



# Alpha-Theta Training in the 21st Century: A Handbook for Clinicians and Researchers

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## Alpha-Theta Training in the 21st Century: A Handbook for Clinicians and Researchers

Alpha-Theta Training In the 21st Century: A Handbook for Clinicians and Researchers is a new handbook on alpha-theta neurofeedback. Peniston & Kulkosky's (1989; 1991) evidence suggesting that expert manipulation of specific brain frequencies could lead to the revisit and subsequent remission of traumatic symptoms in alcoholic war veterans with PTSD was revolutionary for its time. They were the first to use technology to tap into the brain's ability to unlock traumatic memories, showing that unresolved emotional issues could, after-all, be retrieved and potentially deleted from memory in an objective and systematic way. Alpha-Theta Training In the 21st Century is the premier and comprehensive clinical guide to the Alpha-Theta neurofeedback treatment of emotional trauma.

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