

Brain Biofeedback: What does it do?

Neurofeedback is a type of brain biofeedback. Through the use of specialized computer equipment, along with instruction from a Neurofeedback practitioner, clients are coached in practicing healthier brain wave patterns. It's a simple, yet powerful process that trains the brain how to function more effectively and efficiently. Individuals learn how to regulate their own brains, which in turn brings relief from a variety of troubling symptoms. Learning to change their own brains is empowering to clients. It helps them take charge of their situation and improves the quality of their lives.

In order to provide relief for such a variety of issues, multiple areas of the brain may have to be targeted for training. We customize the training according to each person's particular needs. For example:

Training the temporal lobes: helps positively affect emotional regulation.

Training the frontal lobe: aids with depression, mood and affect.

Pre-frontal lobe training: enhances attention, organizational skills, and executive function.

Parietal lobe Training: assists the body with relaxation, learning how to be calm, and sensory integration.

After brain training, clients who previously struggled with brain dysregulation are often pleasantly surprised to discover they are now able to accomplish more with less effort. When their brains perform better, they perform better — symptoms diminish or disappear. Overall, they experience a greater sense of happiness and well-being.

For more information visit our website: www.loralonsberry.com, or call our office for an appointment: 752 6634.