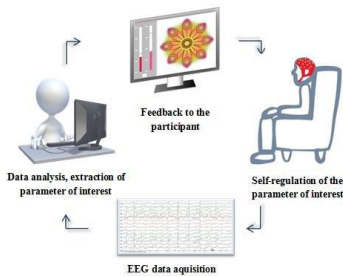


WHAT IS QEEG AND NEUROFEEDBACK?



Neurofeedback is a non-invasive form of therapy that utilises your brain’s own natural electrical flow and ability to learn to self-regulate. The electrical waves are constantly occurring in our brain and underlie everything we do and can do in our daily lives from basic functions such as breathing, eating, having emotions, and sleeping, to more directed activities such as exercise, communicating, organisation, and studying or working. These waves can sometimes be moving too quickly or may be sluggish with the result that we do not feel in our optimal state. Neurofeedback is a non-invasive process designed to work with your brain’s innate ability to respond to external stimuli and moderate brain-wave fluctuations. The

individualised programmes support moving each person’s signature brain waves from a dysregulated state to a more balanced functioning, which has a direct effect on motivation, mood, and a sense of a more moderated daily experience.

WHAT WILL THIS HELP?

Our neurofeedback equipment provides both the diagnostic assessment and the therapeutic treatment that can help to alleviate symptoms associated with anxiety, depression, ADHD, focus, attention, compulsive behaviours, substance misuse, insomnia, certain types of memory loss that can occur with aging, post-traumatic stress disorder (PTSD), some forms of TBI and concussion, anger management, chronic fatigue syndrome, headaches/migraines, oppositional defiant disorder (ODD), pain management, eating disorders, and can even be directed to the enhancement of sports performance. Outcomes of training often include an improved executive function, ability to maintain and sustain attention, better concentration and decision making as well as lower reported levels of symptoms associated with anxiousness, low mood, and sleep difficulties.

WHAT SYSTEM IS USED?

This is carried out by our head-mounted gel-free BrainMaster Freedom unit in our clinic. An initial session would be carried out to take measurements that generate a ‘map’ of your personal wave measurements in order to allow for diagnostic considerations. Treatment would be provided through the same system in our clinic and be done through playing games, watching movies, or listening to music, where measured brainwaves are utilised to control the level of interruptions, effectively provided a learning opportunity for the brain to regulate the speed of the waves. When brainwaves begin to move outside of the optimal range, which represents some level of distraction to attending to the movie or music, the movie may dim or change in some other way, and the brain ‘learns’ to alter the waves back into a more typical range, effectively being rewarded for moving closer to an optimal range.



HOW LONG DOES IT TAKE?

Each individual will have their own unique map and goals. These would serve as the guide for the frequency, number, and direction of sessions. Sessions would ideally be held in the clinic twice a week for 20-40 minutes, depending on presentation, and the number of sessions is usually organised in groupings of 10, 15, and 20 sessions, depending on results when measurements are re-taken.

WHAT SHOULD I DO TO PREPARE FOR THE SESSION?

It is important to be prepared for these sessions which would mean ensuring you are as well rested as possible, avoid use of caffeine and/or alcohol on the days preceding sessions, and also ensure that all electronic devices are turned off during sessions as well as reduced use guaranteed immediately before and after sessions. While our modern system does not require the gel and snug cap, the measurement points still need to be on the head and close to the scalp and as such a clean and dry scalp and head of hair is an imperative for use of our equipment as well as greater effectiveness of sessions.

WHAT IS THE HISTORY OF NEUROFEEDBACK?

First utilised in the 1950's to investigate consciousness in research with electroencephalogram (EEG) equipment, Qualitative EEG (QEEG) is a simple system that incorporates visual and/or audio feedback to encourage an individual's brain to change its pattern of brain waves to modify itself. This is effectively training the brain to respond in a particular manner with the goal of moving from a dysregulated state to a more balanced state.

WHAT ARE THE POSSIBLE SIDE-EFFECTS?

Most people who utilise such programmes find that they can begin to experience changes in daily awareness within a few sessions, but sometimes, albeit rarely according to the literature available, there are some side-effects experienced such as nightmares, insomnia, feelings of anxiety, brain fog, or headaches. These would be monitored carefully as it is typically the case that these are temporary side-effects that pass as your brain resets itself. It is also important to note that some medications can slow the effects of the neurofeedback process but there is no direct interaction as this is a non-drug form of therapy.

HOW DO I GET STARTED?

Get in touch with our team at Psynamo to arrange an initial consultation to learn if this might be right for you. Provided you are positive about proceeding, we would then arrange for a special online intake questionnaire to be sent to you to complete in your own time. We would set a time and date for you to come in to have your initial brain maps prepared by our clinic team members, and within one week, we would arrange to meet again to review results and suggestions for going forward.

Write or call today to learn more about how QEEG and Neurofeedback can help to support you or someone you know with gaining calm and clarity in their life.

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