



WHAT IS NEUROFEEDBACK?

Neurofeedback is state-of-the-art therapy that helps to strengthen, calm, and stabilize the brain. Also known as EEG biofeedback, neurofeedback training assists individuals in improving their overall functioning. It is a non-invasive, drug-free and painless method for training the brain. People learn (by means of real-time computer feedback) how to produce more of the brainwaves associated with desired behaviors, such as concentration, attention, focus, relaxation, cooperative behavior, and reduction in irritability, anger, pain, and sleep disturbance. It's easy.... virtually anyone can do it.

The overall goal of the training is to improve mental flexibility so that the brain can produce a mental state appropriate to situational requirements. The brain helps regulate emotions, thinking, behavior, sleep and much more. It is supposed to shift easily between states: from sleep, to relaxation, to calm alert then to high alert when needed. If a person is too sleepy or depressed, neurofeedback can wake the brain up. If a person is too anxious, it can calm the brain down. Once your brain is "trained", it can then shift on its own (as opposed to being "stuck" in a state of worry, anger, etc.). As the brain learns these new patterns, they become "second nature". The most exciting part is that neurofeedback training puts you in control of your life!