

4.4 SCIENTIFICALLY SUPPORTED TREATMENTS, COACHING AND PREVENTION TECHNIQUES

The following table contains treatments, coaching and prevention techniques that, in OMH’s view, have some level of scientific support.

#	Therapy/ Coaching/ Prevention Technique	Treatment/ Coaching/ Prevention	Indicators for: Results Today/ Breakthrough Potential	Research Priority / Scientific Status	Available in	ADD/ ADHD	Asperger	Autism	Concentration	Depression	Dizziness	Dyslexia	Dyspraxia	Headache/ Migraine	Learning Difficulties	Memory	OCD ¹	ODD ²	PTSD ³	Whiplash	Others	Violence/ Crime Prevention ⁴	
1.	Davis Dyslexia Correction®	T	Very promising Very promising	Very Urgent Controversial?	Many Countries	●						●										●	●
2.	Glasses (Normal Glasses)	T/P	Very promising Very promising	Very urgent Confusing		?	?	?	?	?		?	?	●	●	?		?				?	?
3.	Music Therapy	T	Very promising Very promising	Very urgent Accepted?	Many Countries	●				●				●	?	?						●	●
4.	Neurofeedback (includes "hartcoherentie")	T	Very promising Very promising	Urgent Controversial?	Many Countries	●		?	?	?		●		?	?	?	●						●
5.	Phonological Dyslexia Treatment	T	Very promising ---	--- Accepted/ proven?	Many countries					●		●											●
6.	Hypnotherapy	T	Very promising Promising	Urgent Proven	Many Countries					●				●								●	●
7.	Yellow/Blue Glasses	T	Very promising Medium	Urgent Controversial	Many countries?							●											●
8.	Behavioral Training (Super Nanny type)	T/P	Promising Very promising	High Accepted/ Proven?	Many countries	●		●															●
9.	Restricted Elimination Diet for ADHD	T	Promising Promising	Very urgent Controversial?	Netherlands, ?	●																	●
10.	rTMS (Repetitive Transcranial Magnetic Stimulation)	T	Promising Promising	Urgent Accepted?	U.S.					●													
11.	Light Therapy	T	Medium Low	Medium Accepted? and Alternative	Many Countries					●												●	

¹ Obsessive-compulsive disorder ² Oppositional-defiant disorder ³ Post traumatic stress disorder ⁴ An indirect benefit of treating the mental issue

DISCLAIMER: Following the experiences of extraordinary treatment results, this list has been developed by volunteers and with the goal to enable rapid progress. The use of the information is entirely at the user’s own risk. On Mental Health is not liable for any direct or indirect damage incurred by the individual or the individual’s family. It is strongly advised that all individuals first consult a medical professional and only undergo a treatment, coaching, prevention technique or a part thereof with the guidance of experts with appropriate qualifications. Usage of this information implies that you have read accepted the full disclaimer, which is available through downloading the OMH Treatment and Prevention List from www.onmentalhealth.org.

4.5 ALTERNATIVE TREATMENTS, COACHING AND PREVENTION TECHNIQUES

The following table contains treatments, coaching and prevention techniques that, in OMH’s view, are generally seen as alternative.

#	Therapy/ Coaching/ Prevention Technique	Treatment/ Coaching / Prevention	Indicators for: Results Today/ Breakthrough Potential	Research Priority / Scientific Status	Available in	ADD/ ADHD	Asperger	Autism	Concentration	Depression	Dizziness	Dyslexia	Dyspraxia	Headache/ Migraine	Learning Difficulties	Memory	OCD ¹	ODD ²	PTSD ³	Whiplash	Others	Violence/ Crime Prevention ⁴
1.	BD Therapie (“Beeldvormende Dyslexietherapie ”)	T	Very promising Very promising	Very urgent Alternative	Netherlands	●		?	●	●	●	●		●	●					●	●	●
2.	Brightstar (see also Neurofeedback)	T	Very promising Very promising	Urgent Alternative	Netherlands, U.K. U.S.A.					●		●										●
3.	Dore Treatment [®]	T/P	Very promising Very promising	Very urgent Alternative	U.K.	●	●			●		●	●		●							●
4.	Faster EFT	T	Very promising Very promising	Very urgent Alternative	Multiple countries					●				●	?							●
5.	INPP Programme (Institute for Neuro - Physiological Psychology)	T	Very promising Very promising	Urgent Alternative	Many countries	●	●		●			●			●							●
6.	Landmark Education courses	C/P	Very promising Very promising	Very Urgent Alternative	Many Countries				●	●					●	●			●			●
7.	Son-Rise [®]	T	Very promising Very promising	Very Urgent Alternative	US UK		●	●							●							●
8.	Transcendental Meditation	T/P?	Very promising Very promising	Very urgent Alternative	Many countries?	●			●													●
9.	Reiki	T	Very promising Promising	Urgent Alternative	Many Countries	●															●	

4.6 UNEXPLORED OPPORTUNITY

The following table contains treatments, coaching and prevention techniques that, in OMH’s view, have (very) promising potential, but are unexplored at this time.

#	Therapy/ Coaching/ Prevention Technique	Treatment/ Coaching / Prevention	Indicators for: Results Today/ Breakthrough Potential	Research Priority /	Available in	ADD/ ADHD	Asperger	Autism	Concentration	Depression	Dizziness	Dyslexia	Dyspraxia	Headache/ Migraine	Learning Difficulties	Memory	OCD ¹	ODD ²	PTSD ³	Whiplash	Others	Violence/ Crime Prevention ⁴
1.	Capacity Management Techniques	T/P	Very promising Very promising	Very urgent Unexplored		R	R	R	R	R	?	R	R	R	R	R	R	R	R	?	R	R
2.	Left-Right Hand Training	T/P	Very promising Very promising	Very urgent Unexplored		?		?	?	?		?	?	?	?	?		?			?	?