

## Neurofeedback for multiple symptoms

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, including:

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

## Your Neurofeedback Practitioner



Charlotte Keizer obtained her Bachelor's degree in Social Work from the University of Rotterdam and her Master's in Pedagogical Sciences/ Orthopedagogy from the University of Utrecht in the Netherlands.

Charlotte has worked as a Social Worker and Educational Psychologist, guiding children, adolescents and parents to help with neuropsychiatric, emotional and behavioural problems.



Call us today  
0330 111 3299

to discuss how we could help you

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[www.braintrainuk.com](http://www.braintrainuk.com)

We also practice in Hoddesdon, Herfordshire – see website for details

We can also provide services in central London – call us for more information



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Neurofeedback to improve brain regulation

Are you looking for:



A safe alternative to drugs like Ritalin?



A risk-free treatment for ADHD?



A treatment with a long history and evidence base of success?

Call us today  
0330 111 3299

for a free initial appointment



# Why choose Neurofeedback?

## A safe alternative to drugs like Ritalin

The NHS is very limited in what it can offer for the symptoms of ADHD. Psycho-stimulant drugs have some worrying side effects and many parents, teachers and medical professionals are reluctant for children to take medication.

Neurofeedback offers an alternative – a natural, lasting solution with no harmful side effects and a higher success rate than medication.

## A risk-free treatment for ADHD

Our approach means zero risk both clinically and financially.

Neurofeedback has no harmful side effects, and because the track record of neurofeedback is so strong in treating ADHD, we offer a money-back guarantee if it does not improve symptoms. See our website for details.

## A long history and evidence base of success

As early as 1958 it was shown that the brain could respond to brainwave feedback. For many years the equipment was complex, large and expensive. Video game technology was non-existent, or very basic, so the feedback experience wasn't interesting for the client.

Improvements in digital technology and better understanding of the best clinical protocols for brain training have changed the game.

The equipment has become simpler to operate, and practitioners can now focus on each client's symptoms and personalised training plan.

Please visit our website for more information on the history of neurofeedback and links to some of the hundreds of scientific journal articles published to date.

## The medical profession is finding more and more uses for this risk-free procedure

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.

# BrainTrainUK Training – What's involved?

## We start by assessing your needs

The initial consultation is free of charge and without obligation. At the start of a training program, your Neurofeedback Practitioner will design a training program for you, based on your goals and symptoms, the results of our QIK-TEST brain function test tool, and your first neurofeedback session.



Feedback to your brain is provided through video, audio and if you choose, touch. There is a choice of games and videos that respond to your brain's function.



## Experience each session in the caring hands of our expert practitioners

At the beginning of each 45 minute training session your Practitioner will ask you for any feedback from the last session, and attach electrodes to your head to obtain information about your brain function.



The feedback will go faster, louder or bigger when the brain is working well. As you relax, subconsciously the brain 'tunes in' to the feedback and adjusts in response.

Throughout your session, your Practitioner will check how you are feeling and will adjust the training plan as necessary. At the end of the session the sensors will be removed and you will be free to get on with your normal day.

## Neurofeedback is a safe and effective brain training technique

Obtaining information directly from the brain and providing feedback straight back via the senses, in real time, is what makes Neurofeedback unique and so successful.

Through repeated sessions the brain is trained to regulate better without the feedback.

We expect symptoms to begin improving partway through the programme, but it is important to complete all 20 sessions so that the brain learns to work better without the feedback. This way we can make permanent improvements.