

# New therapy for ADHD

Interactive Metronome therapy (IM) is a new type of therapy for children and teens with attention deficit and hyperactivity disorder (or other learning disabilities). It can also be put to use to boost concentration and accuracy in sport, timing and balance in music and dance, and to enhance memory in the elderly. IM trains the brain to plan, sequence and process information more effectively, leading to outcomes that have exceeded traditional clinical expectations in such cases.



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"If you're looking for a scientifically proven way to help your child be their best academically, socially and athletically, it's about time... well, more specifically, timing. The company offers an IM home programme that can be carried out where and when it suits you best," says Sandy George (IM practitioner, with a special interest in children and teens with learning/attention difficulties).

IM works with the use of headphones and hand or foot sensors to measure how closely the candidate's responses are to a computer-generated beat. The programme involves 12 sessions, of approximately 30 to 45 minutes each. Game-like features engage the trainee with auditory and visual guidance, which provides feedback while encouraging improved scores.

The science behind the therapy is complex but, in brief, IM improves the efficiency of a person's timing in the brain. In turn, this increases neural efficiency, which produces more efficient communication between critical brain networks. Because IM exercises and builds the core mental skills necessary for controlled attention, purposeful movement, working memory and the processing of info, its application extends with great success to:

- Athletes wishing to improve their speed and timing on the sports field, or those coming back from injury;
- Scholars looking to extend their attention span while studying for year-end exams;
- Children with a wide range of learning difficulties, who may be underperforming for their IQ
- Musicians and dancers needing to fine-tune their motor skills before a big performance
- The elderly who may be concerned with declining memory and/or physical function.

For more information, go to [www.WinningWayz.co.za](http://www.WinningWayz.co.za).