

## HOW DOES IT WORK?

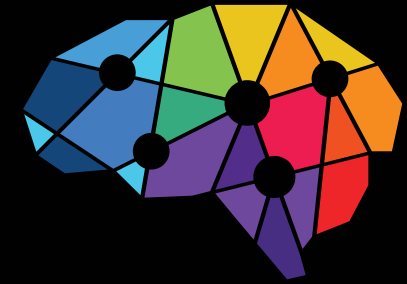
One or more sensors are placed on the scalp and ear lobes. These are attached to an EEG machine, which shows the person's brainwaves on a computer screen as lines, graphs or a simple video game. For example, the game might show a car driving, or a ball rising and falling. The person is asked to make the line, graph or object move with their brain. The clinician monitors your brain activity (see below graph) and tailors your therapy accordingly.



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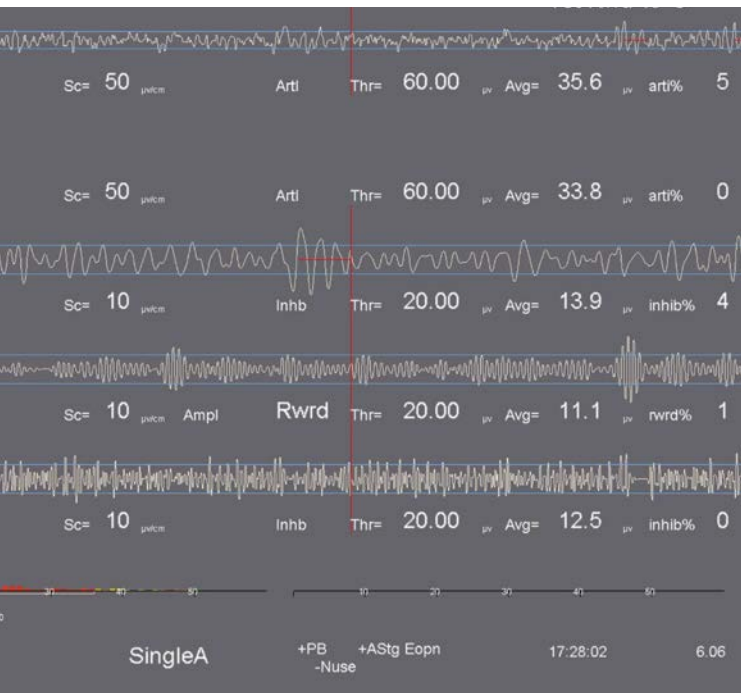
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## NEUROFEEDBACK TRAINING:

ENHANCE HOW YOU RELATE,  
 REGULATE, REPAIR & RECOVER





## HOW CAN IT HELP ME?

With tailored therapy sessions (lasting 30mins) of neurofeedback, it can:

- help a variety of childhood issues including nightmares, ASD/ADHD and other behaviours of concern
- assist people of all ages who struggle with anxiety, depression, obsessive-compulsive disorder, panic attacks, eating disorders or drug and alcohol use
- alleviate symptoms of physical and emotional issues such as migraines, chronic fatigue, fibromyalgia or PTSD
  - offer additional opportunities for rehabilitation following traumatic brain injury, neurological surgery, stroke and epilepsy
  - enhance peak performance at school and work



## WHAT CAN I EXPECT?

Neuroplasticity means your brain is always changing and predicting. Neurofeedback harnesses this process to train your brain to remain calm, focused and organised.

1. Extensive historical assessment of dysregulation, sensitivity and reactivity is performed
2. Sensors are attached with paste to the scalp and earlobes
3. Electrical patterns coming from the brain are measured and tracked - much like a doctor listens to your heart variability
4. Brain waves are relayed to a computer which then provides real-time, simultaneous audio and visual feedback.

## WHAT IS NEUROFEEDBACK?

**Neurofeedback** is an exercise for your brain which enhances cognitive flexibility and stability of control. It enhances awareness of internal states by allowing the brain to witness its own activity, from moment to moment, monitoring brain waves via an electroencephalogram (EEG). This promotes self-regulation which supports better brain function.

