

Neurofeedback (EEG Biofeedback)



What is Neurofeedback?

Neurofeedback is a non-invasive method of direct brain function training. It is a specific type of biofeedback, and is also called EEG Biofeedback. It uses electrodes placed on the patient's scalp to record the EEG, or brainwaves, and control auditory, visual, and/or tactile feedback which allows learning to take place. This operant learning initiates self-regulation, and enhances relaxation, both necessary components of good brain function.

How does Neurofeedback Work?

Neurofeedback targets the underlying dysregulation in brain activity that can exacerbate, and sometimes cause, clinical symptoms. This influence may also encourage neurophysiological resilience with the induction of brain flexibility, relaxation, and a steadier central nervous system. For example, if one's neuroanatomy and physiological health, is over-stimulated, or under-aroused, mental illnesses with various symptoms may manifest behaviorally, psychologically, emotionally, and/or physically. Disorders such as anxiety and depression may have a base in neurophysiology which consequently can be targeted for training. A brain with greater flexibility has the capacity to more healthily adapt to challenging life situations.

It has been shown to be effective in treating the following conditions:

Attention deficit/hyperactivity disorder (ADD/ADHD)

Migraines & headaches

Recurrent stomach aches in children

Stroke

Mild head injury

Chronic pain

Substance abuse

PMS symptoms

Peak performance training

How long does it take to start seeing improvements?

In order for neurofeedback to have a good chance of working, the patient should plan on coming at least twice per week for a minimum of 15 weeks.

What Equipment is Used?

At The Brain Clinic, we use the following devices:

?BrainMaster Live Z-Score Training (4 Channel/19 Channel)

Thought Technology for Biofeedback

EmWave

Neurofield X-3000+

Captain's Log

What Fees are Involved?

Visit our [Fees page](#) for more information about pricing and insurance.

Where Can I Read More About Neurofeedback?

Click on the article titles below to read more about neurofeedback.

Neurofeedback Beginners Manual

[Neurofeedback for Migraines and Headaches](#)

Traumatic Brain Injury

This video shows an EEG Biofeedback Demonstration produced by The Brain Clinic in New York City.

To request information or to make an appointment please fill out the form with detailed information below.

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Appointment Today!**
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