



Biofeedback & Neurofeedback

What is it?

Biofeedback is a noninvasive technique used to train individuals to control their body's functions. Sensors called electrodes are attached to the body to measure physical changes such as heart rate, blood pressure, muscle tension, and body temperature. This activity is monitored and provides immediate feedback through image, light, and sound with the help of computer software. Clinicians work with individuals to practice exercises that control these involuntary functions. This helps individuals to achieve a more relaxed state. With continued sessions, the individuals will eventually be able to control their body without requiring biofeedback.

Neurofeedback, also known as EEG Biofeedback, is a type of biofeedback that specifically relates to the brain. Electrode sensors are attached to the scalp that detect changes in brainwave activity. During neurofeedback, the chemical and electrical signals produced by brain cells are amplified at least 1,000,000 times and sent to a computer program that converts the signals into readable data. The clinician can then help the individual use that information about their brain to help them change how it functions. With a dysfunctional brain, an individual's brain waves may be poorly regulated, and they may have trouble shifting between brain states. Neurofeedback helps to self-regulate the brain waves which leads to the greater ability for an individual to choose their state. Neurofeedback is essentially training the brain to be more effective and efficient.

The results of biofeedback and neurofeedback are long-term rather than the temporary solutions provided by most medications. These techniques will also result in a healthier aging process.

Who is it for?

Biofeedback & Neurofeedback has been shown to be beneficial for individuals of all ages suffering from a wide range of difficulties such as:

- Brain injury
- Chronic pain
- Anxiety
- Depression
- Insomnia
- Addictions
- ADHD
- Epilepsy
- Stress
- Memory problems
- PTSD
- Seizures
- Migraines
- Autistic Spectrum Disorders
- High blood pressure

Where can it be done?

Biofeedback & Neurofeedback are performed by our Neuropsychologist, Dr. David Hallman, who has been practicing neuropsychology for over 35 years. Dr. Hallman is Board Certified in biofeedback and is Board Certified in EEG Biofeedback at the Associate Fellow Level through the Biofeedback Certification International Alliance (BCIA). Both biofeedback and neurofeedback can be provided in our "near north" office in Huntsville, ON or in North Bay via travelling clinics. On average, the sessions occur 2-3 times per week for 60 minutes per session. Alternative training may be recommended based on the individual.

For more information about Biofeedback & Neurofeedback contact:

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