

Space permits only inclusion of the abstract of a paper by Steven L. Fahrion, **Human Potential and Personal Transformation**, which appeared in **Subtle Energies and Energy Medicine** 6,1 (1995), pp. 55-88. This paper is directly an off-shoot from Dr. Green's interest in human potential and in transformation. The idea that spectral analysis of the EEG across a sequence of alpha/theta neurofeedback trials can objectively reveal transformative changes in individuals so-trained offers exciting possibilities for expanding our knowledge of the physiology of transformation. The interested reader is encouraged to pursue this intriguing topic through the reference above. [Eds.]

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## HUMAN POTENTIAL AND PERSONAL TRANSFORMATION

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### ABSTRACT

Alpha-theta neurofeedback is becoming recognized by clinicians who are engaged in its use as an extremely powerful therapeutic technique affecting both personality and human relations. Addicted clients who are followed through the course of neurofeedback training reveal changes in EEG patterns that are consistent across individuals. These changes point to a comprehensive integrative adult developmental process of psychophysiological reorganization.

Theoretical considerations proposed by James P. Henry suggest similar, parallel transformative processes involve the brainstem as well as cortico-limbic structures. Personal and interpersonal effects of these transformative processes include improved mental flexibility, humor, creativity, and rapport with others. After treatment using alpha-theta neurofeedback, significant percentages of convicted felons with diagnosed substance abuse problems recover from addictive behavior.

*Note: Th(is) paper . . . represents a tribute to the ideas of Dr. James P. Henry concerning psychophysiological development and adult human growth processes. Dr. Henry has kindly given permission for the use of this material including some figures from his still not widely known original book, **Instinct, Archetypes and Symbols: An Approach to the Physiology of Religious Experience**, written more than 30 years ago, but finally published in 1992. This seminal conceptual work has much to say to us today, as exemplified by the useful model it provides to explain processes revealed in the current results presented here. Thanks and appreciation are also noted to Roger Werholtz and Warren Berry, III, of the Kansas Department of Corrections, for arranging contractual support for the randomized controlled study described at the end of this paper.*

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