

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.

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 you are simply controlling the symptoms, not solving the problem.

In fact, the treatment has such a proven success rate we offer a no-risk money back guarantee. If after the brain training programme is completed and there is no benefit to you or you loved one, we will refund your money in full. We believe this guarantee is unprecedented in the UK, of not the World.

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

Is it safe?

Absolutely. In fact, no one has been harmed since Neurofeedback began in the 1950s. The sensors we attach to your 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 much does it cost?

The price for a Standard 20-session programme over 3 months is **£1,890** including VAT. We offer a discount of up to **10%** if you opt for more frequent programmes:

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 conditions associated with brain dis-regulation.

These include:

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

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 (Waterloo 37 minutes, Richmond 20 minutes, Ascot 13 minutes).



What do I do next ?

Please call us for a free initial consultation on 0330 111 3299.