

### BrainCore Neurofeedback Training

At Warwick Brain and Spine Therapy Neurofeedback Therapy in Warwick, before training sessions begin, a comprehensive assessment is performed. This assessment procedure allows the doctor to determine, in a scientifically objective manner whether a client's brainwave patterns are different from normal.

The assessment provides the doctor with the neurofeedback training protocols that will be used during the training sessions. These protocols are designed to retrain the brainwave patterns toward normal. As the brainwave patterns normalize, the brain is able to operate more optimally and efficiently.

Once the protocols are determined the individual is hooked up to a computer using wires and sensors and the computer records their brainwave activity. These sensors are noninvasive, as no electrical current is put into the brain. The sensors simply record the brainwaves coming from the brain. Information about these brainwaves is displayed on the doctor's monitor.



The software automatically detects when the brainwaves are properly ordered and it feeds that information back to the patient. This feedback appears in the form of a game, movie, or sound which signals the patient that the brainwaves are becoming more ordered. For example, in the image above, the patient is watching a puzzle of a picture that is being filled in piece by piece. As long as the patient's brain waves are moving in an orderly direction, the puzzle pieces are filled in and the patient hears a tone. If the brainwave patterns move away from an orderly pattern, then the puzzle does not get filled in and no tone is produced. The patient is actually controlling the completion of the puzzle with their brain and by doing so; the brain is learning how to regulate itself.

In another design, the patient performs the training while watching a movie. In this case the patient may watch a DVD movie that is being controlled by their ability to regulate their brainwaves. The movie will get brighter as the brain waves normalize and become darker when they become dysregulated.

The brain's natural desire to watch the movie clearly will drive those neurological circuits that normalize the brainwaves and allow the picture to be visualized. The more those circuits are driven and used – the more neuroplastic changes take hold. The patient learns how to use those new circuits during the demands of everyday life.

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.