

Avalon Hills Fosters Neuroplastic Healing

1 Correction of cellular function

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Focuses on improving health of neurons and glia.

- Assessment of brain communications via qEEG
- Intensive medical monitoring
- Consistent sleep schedule

2 Neurostimulation

Revives dormant circuits in the brain. Prepares the brain to build new circuits & overcome learned non-use.

- Psychopharmacology
- Medical Stabilization
- Eating Disorder Symptom Interruption

Nutritional rehabilitation via individualized dietary plan

- Neurofeedback based on qEEG
- Biofeedback

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3 Neuromodulation

Restores the balance between excitation and inhibition, resetting the brain's overall arousal via:

- a. Reticular Activating System regulating sleep/wake cycles & the brain's energy supply
- b. Autonomic Nervous System (2 branches)
 1. Sympathetic (Fight or Flight) Makes healing and learning more difficult
 2. Parasympathetic (Rest-Digest-Repair) Promotes growth, conserves energy, increases sleep, and turns on social engagement system

- Individual therapy targeting etiology of the eating disorder and co-morbidities
- Family/Support network targeting etiology of the eating disorder and co-morbidities
- Mindfulness Training
- Equine therapy to stimulate body awareness
- Yoga, Martial Arts Training, Expressive movement



- Graded re-entry into home environment including Treat to Outcome home passes
- Recovery Maintenance Planning to facilitate long-term outcome
- Demonstrated ability to sustain wellness via increased freedom
- Body Image Acceptance Work
- Self Regulated Nutritional Skills
- Values-driven behavioral activation

Improved sleep quality

- Graded transition begins- including reconnection with outpatient team & exposure to real-world triggers

4 Neurodifferentiation & Learning

A rested brain is self-regulating and capable of learning new skills and psychological concepts.

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5 Neurorelaxation

Once fight or flight is turned off the brain can accumulate and store the energy that will be needed for recovery. Sleep allows the glia to open up channels that allow waste and toxic buildup in the brain to be released through the cerebral spinal fluid.