

Neurofeedback for ADHD - Train Your Brain

A new treatment has been emerging in the last decade for mild brain-behavior problems—biofeedback of one's own brain waves. This method of treatment has been shown to be effective for a wide range of disorders including Attention Deficit Hyperactivity Disorder (ADHD), PMS, alcohol abuse, depression, mild brain dysfunction from a variety of causes (some examples: cardiac bypass, chronic fatigue syndrome, Lyme disease) and closed head injury. Patients learn how to self regulate their own brain states by watching their brain waves on the computer (or animation games, for the young at heart).

In order to be most effective, a minimum of 20 sessions is often needed before results can be seen. For more difficult cases, 40 or more sessions are advised. Additionally, patients should plan to do 2 sessions per week for 10 consecutive weeks. Neurofeedback can help one gain control over one's own consciousness, but by itself it is not a miracle cure. Other treatment modalities may be recommended. Follow this link to [The Brain Clinic's Neurofeedback Manual](#) to get more in-depth information on neurofeedback.

QEEG. A quantitative electroencephalogram (QEEG) is recommended, which involves getting detailed measurements of brain waves at 19 sites on the scalp. Besides getting exact physiological data of brain functioning, information is gathered which leads directly to treatment protocols, thus making the neurofeedback more efficient.

Neuropsychological/Psychological Assessment. An assessment is required which measures attention, concentration, visual and verbal memory, overall intelligence and social and emotional functioning.

Insurance Information. A receipt can be given so that reimbursement can be obtained from insurance companies. The CPT code for biofeedback is 90901, 96152; for QEEG, the CPT codes are 95957 (Digital Analysis of EEG), and 99090 (Reference EEG Database Access).

For more articles on Biofeedback, including more references, please go to our [Biofeedback Articles](#) page.

[The Brain Clinic articles](#)

