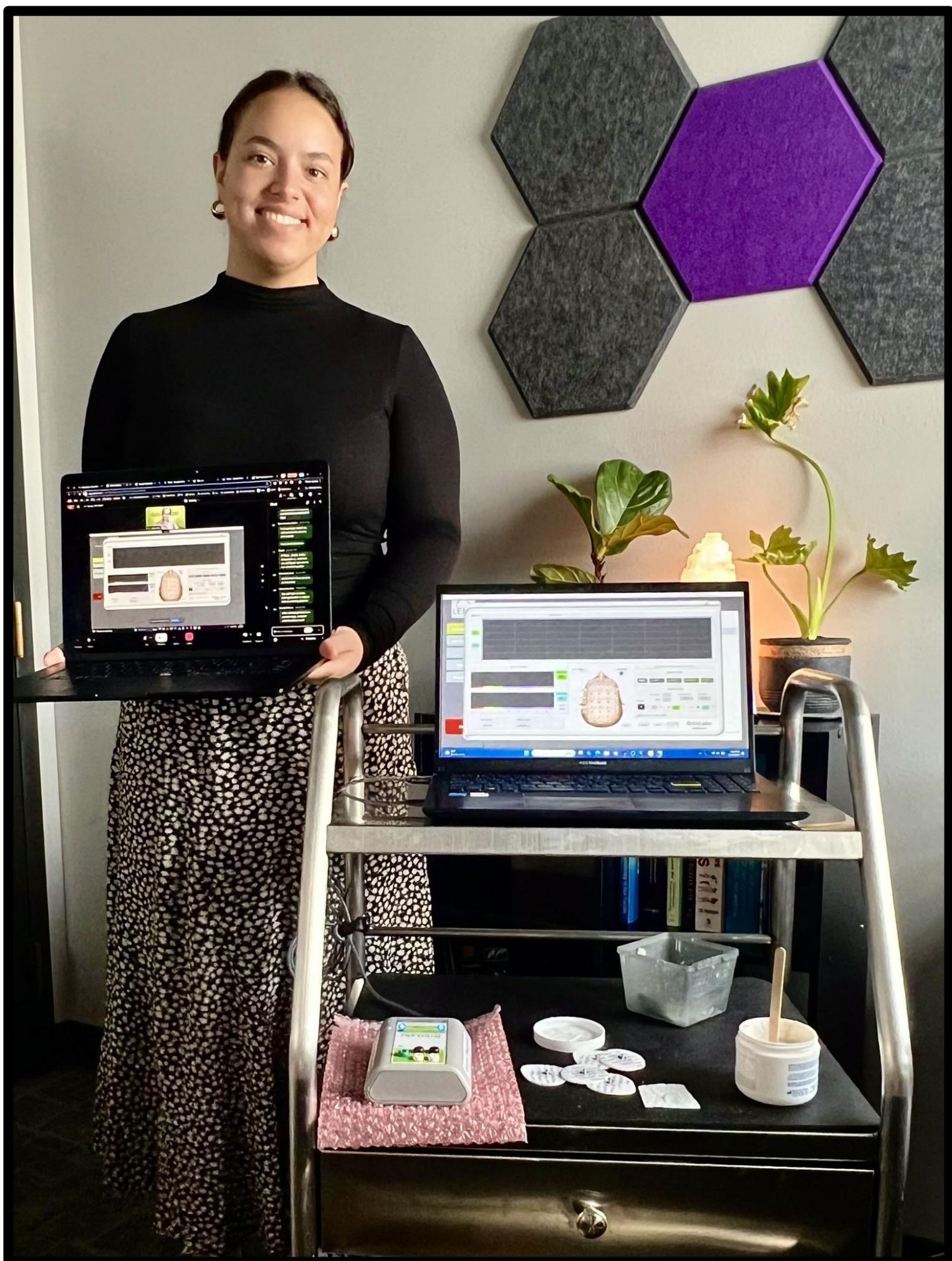# Peyton Crook

— CLASS OF 2026 | Psychology —

Alternative Therapeutics | Cuyahoga Falls, OH

OVERVIEW OF ALTERNATIVE THERAPEUTICS

Alternative Therapeutics is a mental health clinic in Cuyahoga Falls. Their organization specializes in counseling and neurofeedback, with an emphasis on "alternative" methods to addressing mental health with a trauma-informed focus. They offer services like (LENS) Neurofeedback/Biofeedback, brain mapping, EMDR therapy, and traditional cognitive behavioral talk therapy.

EXPERIENCE

I got the opportunity to observe the Low Energy Neurofeedback System (LENS) Training hosted by Ochs Labs. I also conducted my own research by gathering client neurofeedback data from the clinicians and completing analysis from pre-, peri-, and post-treatment. Additionally, I facilitated the Race for Wellness, a philanthropic, virtual race effort with the goal of raising money for their Train Your Brain Scholarship. Finally, I completed administrative tasks and ran their social media pages on Instagram and Facebook for promotional and educational purposes.

PURPOSE

This was my second summer completing an APEX Fellowship with Alternative Therapeutics. I decided to return to the organization because I gained a passion for learning about neurofeedback, and I wanted to see if I could go further with conducting my own research for my own interest purposes. I also wanted to go back to get more information to inform my Senior Independent Study.

CONCLUSIONS

I learned that I want to continue researching neurofeedback during my senior year at Wooster. It is an under researched field in mental health, and it can be very impactful, and I want to contribute. I also realized that I do not want to go into therapy as a career, but more so working with the statistics and data analysis side of the psychological field.