

## **What is NEUROFEEDBACK?**

Neurofeedback is a strategy that enables people to alter their brainwaves and exercise the brain's own regulatory mechanisms. Also referred to as EEG Biofeedback, it is used for many conditions and disabilities in which the brain is not functioning as well as it might. Research has demonstrated that various EEG (brainwave) frequencies are related to specific qualities of arousal, attention, mood and consciousness. Particular patterns of these frequencies determine the difference between peak performance and malfunction, between A's and failure, and sometimes between joy and despair. Neurofeedback is a safe, painless and noninvasive training method for teaching the brain how to better regulate itself. When its information is "fed-back" to the brain visually and by sounds, the brain can optimize its own activation level and its focus, attention, and mood.

## **What is it used for?**

Neurofeedback is used as optimal brain functioning, both by persons interested in enhancing performance and by persons seeking treatment for problem conditions and injury. These include Attention Hyperactivity Disorder, severe conduct problems, special learning disabilities, issues such as sleep problems, teeth grinding, chronic pain, headache and stomach pain. It helps mood disorders, reactive attachment disorder, anxiety, depression, substance abuse, weight control, seizures, and secondary stroke symptoms. Kids with attachment disorder have disorganized/aroused brains. Neurofeedback therapy calms the brain so attachment therapy and re-parenting are more successful. We are looking forward to even greater treatment outcomes than our previous 82 –85% success rate.