

## What is Neurofeedback?

Neurofeedback (NFB) is a non-invasive type of biofeedback therapy that measures real-time electrical brain wave activity that can be used as feedback to teach self-regulation of brain function. Brain waves cycle up and down constantly; each time brain wave rhythms or patterns improve, trainees receive feedback in the form of tones or graphics. Amazingly, the brain subconsciously learns to produce more of the improved brainwave pattern. As patterns change for the best, trainees often report improved cognitive or behavioral functioning. Training programs run from 15-30 sessions for single symptom issues and 20-60 sessions or more for chronic or complex problems.

Research shows neurofeedback may be a useful intervention for a range of brain-related conditions including ADHD, dyslexia, learning disabilities, sensory processing difficulties, anxiety, PTSD, depression, headaches, insomnia, memory deficit, brain trauma/concussion, pain, addictions, etc.

### **What is the process?**

First, we want to make sure NFB is right for you. We will conduct a clinical interview and administer tests to establish a baseline to measure your starting point in order to track progress. We may assign you with weekly homework assignments, such as cognitive exercises, breathing & relaxation exercises, dietary suggestions or family restructuring suggestions so that you will get the most from your training experience. Some clients are referred to medical or naturopathic doctors in order to rule out allergies and other conditions that may hamper training progress.

Second, we will conduct an evaluation of brainwave activity called a qEEG (quantitative Electroencephalography) to help us to choose a protocol that best fits your current brain functioning. For the qEEG, sensors are placed on the scalp to measure brainwave activity using a cap and gel placed on the scalp and a computer to read and record the brainwaves. You won't get electrocuted!

Third, we will develop a therapy plan that includes homework and in clinic training sessions. After 10-15 training sessions we will re-evaluate your progress. Training will continue only if significant progress has already been realized. Once it becomes clear that therapy goals have been met, training sessions will taper off until NFB learning has been solidified.

To learn more about the different brain waves and if Neurofeedback is right for you or your child, check out our website at [www.lisasholisticrehab.com](http://www.lisasholisticrehab.com) or schedule a 15min free phone consultation.