



*Supporting your journey to emotional wellness*

## **What is Neurofeedback?**

Neurofeedback, also known as EEG Biofeedback, is a non-invasive brain training technique that helps improve self-regulation of brain function. It uses real-time displays of brain activity to teach the brain how to function more efficiently, promoting mental and emotional balance.

## **How It Works**

Sensors are placed on the scalp to measure brainwave activity (EEG). The information is displayed through audio or visual feedback—such as a video, sound, or game. When the brain produces healthy patterns, the feedback reinforces that state. Over time, the brain learns to maintain these optimal patterns naturally—much like learning to ride a bike or play an instrument.

## **What Neurofeedback Can Help With**

Research and clinical practice show benefits for a variety of conditions, including:

- Anxiety & Depression
- ADHD / Attention Difficulties
- Sleep Problems / Insomnia
- Trauma & PTSD
- Chronic Stress
- Mood Regulation
- Headaches / Migraines
- Peak Performance & Focus Enhancement

## **What to Expect in a Session**

1. Assessment: A brain map (qEEG) may be used to identify areas of dysregulation.
2. Training: You sit comfortably while watching a movie or playing a simple game.
3. Feedback: The system gives immediate responses to your brain activity, guiding it toward healthier patterns.
4. Duration: Sessions last 30–45 minutes. Most clients complete 20–40 sessions for lasting results.

## Benefits of Neurofeedback

- Non-invasive and drug-free
- Personalized to your brain activity
- Helps improve focus, mood, and emotional resilience
- Promotes better sleep and cognitive performance
- Supports long-term self-regulation and well-being

## Is Neurofeedback Right for You?

Neurofeedback can be used alone or alongside therapy and medication. It's suitable for children, adolescents, and adults seeking improved focus, mood stability, and emotional balance.

## Service Options

### In-Office Care

Clinician-run sessions are available at our facilities two to three times per week, providing structured support and hands-on guidance.


### Remote Care

Convenient, self-run sessions from home with ongoing clinician collaboration and progress monitoring.

### Courage to Overcome Psychotherapy

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 Empowering the brain to heal, balance, and thrive.