

# Neurofeedback - Frequently Asked Questions

## If it works so well, why haven't I heard of Neurofeedback?

Despite the evidence of the power of Neurofeedback going back 40 years, it was only in the last few years that conventional science has accepted that the brain could change – a concept now known as Neuroplasticity.

The medical profession is embracing more and more uses for this risk free approach:

- In October 2012 the American Academy of Pediatrics endorsed biofeedback (which includes neurofeedback) at the highest level of Evidence-Based Child and Adolescent Interventions for Attention and Hyperactivity behaviours.
- In April 2013, Johns Hopkins Hospital, currently ranked #2 in the USA, identified neurofeedback as an attractive treatment for depression.

As well as scientific understanding advancing, the cost of bringing these treatments to you had previously been very high. Highly complex and large equipment cost millions to own and operate. With advances in digital technology, gaming software and processes refined over many years, Neurofeedback has now become a commercially viable treatment option.

Most importantly, the understanding of the best clinical protocols for brain training has improved to the point where several hundred Neurofeedback Practitioners are using this technology in the USA to help clients improve their brain function.

In the UK, BrainTrainUK aims to raise awareness and enable thousands of people to benefit from this drug-free, natural approach.

## What is Neurofeedback training and how is it done?

With Neurofeedback we observe the clients brain in action from moment to moment by monitoring his or her brainwaves through EEG. We show the client his or her brain activity and help the client to change it by rewarding shifts toward a more appropriate and stable brain state. This process can be seen as a gradual learning process.

During a Neurofeedback training electrodes are attached to the client's scalp which pick up brainwaves. Note that this *only* involves obtaining information and does *not* involve application of any voltage or current to the brain. Computer software processes the signals and provides feedback to the client on how well their brain is working through video, audio and/or touch. The specific brain wave frequencies we reward and the sensor locations on the scalp are unique to each individual and his/her symptoms.

## What symptoms can Neurofeedback help ?

Because of the way Neurofeedback works in regulating brain activity, it can be used to successfully treat a range of symptoms associated with brain dis-regulation. These include:

- Children's ADHD
- Epilepsy
- Autistic Spectrum Disorders
- Anxiety
- Stress
- Addiction
- Adult ADHD
- Depression
- Migraine
- Anger management
- Post Traumatic Stress Disorder (PTSD)

Neurofeedback has been demonstrated to be effective in helping with Addiction, PTSD and Anger management. We aim to provide the best possible guidance to our clients and consider an integrated approach as vital; therefore we are interested in collaboration with counsellors,

therapists and other professionals. Please contact us to discuss the possibility of collaboration.

### Is it safe?

Absolutely. In fact, no one has been harmed since Neurofeedback began in the 1950s. The sensors we attach to the clients scalp are simply there to listen to the brain; there is no stimulation or signal transmitted by the equipment. The brain does all the real work, adapting in response to the feedback.

### How effective is brain training, what kind of results can I expect?

Neurofeedback brain training is not only safer than medication, the benefits of the treatment also remain after the programme has finished. With medication the symptoms are simply controlled, but the problem isn't solved.

In fact, the treatment has such a proven success rate that BrainTrainUK offers a no-risk money back guarantee. If after the brain training programme is completed and there is no benefit for the clients, we will refund their money in full. We believe this guarantee is unprecedented in the UK, if not the World.

We take the time to understand the clients home and work environments and help them ensure they are supportive of the treatment. But like with any form of training, Neurofeedback brain training needs the client to be motivated and committed to the training programme.

### Is Neurofeedback proven ?

There are literally hundreds of scientific papers describing the benefits of Neurofeedback, which is demonstrated by the increasingly acceptance of the medical profession.

Please see our website for further details of the evidence for [the efficacy of Neurofeedback](#).

### What are your qualifications?

All of our Neurofeedback Practitioner professionals have years of clinical experience, and qualifications in Neurofeedback theory, equipment and practice.

Whilst technology can automate many aspects of training, every client is different and we believe the most important skill is the ability to take a client-centric approach to training.

BrainTrainUK uses the methodology and equipment taught and developed by the EEG Institute, the organisation created by Dr Siegfried and Susan Othmer, two pioneers who have trained thousands of people in Neurofeedback in the last 25 years.

### Where can I do it ?

Your local treatment centre is in Egham, Surrey. Egham is easily accessible by both road (1 mile to M25 J13, 2 miles to M3/M25 junction) and rail (Richmond 20 mins, Ascot 13 mins).



### What do I do next ?

Please call us for more information, literature, or to discuss the potential for collaboration.