

Neurofeedback -Cutting Edge Of Mental Health Care

Neurofeedback- Improve Brain Function through a computer supported therapy method.

Your brain has an innate ability to heal, especially with the support of Neurofeedback Therapy. It works by training the brain to function at its maximum potential. Neurofeedback engages and calms brainwaves using visual and auditory stimulation in the form of animations, games and even Youtube on a computer screen.

It is safe and effective therapy. 20 sessions are recommended for optimal results but reduction in symptoms can be noticed just after one session.

We use Infra-Low Frequency Neurofeedback because it isn't a one size fits all approach; it is individually adapted to specific symptoms and goals. The protocol is adapted to the individual.

Neurofeedback Therapy is non-invasive and no electrical current is being sent to your brain. Sensors are attached to the head which pick up activity in the brain in the same way that a medical doctor listens to the heart from the surface of skin. This 'message' is sent via an amp to a computer and then onto the screen. There is a visual and/or auditory feedback with whatever animation is chosen to watch on the screen. Neurofeedback makes use of neuroplasticity and the brain's innate desire for balance, returning it to a place in which it can cope much better with the world.

Suitable for both children and adults. Can be used alongside therapy for example Play Therapy, EMDR or as a standalone.

Many people have heard of Neurofeedback after reading 'The Body Keeps the Score' by Bessel van der Kolk, in which he recommends Neurofeedback for the treatment of trauma.

Referrals for Neurofeedback may include:

- Trauma
- Post Traumatic Stress Disorder (PTSD)
- Anxiety
- Phobia's
- Chronic Pain
- Pain
- Long Covid
- ADHD; improves concentration & impulsivity
- Neurodevelopmental
- Sleep disturbance
- Depression
- Fatigue
- Exam stress
- Stress
- Performance i.e.. Sports Performance
- Strokes
- Menopause
- Accidents
- Divorce
- Addiction
- OCD
- Hoarding
- Aggression
- Low self esteem



What happens in a session?

A small number of electrodes are applied to the scalp using a paste. Afterwards, the person makes themselves comfortable whilst they watch an animation, film or play a game on the screen. The therapist will be there the whole time, checking in.

The electrodes may initially only be applied for as short as 5 minutes at the beginning of the therapy sessions. At the end of the session the electrodes are removed from the scalp and the paste can be easily removed.



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