

HEALTH & WELLNESS

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Beverly Hills Psychologist Takes 'Brain Music' To Israel To Help Treat Trauma Patients

By Steve Simmons

Beverly Hills Psychologist Dr. Orli Peter has returned from Israel where she treated patients with one of her specialties, "Brain Music Therapy (BMT)."

Although that country is one of the world leaders in trauma treatment, Peter was able to introduce the rather new procedure to help doctors who work there.

She is one of only two doctors in California to be trained and certified in the procedure that uses a patient's own brain waves for "relaxation and energizing."

She took BMT to Israel for two reasons, Peter said—to help stabilize and calm patients and fortify them for trauma treatment.

"In doing trauma treatment—it's vital that the patient be seen by a specialist," Peter said. "Because if you don't know what you're doing, you can make the patient worse."

"Some of the most important and leading trauma work is being done in Israel," Peter said. "And I'm honored to be part of it. "It is



Dr. Orli Peter

extremely rewarding to get down in the trenches and help people who are really hurting."

In the Brain Music procedure, a patient is connected to an EEG machine that records key brain waves. A rubber cap with wires is attached to the head with flat discs applied to the skull with gel. Wires from the cap feed into the machine that records the brain signals. This brain-wave pattern is transmitted to Peter's laptop.

The EEG machine pulls out relaxation and activation waves, "It's like pulling the tuba section out of the orchestra."

"The result is a customized, idiosyncratic recording that sounds like funky classical piano music," Peter said.

In a few weeks patients receive their CD that they listen to through a headset for "bilateral stimulation" to the brain's right and left hemispheres.

The CD has both "calming and relaxation" and "energy-boosting activating" files. Patients also receive listening in-

structions from the doctor.

At Herzog Hospital in Jerusalem she saw people referred to her by other psychologists. "People in Israel are very curious," Peter said. "We share our work."

"When dealing with people suffering from trauma the first thing to do is stabilize the brain and Brain Music Therapy is one of those tools," Peter said.

In her Beverly Hills practice, Peter has found Brain Music Therapy effective in treating insomnia, anxiety, stress and trauma—"that cluster of symptoms associated with anxiety."

BMT was developed at the Moscow Medical Academy, 17 years ago, and has been used throughout Europe. After success in Canada, Brain Music Therapy was introduced in the United States by Dr. Galina Mindlin who practices in New York City and consults regularly with Peter.

After 9-11, Peter became interested in combining neuroscience with psychotherapy, she said, "in how the brain heals itself and how I could help facilitate this self-healing."

After delving more into neurofeedback she learned about natural treatments, including Brain Music Therapy, and founded the Center for Accelerated Psychology in Beverly Hills, of which she is the director.

She used BMT to treat her own sleep problems. The first time she listened to the CD she slept for 13 hours. "I hadn't slept that long in 15 years. And I felt rested," she said.

Brain Music Therapy helped her son sleep and she was sold on the procedure, she said.

She's been offering it to her patients for more than a year now, and says her success rate with patients matches conducted research results.