

NEUROFEEDBACK

Mechanics, types and training options

Used in conjunction with traditional talk therapy, neurofeedback leverages technology to provide real-time information about brain activity. It operates on the principle of self-regulation, enabling individuals to gradually gain better control over their mental processes, improving their psychological well-being. Neurofeedback collects and processes brainwave data, offering valuable insights into the intricacies of one's brain functioning.

REMOTE NEUROFEEDBACK TRAINING

IN-OFFICE NEUROFEEDBACK TRAINING

How does it work?

Remote NFB training uses results of a brain assessment and client's symptom report to define an amplitude training program targeting specific wavelengths.

In-office NFB is an infra-low system that uses EEG technology to target low-frequency wavelengths. A scan is not needed.

Is a brain assessment needed?

Yes, a brain assessment is conducted to aid in creating a personalized training profile.

No, an initial brain assessment is not needed as the training targets brain dysregulation based on symptom profiles.

Where is the training done?

In your own home or any quiet location where you can relax and use a smartphone/device with internet access (home, the office, a parked car).

At the clinic, privately, in a therapist's office.

How long is each session and when is training complete?

Each session is typically 20 minutes; training typically complete in 3 months. Minimum of 4 times/week. Number of sessions dependent on symptoms.

The training session is typically conducted within a 1-hour clinical appointment. Minimum 20 bi-weekly to weekly sessions. Chronic/complex conditions 40+ sessions.

How often will I meet with a therapist to assess my progress?

Every other week. Your therapist will review training session reports, progress toward goal and make changes to the plan as needed.

As these are conducted in office, your therapist will monitor your feedback and make adjustments as needed throughout the entire session.

What type of feedback is provided?

Audio and visual feedback in the form of games or streaming video with sound.

Three types of feedback are given: audio, visual and tactile (vibration of the stuffed animal being held).

What equipment is required?

A head device with electrodes connected by Bluetooth (LE 4.0 or higher) to a smart phone or tablet (iOS 13 and above, Android 6.1 or higher).

4-5 electrodes, a signal amplifier and NFB software on the clinicians laptop.

What is the cost difference between remote and in-office?

Requires equipment purchase and monthly subscription to the training platform. Clinical support for training is billed at your therapist's hourly rate.

No equipment purchase is required. Cost varies depending on your insurance. Contact front desk (below) for more information.

CONTACT INFORMATION

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NEUROFEEDBACK

Typical sessions, research, medication affects and conditions

What does a typical session look like?	REMOTE NEUROFEEDBACK TRAINING	IN-OFFICE NEUROFEEDBACK TRAINING
	<p>First, the client finds a quiet and comfortable place to sit. Client connects the headset to the Bluetooth on their device (phone/ tablet), then places a single electrode on their head (according to their personalized program), and starts playing a game or streaming a video through their device.</p> <p>The typical training session is complete in about 20 minutes. The electrode is then removed and wiped clean. The conductive paste is removed from the scalp and hair. Finally, all equipment is packed securely away for the next use.</p> <p><i>The session should be done earlier in the day unless the training protocol is focused on sleep improvement.</i></p>	<p>Each training session is scheduled for 60 minutes. The session begins with the client and therapist discussing symptom changes since the last session. The therapist will then, if needed, make changes to the NFB training protocol. Next, 4 to 5 electrodes will be placed on the client's head by the therapist. The therapist will start the training protocol and the client will watch a video while holding a tactile feedback device (vibrating stuffed animal).</p> <p>In-office neurofeedback is conducted simultaneously with traditional talk therapy. The therapist will monitor the client's training progress throughout the session. To conclude, the therapist will remove all training equipment and conductive paste from the client. A final assessment of symptoms will be made prior to the end of session.</p>

Medical considerations: Can I continue my current medication while doing neurofeedback?

Discussing the use of neurofeedback with your prescribing physician is recommended. Ask for information you can give to your physician in case they are not familiar with neurofeedback. The goal of neurofeedback is to improve symptoms that are impacting your daily functioning. Both your physician and your therapist need to know the variables that impact your symptoms. Starting or stopping medications while doing neurofeedback may influence the outcomes making it more difficult to assess what is contributing to symptom changes. It is therefore preferable for clients to begin neurofeedback training when medications are stable and not currently being adjusted. This allows for a better assessment of the impact of neurofeedback on your symptoms. As symptoms improve medications dosages may need adjustments. Some medications may no longer be needed.

Research evidence: What conditions can neurofeedback help?

There has been a significant amount of research done that shows positive outcomes for treating the following conditions with neurofeedback: Alcohol and drug dependence; anxiety disorders; ADHD, autism spectrum disorder, chronic pain, concussion, depression, epilepsy, fibromyalgia, immune function, insomnia, headaches, PTSD, schizophrenia or schizoaffective disorder, TBI. Please ask for more information on research studies if you are interested.