



NEUROFEEDBACK TRAINING SESSIONS

Individuals are hooked up to a computer using wires and sensors, and the computer records their brainwave activity. These sensors are non-invasive, as no electrical current is put into the brain. The sensors simply record the brainwaves coming from the brain. Information about these brainwaves is displayed on the doctor's monitor.

The software automatically detects when the brainwaves are properly ordered and it feeds that information back to the patient. This feedback appears in the form of a game, movie, or sound which signals the patient that the brainwaves are becoming more ordered. For example, in the image above, the patient is watching a puzzle of a picture that is being filled in piece by piece. As long as the patient's brain waves are moving in an orderly direction, the puzzle pieces are filled in and the patient hears a tone. If the brainwave patterns move away from an orderly configuration, then the puzzle does not get filled in and no tone is produced. The patient is actually controlling the completion of the puzzle with their brain and by doing so; the brain is learning how to regulate itself.

In another design, the patient performs the training while watching a movie. In this case the pa-

tient may watch a DVD movie that is being controlled by their ability to regulate their brainwaves. The movie will get brighter as the brain waves normalize and become darker when they become dysregulated. The brain's natural desire to watch the movie clearly, will drive those neurological circuits that normalize the brainwaves and



allow the picture to be visualized. The more those circuits are driven and used – the more neuroplastic changes take hold. The patient learns how to use those new circuits during the demands of everyday life.

The theory of neurofeedback is based on a simple concept - When you have information on what your brainwaves are doing, your brain can use that information to change how it works.

PUBLISHED RESEARCH

For the past 40 years neurofeedback has been studied in research labs at prominent Universities throughout the world. In fact, Dr Frank H. Duffy, a Professor and Pediatric Neurologist at Harvard Medical School, stated that **"Neurofeedback should play a major therapeutic role in many difficult areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used."**

FREQUENTLY ASKED QUESTIONS

How long does a treatment session last, how many treatment sessions will I need and are the changes permanent?

A typical treatment session lasts about 30 minutes and the typical patient usually requires 20 sessions, however some cases may require more. The changes are permanent! Once the patient's brain learns how, and when to produce a certain brainwave; that ability becomes embedded in a permanent circuit within the brain. The formation of this new circuitry is referred to as Neuroplasticity and is the theoretical basis for how we learn.

Are there any published studies demonstrating the efficacy of this treatment?

For the past 30 years multiple research centers around the world have demonstrated the effectiveness of this therapy for several types of neurologically based difficulties. There are numerous published medical studies that you can download at the BrainCore website: www.braincoretherapy.com

TESTIMONIALS

"My child went from grades of C's and D's to A's and B's within 2 months."
—Bill C. Port Royal, SC

"I feel 10 years younger – I sleep better, I have more energy and I no longer forget things – it's amazing, Thanks BrainCore!"
—Shelly O. Savannah, GA

"We were just about to put our child on medication for ADHD when we came across BrainCore and decided to give it a try. Now our child is functioning without any issues and without any medication. The results of this therapy far exceeded my expectations."
—Jeff W. Savannah, GA

"I endured migraine headaches at least 3 times a month for 15 years. I have not had a migraine in more than 6 months since I completed the BrainCore Program."
—Jill W. Bluffton, SC

"I suffered from insomnia for 9 years. I tried all the medications, hypnosis and even stress reduction therapy – nothing worked. Then my friend told me about BrainCore and after just 8 sessions I am able to fall asleep and I am sleeping through the night without waking up."
—Kristi M. Hardeeville, SC

To see video testimonials from other patients visit our website www.braincoretherapy.com

