



## WHAT IS BRAINCORE NEUROFEEDBACK?

BrainCore Neurofeedback is also known as EEG Biofeedback. Neurofeedback is guided exercise for the brain. It is actually a learning modality designed to retrain dysregulated brainwave patterns. The goal of all neurofeedback is to transform an unhealthy, dysregulated brainwave imbalance into a normal, healthy, organized pattern. By doing this, the brain becomes more stable and is able to operate optimally and efficiently. It is completely noninvasive and is considered by the Food and Drug Administration to be safe. In fact the Food and Drug Administration recognizes that neurofeedback has NEVER produced a serious side effect since it was first discovered over 40 years ago. Published scientific research has demonstrated neurofeedback's efficacy in managing many neurological conditions such as ADHD, Migraine and Tension Headache, Insomnia, Chronic Pain, Post Stroke Syndrome, Anxiety and Panic Attacks as well as many others.

## THE NEUROFEEDBACK EVALUATION PROCEDURE

All neurofeedback begins with a Quantitative Electroencephalogram (QEEG) evaluation. The QEEG is an assessment tool designed to objectively and scientifically evaluate a person's brainwave patterns. The procedure consists of placing a snug cap on the head.

Embedded within the cap are 12 small sensors that are designed to measure and record electrical activity (or brainwaves) coming from the brain. It is important to note that these sensors do not put any electrical current into the brain – they simply record signals coming from the brain.



## THE QEEG REPORT

The brainwave data recorded with the QEEG is statistically compared to a sophisticated and large normative database and a report is generated. This assessment procedure allows the doctor to determine, in a scientifically objective manner, whether a client's brainwave patterns are different from normal. The QEEG assessment provides the doctor with the neurofeedback training protocols that will be used during the training sessions. These protocols are designed to retrain the brainwave patterns toward normal. As the brainwave patterns normalize, the brain is able to operate more optimally and efficiently.

