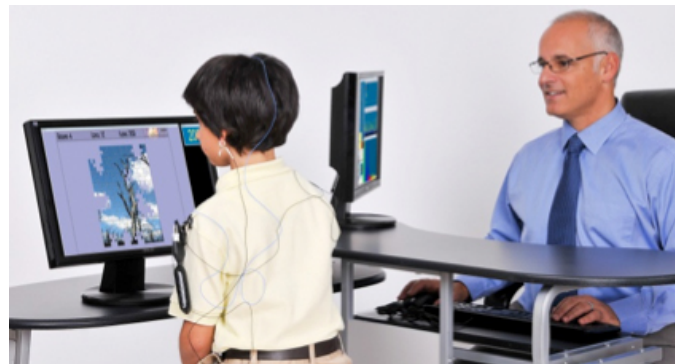


Is Neurofeedback Therapy Safe?

Published scientific research has demonstrated neurofeedback's efficacy in improving many neurological conditions such as ADHD, Migraine and Tension Headache, Insomnia, Chronic Pain, Depression, Anxiety and Panic Attacks, TBI, Post Stroke Memory Loss as well as many other conditions. Neurofeedback therapy was endorsed by the American Pediatric Association as a level one best treatment for ADD/ADHD in 2012.



Neurofeedback is a simple process based on the brain's 'neuroplasticity', a term scientists use to describe the brain's amazing ability to change and form new neural connections at any age. Neurofeedback therapy begins after a comprehensive brain wave mapping reveals brainwave magnitudes, location, dominance and right and left brain hemisphere communication. Treatment reduces unwanted wave frequencies and strengthens desired forms at any of multiple locations in the brain. Therapy is conducted by placing sensors on the skull that monitor the waves being produced in real time as the patient watches a movie or cartoon of their choosing. If the brainwaves we wish to enhance or diminish are being produced, the movie runs smoothly; if not the movie stops. Since the brain wants to see the movie it creates more normal brainwaves to view the movie! Over time and training the brain creates and strengthens these new neuronal connections that allows for the proper wave forms to be easily produced as the brain re-formats itself and makes permanent structural changes.

The process is safe and puts nothing into the brain but simply monitors wave output. Most children and adults that have irregular brainwaves that are often associated with ADHD, anxiety and panic attacks usually require forty half hour visits to improve brain function. Abnormal brainwave function often associated with insomnia may require as little as twenty-five visits. Wave dysfunction often associated with autism, Asperger's and traumatic brain injury require more treatment but usually respond well to neurofeedback.

Calvin Hargis is a Board Certified Neurofeedback Therapist and is available to answer all of your questions regarding Neurofeedback Therapy. Please contact us at 845-986-5500.