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PRACTICE

Trauma and neglect in early childhood impact every major system in the human brain. It can affect a person's emotional regulation, their behavior, mood, their ability to learn, as well as physical health and wellbeing.

Neurofeedback addresses these impacts by providing information to the brain using computerized biofeedback.

Throughout my twenty-year career I have worked with clients with histories of Developmental Trauma, as well as those suffering from anxiety, depression, ADHD and Autism Spectrum Disorder integrating neurofeedback and psychotherapy.

It has been my experience that stabilizing the nervous system within the therapeutic relationship promotes faster and deeper clinical change.

Training the brain allows for states of calm and focus that over time can become the person's steady state.

Fundamentally we understand our world through the lens of our nervous system. When the nervous system shifts toward calm and relaxed it is just easier to inhabit that world.

My practice focused primarily on children but when their parents saw what it could do many of them asked me to train them as well. As a result, I have expanded my practice to work with adults who like many of the kids I see suffer from the aftermath of developmental trauma.

Evolving neuroscience demonstrates that the brain does indeed learn from feedback and as it learns to regulate itself, the brain's owner experiences significant and lasting shifts in self-regulation, competency and organization. The video from my colleague Moshe Perl in Melbourne, Australia (on my home page) will give you an idea of what we can expect from neurofeedback. As is true of all treatment there can be no guarantees but I see these kinds of changes weekly in my practice.

Many peak performance athletes are now training their brains. I think neurofeedback serves peak performance in all of us and I work with kids and adults who just want to "up their game".



REMOTE TRAINING

Due to the Covid pandemic as well as distances and lack of availability, I do work with people who are training their own or their child's brain at home. It is not the optimal way to do this but all too often the only way and we have successes.



CONSULTATION

I provide consultation in schools within the frameworks identified in both the MindUp Curriculum and the Trauma and Learning Policy Initiative.

Calling on my two decades of integrating neurofeedback and CBT I also consult with therapists who are just beginning to use neurofeedback in their practices to help guide them as they get started. I welcome the opportunity to speak with you.

BIO

After earning my MSW in 2000 from Simmons College School of Social Work I went on to complete a certificate training course in the practice of Neurofeedback from EEG Spectrum International, recognized as the leading training organization for Neurofeedback worldwide. In 2006 after six years working as an outpatient clinician and a consultant in the Springfield Public School system, I earned my LICSW and opened a private practice where I have integrated the practice of Neurofeedback and psychotherapy for young children, adolescents and adults. In 2018 in response to a need expressed by many of my client's for support in advocating in both education and clinical planning within an academic setting, I connected with and studied curriculum created on supporting trauma sensitivity in schools with Dr. Melissa Sadin (www.traumasensitive.com) of the Attachment and Trauma Network.



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CONTACT INFORMATION

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