



## WHAT CONDITIONS CAN IT HELP?

Neurofeedback addresses numerous mental, emotional and physical problems of brain dysregulation. A better functioning brain can improve sleep. When you sleep more efficiently, you are more alert during the day. Neurofeedback can be helpful in managing attention...how well you (or your child) can attend to a boring task. Emotions may feel like the real you, but your brain has a lot to do with emotions. Think about emotions in light of depression or anxiety, both greatly affected by brain function. Current research has proven that neurofeedback is a viable option for treating depression and anxiety.

Neurofeedback has proven to be very helpful for people who have issues with anger. Sometime these clients have a bipolar (manic depressive) disorder, struggle with ADHD or simply are "wired" that way genetically. Anger management courses, and other talk therapy, essentially teach these individuals to "keep a lid" on their anger. These modalities have not had good, long-term success rates. Neurofeedback can help these clients tremendously. Some of the most debilitating diagnoses that receive help from neurofeedback are people who suffer with chronic lack of energy, fatigue, aching pains and headaches. Professionals often see these clients as psychiatric when they are actually physiological issues. When appropriate, after a careful assessment, we try neurofeedback. It can help with fatigue, fibromyalgia, migraines/headaches, and chronic pain. I have seen improvements that hold, and as a result, medications can often be reduced.

Autism, aspergers and reactive attachment disorder are the fastest growing areas of neurofeedback. The calming effect of neurotherapy produces noticeable results quickly in these severely affected populations.

### WHAT ABOUT PEAK PERFORMANCE?

As neurofeedback training increases the brain's flexibility, it benefits individuals seeking greater levels of personal performance. Widely used by athletes, performers, public speakers and others, neurofeedback often helps to increase memory, confidence, and concentration while decreasing pre-performance anxiety.