

## EEG Neurotherapy FAQ Sheet

EEG Neurofeedback is a psychophysiological treatment. It is not a cure but when combined with other traditional therapies such as cognitive behavioral therapy and medication, there can be a significant improvement in many patients. Research is still ongoing, however, many studies have thus far shown positive and helpful results.

### What is EEG Neurotherapy

EEG Neurotherapy involves retraining irregular brainwaves into a more normal pattern. The retraining process involves placing sensors on the scalp that give both auditory and visual feedback to you while the computer displays colorful images that are paired with sounds. Controlling the computer with your brain teaches you to produce the brainwaves that are associated with being attentive and still. As your brain masters the game, the training parameters are made more difficult.

By completing repeated and higher levels of difficulty, you can successfully reshape your brainwaves over time, and with enough practice, you can learn to do this without the computer feedback.

EEG Neurotherapy works on the theory that this is a learned skill, and once the individual has learned to manipulate their brainwaves, they will continue to do so after treatment has stopped. It is a natural, low risk, highly effective treatment option.

### Who Could Benefit from EEG Neurotherapy?

Any individual with a primary diagnosis ADD/ADHD and is low average to above average intelligence. It has been used for children, adolescents and adults.

### Who should not use EEG Neurotherapy?

Those individuals with ADD/ADHD and any of the following co morbid conditions may not be candidates for Neurotherapy.

- Mental Retardation Childhood Psychosis
- Severe depressive or bipolar illness
- Significant seizure disorder where medications interfere with learning (I.e., sedating medications)

- Learning disabilities without ADD/ADHD as a primary problem

### What symptoms are improved through EEG Neurotherapy?

- Impulsiveness
- Attention
- Concentration
- Task Completion
- Organizational Skills
- Mild Hyperactivity

### What Can an Individual Expect After Completing EEG Neurotherapy?

- Improved behavior and learning
- Improvement in school grades
- Increased self-esteem
- Better job performance
- Better realization of inner potential
- Higher intelligence scores
- Improved scores on Parent-Teacher rating scales

### How Long Does Treatment Last?

The average therapy length is 20 sessions. However, some patients may require 40-60 sessions. Each session normally lasts ½ hour to 1 hour.

### Are There Any Risks Involved in EEG Neurotherapy?

There are very few side effects or risks. There are some people who may experience migraine headaches or anxiety after an EEG Therapy session. However, this can be minimized or avoided if a proper and thorough medical history is taken prior to beginning treatment to determine if treatment would be beneficial.

### How Effective is EEG Neurotherapy?

Many people indicate an increase in ability to pay attention, a decrease in impulsiveness and an increase in self esteem and ability to complete projects.

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