

Neuro Biofeedback

What is neuro biofeedback?

Neuro biofeedback is a method of training the brain to work with greater efficiency.

- Neuro biofeedback is also called EEG biofeedback because it monitors brain wave activity.
- Brain waves are observed on one computer while the client is watching a video screen.
- The client watches the same information in the form of a video game.
- While finishing the game faster, the brain changes its own activity to more effective or efficient patterns of activity.
- Neuro biofeedback is training the brain to self-regulate.
- Self-regulation is kind of like the brain restoring itself to harmony.

How does neuro feedback work?

Sensors applied to the scalp record brainwaves and display them on one computer screen while also displaying them on another computer screen in the form of a video game or pictorial display. While sitting still and focusing, the client plays the game using his or her own brain waves to accumulate points. The brain adjusts itself while watching the game, becoming more efficient and calmer. The brain trains itself to return to a more alert state.

What is neuro biofeedback used for?

Neuro feedback addresses the problems of stress which may be expressed as anxiety, autistic symptoms, depression, ADHD, behavior problems, sleep disorders, headaches, migraines, certain brain injuries, emotional disturbance, etc. Neuro biofeedback may enhance athletic performance, focus, memory, and attention. Many people report a side effect of neuro biofeedback is more restful sleep patterns. Almost any brain can teach itself to function better.

Can neuro biofeedback cure these conditions?

The brain is not sick so cure is not a correct term for what neuro biofeedback does. Instead neuro biofeedback helps the brain to function better, working more efficiently. When the brain has a disregulation problem, neuro biofeedback helps the brain to regulate stress and manage itself more effectively and efficiently.