Do you still have questions? Ask your doctor or therapist if neurofeedback might be an option for you.

Your Neurofeedback provider:

This resource has been made available by neurocare. This information is meant to be general in nature and is not a substitute for professional medical advice. Always speak to your doctor or therapist for any questions regarding your health or medical condition.

The portrayed neurofeedback-procedures are exemplary and do not represent a promise of a cure for neurofeedback devices.

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## Advantages of Neurofeedback

### **Proven effectiveness**

Neurofeedback is a scientifically recognized treatment method. Numerous studies have demonstrated the benefits this method can have for different conditions. Neurofeedback therapy for ADD/ADHD is recommended by medical associations.

### Fast & long lasting

When neurofeedback is prescribed and administered correctly, an average of 30 - 40 sessions is typically. needed. Sessions last 45 - 60 minutes. The duration of treatment depends on the condition. Your therapist will be able to determine an appropriate therapy plan tailored to your symptoms.



Scan the QR-Code to read about neurofeedback studies.



### Little to no side effects

Occasionally, mild fatigue, headaches or skin irritations may occur after or during the neurofeedback session. With neurofeedback there are no adverse side effects as with some medications.

### Neurofeedback can improve sleep

Getting a good night's sleep is important for people trying to improve mental health or cognitive performance. By training the sleep networks in the brain, neurofeedback can make it easier to fall asleep at night and stay asleep.

### Who can treat with Neurofeedback?

Doctors, psychologists, psychotherapists, health coaches and occupational therapists can provide the treatment.

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# Neurofeedback



## Neurofeedback Training of brain activity

Neurofeedback is a training method, where brain activity is measured and made visible on a screen. The goal is to influence and improve ones brain activity.

Neurofeedback therapy can help you to:

- lastingly improve your concentration and attention,
- improve sleep,
- remain more relaxed in difficult situations,
- reduce stress and relax.
- structure your everyday life better and manage it more successfully.

These effects are achieved through the natural learning process in the brain during training (like learning a musical instrument or a language). Once you have learned to influence your brain activity yourself, the positive effects can be maintained.

Adults and children (over 6 years) can benefit from neurofeedback.



## How does Neurofeedback work?

The electrical brain activity (EEG) is measured with or low brain activity (attention, concentration or

Through the visual feedback of the measured brain activity on a monitor, you can develop a sense of your actual activity. After several training sessions, you can learn how to intentionally influence this

## Who may benefit from **Neurofeedback?**

Neurofeedback is used to improve ADHD symptoms.

As it contributes to improving brain activity, neurofeedback can help to enhance quality of life for various conditions, e. q.:

- sleep disorders,
- migraine,
- depression,
- anxiety disorders.





## Neurofeedback in three steps:

An electrode records brain activity via an EEG.

The screen shows the current brain activity (here through the movement of the fish).

The patient attempts to either increase or reduce brain activity in accordance with the visual prompt on the screen.