

Introducing an Exciting and Scientifically Proven New Service

# Neurofeedback Therapy

by Dr. Alan Hartley, Phd, DC

**Summary:** Neurofeedback is a scientifically proven, drug free protocol that directly trains the brain to function more efficiently and effectively. People affected by the following conditions often find measurable improvement by employing this safe and effective therapy.

sleep disorders (insomnia, nightmares, sleepwalking)  
hyperactivity  
ADD, ADHD, (adults and children)  
seizures,  
anxiety/stress  
substance abuse  
brain injury  
chronic migraines  
Post traumatic stress  
changes brought about by aging

**How does it work?** After a thorough EEG evaluation of the patient's brain wave ratios in a variety of activities, a unique prescription is developed to help improve the brain's function. By actively involving the patient in each treatment, we reward the brain for changing its own activity to more appropriate patterns. Repetition of this treatment creates physiological changes in the brain so that it can perform more effectively. This therapy is substantially supported by years of research in the medical and mental health fields and has been found to be a safe and effective tool for improving these conditions without the risks and expense of long term medications.

Neurofeedback is also referred to as EEG Biofeedback, because it is based on electrical brain activity, the electroencephalogram, or EEG. Children respond well to this therapy and enjoy the sessions just as much as the adult patients. While major changes take place over a series of sessions, most patients report feeling calmer and refreshed after each session.

## What happens in a Neurofeedback session?

We apply electrodes to the scalp to observe brainwave activity and wave ratios. Using an EEG, we can analyze the patient's brain wave ratios and compare them to the ratios of people who are not suffering from the patient's reported conditions. By programming a computer that is attached to the EEG, we can equip the patient to modify his/her brainwaves by instantly turning on a movie, a video game or other "reward" every time his/her waves get into the desired ratio. Essentially, the patient plays the video game with his/her brain alone. For this reason, children look forward to and enjoy their therapies while making positive changes in their brain functions. Other rewards are also programmable, depending on what the patient desires such as movies, music, soothing vibrations of the therapy table.

## How can I know if Neurofeedback will help me or my child?

Speak with Dr. Hartley and consider a diagnostic, noninvasive EEG to see if there are any measurable areas in which your brain is not performing optimally. He will do a thorough analysis of the EEG findings and will provide you with a candid and detailed explanation of his conclusions. At that point, if neurofeedback is determined to be potentially beneficial, a treatment plan can be discussed. All evaluations are provided for the sake of information and analysis. There is no obligation or pressure to pursue treatment.

**How much does it cost?** Insurance typically does not cover this treatment. The price of treatment will vary by patient, according to how many sessions they need. Discuss the details with a staff member.