

What is Neurofeedback?

Brain Waves

Parietal Lobe

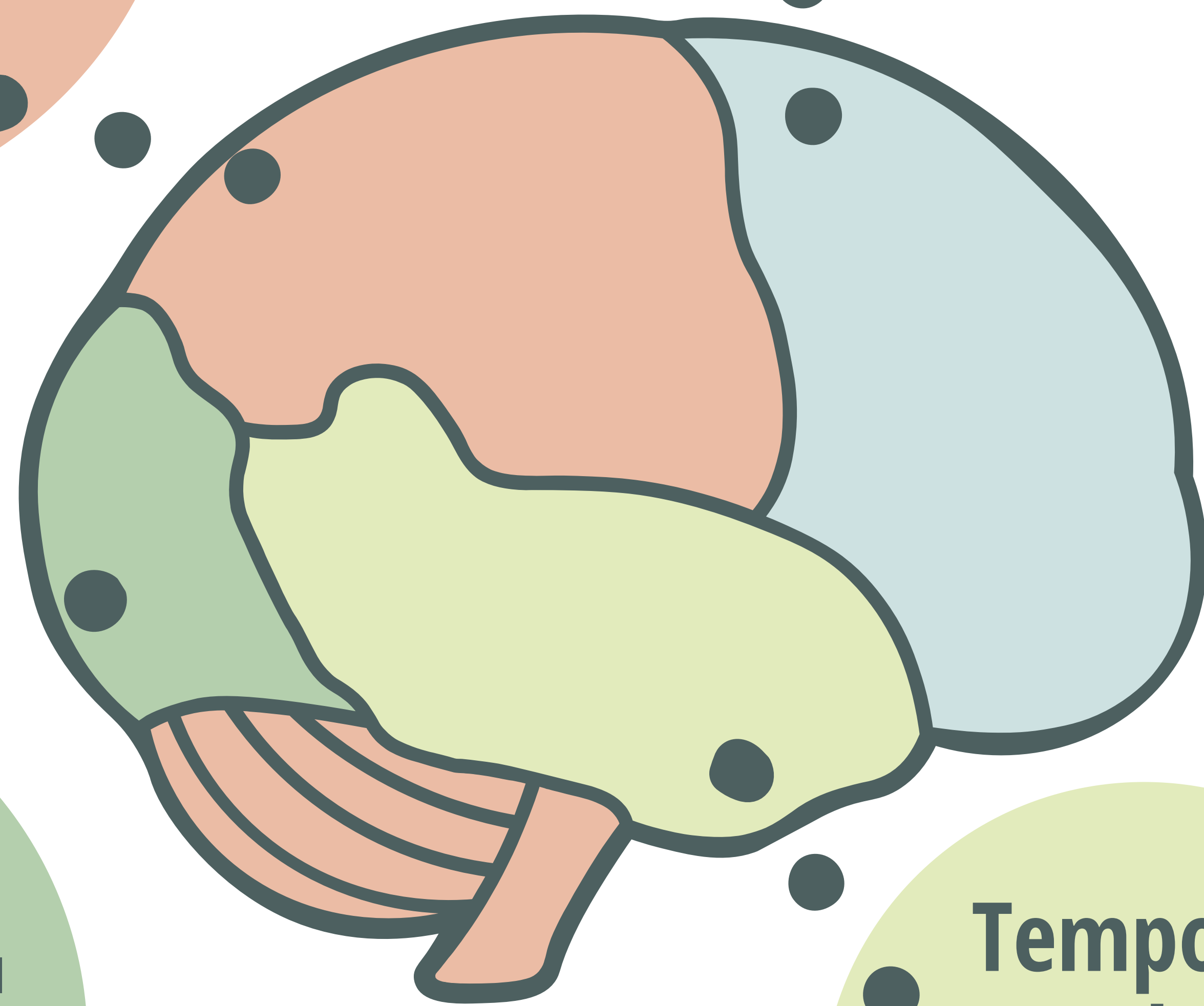
Judgement of texture, weight, size, shape • Integrating sensory information (from different parts of the body) • Visuospatial processing • Spatial awareness • Perception of stimuli

Frontal Lobe

Planning • Coordinating • Problem solving • Selective attention • Personality • Executive decisions • Short-term memory • Organizational skills • Motor function • Spontaneity • Initiation • Judgement • Impulse control • Social and sexual behavior • Voluntary body movements • Converts thoughts into words

Occipital Lobe

Distinguish sound • Distinguish smell • Categorization of verbal material • Long-term memory • Language comprehension • Placing words and pictures into categories • Speech



Temporal Lobe

Processes visual information • Visual reception • Visual recognition of shapes and colors

Neurofeedback, also called EEG Biofeedback, is a system of training the brain with reward sounds to reach a desired outcome. With neurofeedback, the brain can be taught subconsciously to re-balance itself in order to diminish unwanted mental, emotional and/or physical symptoms (dysregulations) that can occur throughout life.

APPLICATIONS:

ADD/ADHD • AUTISM • PDD • ASPERGERS • MIGRAINES • CHRONIC FATIGUE SYNDROME • OCD • DYSLEXIA • TRAUMATIC BRAIN INJURY • ATTENTION DEFICIT DISORDERS • PTSD • STRESS • ANXIETY • DEPRESSION • LEARNING DISABILITIES • BEHAVIOR DISORDERS • SLEEP DISORDERS • HEADACHES • CHRONIC PAIN • PMS • EMOTIONAL DISTURBANCES • RAD

DELTA

1-3 Hertz (cps)

Asleep • Repair • Deep Sleep • Unconscious Mind • Dominant Rhythm up to age 1 • Not Moving, Not Attentive • Non-REM sleep • Dreamless

THETA

3-7 Hertz (cps)

Eyes closed (adults) • Relaxed • Creativity • Insight • Deep focus • Internal focus • Prayer • Spiritual Awareness • Meditation • Intuition • Fantasizing • Subconscious

ALPHA

8-12 Hertz (cps)

Calm • Daydreaming • Zoned-out • Peacefulness • Meditation • Mental Resourcefulness • Aids in the ability to mentally coordinate • Enhances the overall sense of relaxing • Bridge between the conscious and subconscious

LoBETA

13-15 Hertz (cps)

Calm • Alert • Readiness • In-tune • Relaxed but focused • Low muscle tone • Physical Stillness

BETA

15-22 Hertz (cps)

Thinking • Highly focused • Sustained attention • Aware of self and surroundings

HiBETA

22-38 Hertz (cps)

Hyper Vigilance • Stress • Extreme Anxiety • Hyper-alertness • Intensity

