



HOW DOES IT WORK?

The clinician takes a comprehensive assessment of reported symptoms, and if available, combines this with other testing that has been completed. Over a period of 25 years, models have been developed that correlate the assessment data with brain function. These are used to identify sites on the client's head and frequencies at which to train.

A special EEG monitor and software are installed on two computers... one for the client, and one for the neurofeedback clinician. One (or two) electrodes are placed on specific areas of the head according to the assessment. Because neurofeedback works on the subconscious part of the brain, the client doesn't need to concentrate or "work at" change. The client relaxes and watches a simple game on the computer screen (like a boring video game). Training may include increasing certain brainwave frequencies and/or decreasing others at specific sites. Auditory (beeps) and video feedback rewards the client when training goals are met.

EEG biofeedback is a training regimen in which the client reinforces himself – often 2000 times, or more, during a session. It is a relatively pure learning paradigm with no punishment, negative reinforcement or emotional content. It does not require talking! The client's EEG is displayed in a way that allows him to change it, earn rewards and see and hear the results of his efforts, moment by moment. One advantage of this therapy is that the client doesn't have to want to be there. The client doesn't have to "think about" the training to get the effect. This can be especially effective for adolescents who are not interested in talk therapy. Neurofeedback can be very successful with these kids.