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Progressively Accelerated Cognitive Exertion™ (PACE) non-invasive targeted neuroplastic training: A novel treatment strategy to accelerate brain trauma recovery

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PACE is the core modality of Combat Brain Training™ (CBT) a unique, non-digital neuroplastic training regimen developed at the request of US Military forces to improve intuition and situational awareness. Vetted by USSOCOM, it has proven to be an effective pre-deployment force multiplier for all branches of the Armed Forces including Marines, SEALs, Snipers and Pilots. As Marines returned from combat with severe TBI, CBT was found to significantly accelerate recovery and is currently being integrated into Rush Hospital's (Chicago) Road Home program for transitioning vets. It provides targeted robust mental stimulation to create long term potentiation in the areas of the brain associated with executive function using analog neuroplastic training tools. These changes solidify in as little as 20 minutes and after the stabilization process ends the synapse is significantly stronger - this process can occur as many times as need be until the synapse no longer receives the stimulation that is greater than it is prepared for, hence progressively accelerated cognitive exertion. The exercise tools look like games and can be performed with family and caregivers so sessions are fun and interactive and carry no stigma usually associated with interventions. In the civilian world it has helped victims of TBI from accidents, athletes suffering from concussions and children with severe LD. Over 2500 people have experienced PACE with 100% reporting significant improvements in real world performance.

Biography

John Kennedy is a pioneer in the field of Applied Neuroplasticity. He was contracted by the US Marines in 2006 to create an on-digital neuroplastic mental performance training program to reduce casualties in combat by improving attention, intuition and decision making under stress. He has since helped over 2500 people, in the areas of military, education, business, mental resiliency, improve their quality of life. He speaks regularly at corporate events and parent organizations on the topic of creating neuroplastically enriching environments. He is also the author of the forthcoming book *Zombie Thinking™* - why we do what we do and how to change it.

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