

SAN FRANCISCO NEUROFEEDBACK CENTER



What is Neurofeedback (EEG Biofeedback)? Neurofeedback Training (NFT) is a way to recondition and retrain your brainwave patterns in order to **help your brain achieve its optimal functioning.**

Does it really work? Studies suggest that **significant improvements occur for 75% to 80% of people.*** We look forward to more research, but accumulating evidence found that NFT is a promising treatment for the following conditions: mild traumatic brain injury, ADD/ADHD, learning disabilities, depression, obsessive-compulsive disorder, anxiety, panic disorder, drug abuse, autism, and a variety of other conditions (including schizophrenia, stroke, epilepsy, and dementia). Neurofeedback can also be used by people who aim to achieve their peak performance in their professional, creative and physical lives.

How many sessions do I need? Each person will respond to their training in their own way. Usually, **the full effects start to be seen after the first 10 to 15 sessions.** The length of treatment will depend on your individual goal: 15 to 20 sessions might alleviate symptoms of anxiety and insomnia, while more severe problems often require 30 to 50 sessions. Many Neurofeedback users also choose to have sessions continuously as a way to maintain the progress they achieve and keep leading a healthier, more mindful life.

START TODAY!

Go to neurofeedbacksf.com/start and request a free, 10-min phone consultation.

What happens in a session? Electrodes are placed on your scalp and earlobes, while you sit comfortably in a chair listening to music and watching a never-repeating fractal image or a movie. The equipment picks up real-time, instantaneous information about your brainwaves (neural activity in the central nervous system) and feeds it back to the brain through tiny pauses in the music. These interruptions are a signal that will allow your brain to understand what it is doing so that it can self-correct into a more natural, relaxed and effective pattern. After a 33 minute session you will likely feel refreshed, relaxed, and in a higher state of mental alertness and flow. This form of treatment allows you to take a more active role in your own health care, is **completely non-invasive** and draws from your body's own healing response.



*D. Corydon Hammond (2011) What is Neurofeedback: An Update, Journal of Neurotherapy: Investigations in Neuromodulation, Neurofeedback and Applied Neuroscience, 15:4, 305-336