

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, your doctor's / therapist's trusted partner in neurofeedback therapy solutions. 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.

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Advantages of neurofeedback therapy

Proven by science

Neurofeedback is a scientifically recognised treatment method. Many studies have shown that neurofeedback can be beneficial for various disorders.

Fast & long lasting

When neurofeedback is prescribed and administered correctly, an average of 30 - 40 sessions is typically needed, with no ongoing sessions required if learning has been consolidated.

Little to no side-effects

Unlike some ADHD medications, it does not cause stomach pains, nausea or agitation, and it does not cause sleeplessness (actually it usually improves sleep). The only reported specific side-effect is mild fatigue after a session.

Neurofeedback can improve sleep

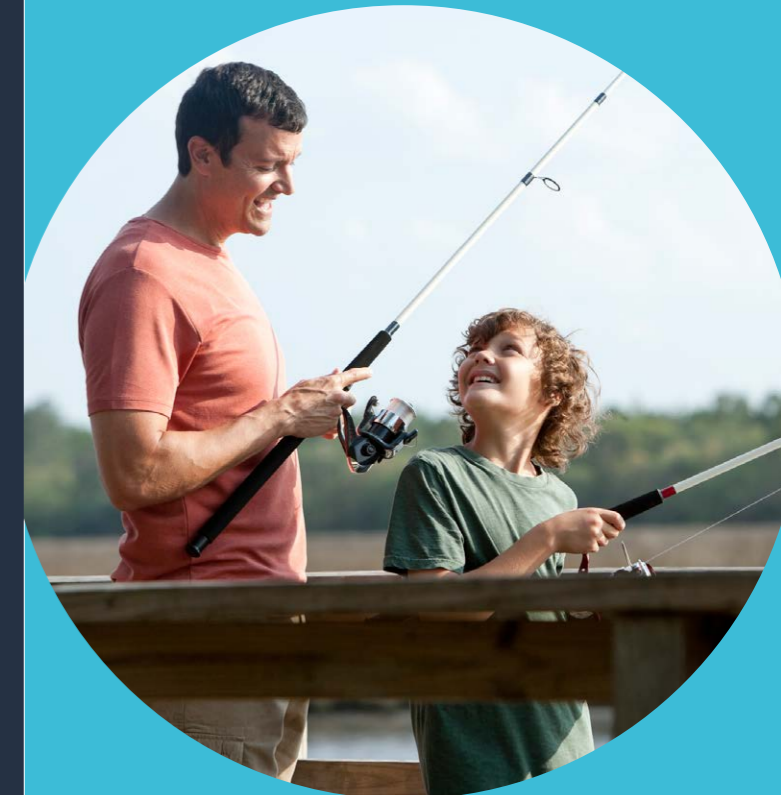
Getting a good night's sleep is important for people trying to improve mental health or cognitive performance. By training the sleep networks in the brain, neurofeedback can make it easier to fall asleep at night and stay asleep.

Who can treat with neurofeedback?

Doctors, psychologists, psychotherapists, health coaches and occupational therapists can provide the treatment. Consult your doctor or therapist about the therapy options with neurofeedback.

Finding focus

Neurofeedback - an effective therapy with lasting effect



Neurofeedback

Train your brain activity

Neurofeedback promotes optimal brain regulation by encouraging or inhibiting specific brain activity in real-time. It's a technique that has been supported by science, following our proven protocols, it can help those striving for peak performance or relief from ADHD, insomnia, or other conditions.

Neurofeedback therapy can help you:

- improve your concentration and attention and thus become more cognitively efficient
- socialise with others in a positive way
- sleep more restfully
- remain more relaxed in difficult situations
- reduce stress and relax
- structure your everyday life better and manage it 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 old) can equally benefit from neurofeedback training.

How does Neuro-feedback work?

Neurofeedback uses sensors to measure the electrical activity of your brain (EEG). Certain patterns in the EEG indicate high or low brain activity (attention, concentration or relaxation).

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 activity.

Neurofeedback in 3 steps:

- 1 An electrode records brain activity (EEG).
- 2 The brain activity is then visualised on a computer screen (i.e. movement of the fish).
- 3 The client is then motivated to change brain activity from the feedback they see on the screen.



What are the benefits of neurofeedback?

Neurofeedback can sustainably improve the quality of life in various conditions:

- ADD/ADHD,
- sleep disorders,
- epilepsy,
- migraine,
- addictive disorders,
- autism,
- depression,
- anxiety disorders.

Stories

"The treatment has helped me dramatically in my professional life. I currently work in the legal industry, and I've noticed the effects of the treatment on my attention to detail and my ability to problem solve. I find that it is much easier for me to learn new concepts. I've noticed a decrease in fidgeting and feelings of restlessness."

Sam, 22, client at a neurocare clinic in Australia
Graduate Lawyer

"I have been working with Neurofeedback in my practices for occupational therapy for 10 years. The success I've had with the method, especially the SCP protocol, is absolutely remarkable."

Johannes Späker
Ergotherapeut, Heiden, Germany

"I have been working with Neurofeedback for 5 years in psychotherapeutic practice. I (...) have seen substantial improvements in attention, impulse control, ability to regulate emotions, and quality of sleep in a diverse group of patients aged between 6 and 75 years.

It is also a very good tool to help patients shift initially into a state of mind that allows them to access and be open to further interventions and therapies."

Susanne Mechtersheimer
Psychologist, neurocare Sydney, Australia