free of debilitating migraines, evolving into a very normal occasional headache pattern.

“Not surprisingly, she still struggled with episodes of depression that would come from time to time, so after successfully completing the biofeedback program, she returned for the Nexalin TES process.”

OVERCOMING DEPRESSION

Explains Dr. Chartier, “the Nexalin device delivers transcranial electrical stimulation to shift neurochemistry by gently stimulating the hypothalamus and associated brain structures using a specific, patented waveform and frequency—basically free of side effects.

“The hypothalamus— we call it ‘the brain’s brain’ or ‘the seat of emotion’—is the target for electrical stimulation to mediate mood disorders because of its role in maintaining balance in the brain-body system.

“Studies reveal pleasure centers in the hypothalamus as well as centers for anger and rage, pain, and fear. Nexalin TES, as developed by a medical researcher, actively stimulates the hypothalamus to rebalance neuropeptides, neurotransmitters, and neuromodulators that are critical to maintaining normal mood and behavior. Researchers are demonstrating that TES actually ‘reboots’ the hypothalamus to help alter specific negative neuropeptide generation—often repeatedly manifesting as anger, fear, and depression—to create healthier neurochemistry.

“It was really heartening to hear from this patient about a year after she completed the Nexalin process. She lives out of this area, but I got a lengthy email from her describing several major upset that had recently occurred in her life—the type of events that had typically in the past shaken her to her core and triggered further depressive episodes. One was the death of a close friend. A second was a family squabble that led to estrangement of a family member. She wrote in her email that she was troubled by these events on the one hand, but she was simply dealing with them without falling into depression. She said she had to literally ask herself who she had become to be handling these issues with relative calm. She said she felt the Nexalin experience had introduced a level of peacefulness in her inner being that she had never known before.”

For further information about neurofeedback and psychotherapeutic services offered by Dr. Lucy Chartier and Dr. Dan Chartier and their associates, contact: LIFE QUALITY RESOURCES 5613 Duraleigh Road, Suite 101 Raleigh, NC 27612 Telephone: (919) 782-4597 www.LifeQualityResources.org

Dr. Chartier and his wife and partner, Dr. Lucy Chartier, who is a psychiatric nurse practitioner, offer a range of services for managing stress and improving life quality, including:

Biofeedback and Neurofeedback, instruments that provide immediate information about stress responses, physical relaxation, and mental calm, that make it possible to rapidly acquire tension-reducing self-regulation skills.

Psychotherapy: Cognitive-behavioral psychotherapy methods to assist with reducing or eliminating stress and anxiety triggers; and

Pharmacotherapy: “In some cases of more extreme anxiety or stress-related depression the use of appropriate medications along with behavioral methods achieve the best results,” Dr. Chartier observes.