

September 2020 —  
August 2021

## (LENS) Low Energy Neurofeedback: Utilizing a Flexyx Neurotherapy System (FNS) as a Noninvasive Brainwave Intervention in Mood Disorder and Pain Management Treatment

This workshop will discuss how FDA approved LENS Neurofeedback can be utilized as a supportive or primary treatment for mood, neurocognitive, and chronic pain disorders by promoting relaxation and regulation of brain function. LENS or Low Energy Neurofeedback System utilizes a low energy electromagnetic frequency (EMF) to positively stimulate the brain out of maladaptive patterns to restore balanced brain wave activity, reorganize neural networks, and increase brain plasticity. The benefits of LENS treatment in improving overall brain and CNS function allows the patient to effectively handle environmental stressors, manage pain, and be able to make positive changes with all other treatment therapies.

This program meets the pain management requirement for license renewal.



Aaron Hovanec has assumed the role as the Director of Functional Medicine at Age Management of West Michigan for the last 10 years. He utilizes a functional medicine approach of treatment with patients that addresses the underlying physiological and lifestyle factors that are the root cause of disease and imbalance in the body. Aaron started The Functional Brain Performance Center at Age Management around 5 years ago to offer people a functional medicine treatment approach that addresses and treats the underlying physiological imbalances in the body that contribute to mood disorders and cognitive decline. Aaron received his training in the field of functional medicine through conferences and coursework with the Academy of Anti-Aging Medicine (A4M), the Institute of Functional Medicine (IFM), and the Age Management Medicine Group (AMMG). Aaron has advanced training as a certified LENS Neurofeedback practitioner and is an AACN certified nutritional consultant. Aaron obtained his bachelor's degree at MSU and his master's degree at GVSU. Aaron has also worked as a certified personal trainer for over 20 years and is the owner of Fit Mitt Training Company in Grand Rapids and Muskegon.

**Dates: Thursday, December 10, 2020**

**Time: 12:50 - 4:00 p.m.**

**Location: Live online webinar**

**Presented By: Aaron Hovanec**

**Cost: \$49**

**Register at [www.gvsu.edu/swce](http://www.gvsu.edu/swce)**

Recommended for LBSW and LMSW intermediate skill level; for learning objectives and additional program information, please go to our web site.