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Brookside Institute Journal, First Issue

By E. Keith Owens

Welcome to the first issue of the *Brookside Institute Journal*.

For all of us at Brookside Institute, 2007 was a year of extraordinary growth and change. We moved into a new facility in Newport Beach, CA; we opened the Neuroscience Center; and we added several distinguished and accredited staff members including psychiatrists, an electrophysiologist, masters-level licensed therapists, and other professionals in neuroscience and addiction treatment.

As we begin 2008, we would like to share our news as it happens in a monthly newsletter, the *Brookside Institute Journal*.

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“...those addicted to alcohol and other substances were still being committed to mental institutions...”

Brookside Institute: The Future is Now

By E. Keith Owens

Even as modern medicine was making great strides in treating life threatening diseases such as polio, small pox, cancer and diabetes, those addicted to alcohol and other substances were still being committed to mental institutions or imprisoned for public drunkenness. As late as the 1970's, the psychiatric and medical community classified the disease as a moral weakness or a symptom of a deeper psychological disorder. In the 1960's addiction treatment moved toward a more socially acceptable, compassionate model, Alcoholics Anonymous and the 12-Step Program; however, this treatment was not based on any medical or scientific research.

As the medical and psychiatric communities changed their classification of substance abuse as a behavioral disease in the 1980's, insurance companies began offering coverage for substance abuse treatment, a very positive step for those suffering from addiction. Unfortunately, insurance companies based coverage on the only standardized treatment model at the time, the 12-Step Program, and limited benefits to 28 days of treatment. Little has changed in insurance coverage despite advancements in addiction treatment modalities.

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*Yi Jin, M.D., Electrophysiologist
Director of Neuroscience Center*

Faces of Brookside: Dr. Jin

By Anna Miller

Yi Jin, M.D., Electrophysiologist, Director of Neuroscience Center

Dr. Jin is an electrophysiologist with over 20 years of experience in clinical and psychiatric research. His specialty in electroencephalogram (EEG) is particularly suitable to the work at Brookside Institute. His electrophysiological works have been extended to the studies of neural perceptual coding, mental disorders, substances abuse, genetics, and psychopharmacology. Dr. Jin is an associate professor of psychiatry at University of California, Irvine (UCI), with which he has been affiliated since 1987. He is the Director of the Behavioral EEG Laboratory at UCI Department of Psychiatry and Human Behavior and the Director of the Neuroscience Center at Brookside Institute in Newport Beach, California. He also serves as a visiting professor at Peking University Institute of Mental Health in Beijing, China.

Dr. Jin obtained an M.D. in Neuropsychiatry from Fu Dan University College of Medicine (formerly known as Shanghai First Medical College) in Shanghai, China. After the completion of his residency in psychiatry, he had his fellowship training in consultation-liaison psychiatry at UCLA and electrophysiology at UCI.

I recently sat down with Dr. Jin to discuss his new role at Brookside Institute's Neuroscience Center.

What is an Electrophysiologist?

An electrophysiologist is a specialist who studies the relationship between electric phenomena and bodily processes, such as functions of heart and brain.

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In the coming months, we will be highlighting all aspects of the work here at Brookside Institute, including our addiction treatment and depression programs.

We take pride in our holistic approach, providing comprehensive treatment programs, and we want to share with you the scientific accomplishments of the Neuroscience Center, the broad competencies of our therapists, our varied adjunctive therapies and our continued dedication to our patients' progress through our aftercare and alumni programs.

Our journey is one of discovery, hope and progress. We welcome you to join us on this journey as we dedicate ourselves to improving the lives of individuals suffering from behavioral disorders and diseases.

*"Our journey is one of
discovery, hope and
progress."*

Neuroscience News: Return of ECT

By Anna Miller

In the past few years, electroconvulsive therapy (ECT) or “electric shock therapy” has made a surprising comeback. More psychiatrists are looking at ECT for severely depressed patients who are not responding to medicine.

Numerous studies over the past 40 years have shown ECT to be effective. In 2003, a study conducted in the United Kingdom concluded that ECT was more effective for short-term treatment of depression than drug treatment.

However, ECT is a procedure that many have described as “gruesome”. ECT induces a clonic seizure (a seizure where the person loses consciousness and has convulsions) lasting for at least 15 seconds. It also has severe common side-effects including memory loss, confusion and cognitive problems. For many, the treatment is worse than the disease.

Brookside Institute’s NeuroScience Center has advanced far beyond the out-dated ECT. Magno-EEG Resonant Therapy (MERT), unique to Brookside Institute, is a non-invasive, relatively painless procedure that is able to normalize a person’s brainwave without the electrical voltage used in ECT. MERT uses an electromagnetic field to tune up or down specific brainwaves. The location, frequency and duration of the MERT treatment is based in the individual’s EEG to provide the precise field to bring the brainwave back into balance.

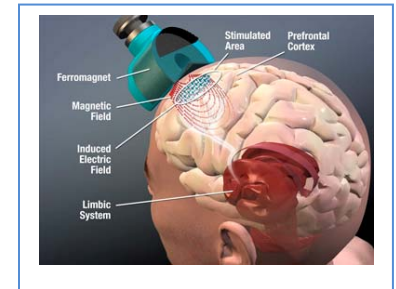
For more information on MERT, please visit Brookside Institute’s NeuroScience Center website at <http://NeuroScienceCenter.BrooksideInstitute.com>.

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At the same time that others in the industry were focused on perfecting the 12-Step model, scientists were researching addiction as a brain-based disease. These pioneers developed the first addiction medications, such as naltrexone and buprenorphine, medications that reduce cravings and withdrawal symptoms. Studying the brain’s physiology, using electroencephalogram (EEG) or the recording of electrical activity in the brain and other technologies, has led to numerous advances in understanding how the brain functions and the affects addiction and other behavioral disorders such as depression and anxiety have on the brain.

We now know that addiction is a medical disease – a disease which affects a person’s brain functions, behavior and health. At Brookside Institute, the future in treating addiction and other diseases such as depression, anxiety, PTSD and ADHD/ADD, through neuroscience is here today. The Brookside Recovery Protocol™ uses the latest in science and medicine to treat addiction and is the only science-based protocol that includes addiction medications, cognitive behavioral therapy (CBT) and neurotherapies such as EEG, rEEG (referenced EEG), Magno-EEG Resonant Therapy (MERT) and neurofeedback. We are committed to advancing the understanding and treatment of these disorders and diseases through neuroscience and innovative technology.

At Brookside Institute, the future is now.



MERT Procedure

“MERT ... is able to normalize a person’s brainwave without the electrical voltage used in ECT.”

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Why did you choose psychiatry and neuroscience?

My interest is in neural coding mechanism of consciousness. Psychiatry provides me with very unique opportunity to study this subject.

What is your favorite part of your work at Brookside Institute's Neuroscience Center?

The relaxed environment and challenging clients.

Have you completed any research projects recently?

I'll be presenting an article, Efficacy of alpha TMS in Schizophrenia - A Multi-National, Randomized, Double-Blind, Sham-Controlled Trial for EEG-Guided, Alpha-Frequency Transcranial Magnetic Stimulation, at the 4th Annual Conference of the International Society for CNS Clinical Trial and Methodology (ISCTM) with Dr. Thai, Medical Director at Brookside Institute.

Events & Announcements

By Anna Miller

4th Annual Conference of the International Society for CNS Clinical Trial and Methodology (ISCTM)

February 25-27, 2008, Washington, DC: Dr. Jin and Dr. Thai to present *Efficacy of alpha TMS in Schizophrenia - A Multi-National, Randomized, Double-Blind, Sham-Controlled Trial for EEG-Guided, Alpha-Frequency Transcranial Magnetic Stimulation*

2nd Annual Brain Symposium & Open House

June 27, 2008, Newport Beach, CA: Brookside Institute's Neuroscience Center presents its 2nd Annual Brain Symposium & Open House. Save the date! More information coming soon...

The Next Generation of Dual Diagnosis

April 28-30, 2008, Las Vegas, NV: Stop by Brookside Institute's booth at the conference and speak with Stephanie Laurent, Managing Director, International Marketing.



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