



ALPHA-STIM® Treatment Aid for Anxiety, Insomnia, and Depression

By Justine Froelker MED, LPC [Leave a comment](#)



I see a variety of concerns from clients seeking mental health counseling and coaching. Anxiety, insomnia, and depression are some of the most prevalent. And even if my clients don't meet criteria for a full diagnosis, most all people at some time in their lives suffer from some form of anxiety, insomnia, and depression. These concerns can feel debilitating, overwhelming, and at times untreatable, let alone curable. However, the medical field and the mental health field have made great strides in not only treating these concerns, but for some, even curing them.

Historically, especially here in the United States, we treat anxiety, insomnia and depression with psychotropic drugs. Medications can work miracles for some people. We know the chemistry in our brain, made up of our neurotransmitters, including dopamine, serotonin, and epinephrine greatly influence our moods, levels of anxiety, and our sleep patterns. These neurotransmitters can get off kilter simply because of our genes and family history, life has triggered them to do so, or both. Medications help to get them back in appropriate levels and help a majority of people. However, as a treatment professional we must admit the limitations of medications. For many clients, it takes several different medications or cocktails of medications to find the one that works right for them. We are lucky if the first medication a client tries is the right medication for them. Another concern is how long they may take to work. Most medication will require at least 4-12 weeks for it to reach full therapeutic value and for the client to determine if it is helpful. Finally, and most frustrating for some, are the possible side effects of medication. In my private practice the most common side effects experienced by my clients tend to be dry mouth, weight gain, dizziness, headaches, nausea, and lowered sex drive. For many people these side effects are too much and far outweigh the positive benefits of the medication.



1. Wet the clips with the enclosed conductive solution and attach them to your earlobes.
2. Press the button to select 20 or 60 minutes.
3. Adjust the intensity of the stimulation.

New brain research shows that talk therapy (mental health counseling and coaching) can change the brain chemistry much like medication. Talking to a neutral person to help with a new perspective is sometimes all that is needed to lift someone's anxiety, insomnia, or depression. Life is difficult and people are complicated, there will always be times in our lives where we all need to seek counseling. Talk therapy used in combination with psychotropic medication can definitely be the 1, 2 punch some clients need to feel better.

There is not a week that passes that I don't have clients ask if there is something more; something more than a medication with side effects or something in addition to the counseling and coaching work they plan to do. As the medical and mental health fields continue to grow, we are seeing a push towards alternative medicine. Massage therapy, acupuncture, meditation training, and yoga are all areas that are continuing to grow, simply because of how much clients and patients believe in them. We know they are all making people feel better every day, therefore we are beginning to fight more and more for clients to have access to these services.

Another way to feel better is to gently adjust the firing pattern of neurons in the brain, with a medical device that is prescribed by physicians and can be administered by mental health counselors. JBF Therapy & Coaching, LLC is excited and privileged to be able to offer this service to clients, under their physician's written order.

ALPHA-STIM® (cranial electrotherapy stimulation) is indicated for the treatment of anxiety, insomnia, and depression. Safe enough for home use, ALPHA-STIM® delivers a signal very close to the body's own electrical system via ear clips. This low current allows the client to come out of a fight or flight response, and helps the brain to enter into an alpha state. Clients become very relaxed in the alpha state, similar to the effects of

meditation. ALPHA-STIM® is best used as an adjunct to medication and/or counseling and may help a client progress faster during counseling. Research indicates the majority of clients see benefits, with minimal to no side effects.

In 15 years of practice, I have been able to witness one of the most powerful sessions of my career with my client M.A. In a couple of years of working with M.A. I had never seen her relaxed. She reported a life long struggle with anxiety, perfectionism, and rigidity, all of which eventually led to depression. During her first treatment session with ALPHA-STIM®, M.A. sat back on the couch in my office for the first time ever. She reported she had not felt that relaxed since she was a child. After 4 ALPHA-STIM® treatment sessions with me, she bought the device for herself to use at home. Within a few weeks, she had decreased her medication by half. M.A. has given this testimonial about ALPHA-STIM®:

“I began ALPHA-STIM® in September of 2012. Two months later, my life has improved dramatically. Before I began daily treatments, I was suffering from severe anxiety. I could barely get through a day of work without a breakdown. Most of my life, I have been tense and nervous on a consistent basis. The first time I tried ALPHA-STIM®, I was in awe. I did not know that feeling that relaxed was even possible. I had no recollection of feeling as at peace with the world as I did for those 45 minutes. Up until trying ALPHA-STIM®, I thought I knew what being relaxed felt like. I clearly had no idea. I purchased one for home use, and have been able to decrease the dosage of antidepressant I have been on for more than three years. Soon, I plan to stop taking it completely. I have no fear of needing to rely on medication any longer. Removing the anxiety from my life has made me able to think clearly and focus on the moment, something I haven’t been able to do for many years. I no longer lay awake for hours before falling asleep, rehashing and stressing about the events of the day. I no longer wake up with a sickening feeling of anxiety in the pit of my stomach. My friends and family have told me I am relaxed and pleasant to be around. The energy I bring to those around me is positive and healthy. I would not only recommend ALPHA-STIM® to anyone and everyone, I would beg them to give it a try. It helped me feel powerful enough to transform my life, and gave me the ability to see the world through a clear and positive lens.”

ALPHA-STIM® is not a cure all. However, when used with therapy (and medications for some), it is my personal and professional opinion that it can and will change the face of the medical and mental health field. For more information about the technology and device please visit www.alpha-stim.com. If you would like more information on how ALPHA-STIM® is used in conjunction with counseling please contact Justine Froelker at 314.283.6264 or jbftherapyandcoaching@gmail.com.

Justine Froelker is a Licensed Professional Counselor with a private practice in St. Louis, MO. Justine’s style of therapy is a combination of Cognitive Behavioral Therapy, Solution-Focused Therapy, and Person-Centered Therapy. Her straight-forward and non-shaming approach creates a safe space to address patients’ concerns.

With her extensive training and experience, Justine treats adolescents, college students, and adults on a variety of concerns, such as eating disorders, body image issues, perfectionism, addictions, depression, anxiety, stress management, OCD, and low self-esteem.

Justine started in the counseling field in 1999 with Preferred Family Healthcare (PFH) in Kirksville, MO. While at PFH, Justine worked with adult substance abuse clients and facilitated many psycho-educational groups.

After three years at PFH, Justine joined McCallum Place Eating Disorders Treatment Programs in St. Louis. During her time with McCallum Place, Justine performed several roles including, Admissions, Utilization Review, Aftercare Coordinator, and Therapist.

In addition to her current private practice, Justine is an instructor at St. Louis Community College, where she teaches General Psychology, Human Sexuality, and Drug and Alcohol Abuse. Additionally, she is an expert therapist and writes monthly articles for St. Louis Health & Wellness Magazine.

Justine can be seen regularly on the St. Louis KMOV midday show, Great Day St. Louis, educating viewers on healthy relationships, positive self-concept, and basic self-care.

Justine holds a BA in Psychology from Truman State University and a Masters degree in Community Counseling from the University of Missouri-St. Louis. She is also a graduate of the Coach U Core Essentials Program, a program designed to coach clients on issues such as relationships, personal and professional development.