

## Neurofeedback Training and Our Brain Center

Each of Meadows Behavioral Healthcare's treatment programs offer multiple brain-level interventions to all patients, including neurofeedback and biofeedback. Our on-site Brain Centers are overseen by highly trained and knowledgeable practitioners. The primary offering is neurofeedback, with monitored sessions that teach patients to regulate and "retrain" their brain, helping them feel and function better – cognitively, emotionally, and physiologically.

Additional equipment available for use includes:

- Cranial Electrotherapy Stimulation (CES)
- Heart Rate Variability (HRV)
- Audio-Visual Stimulation (AVS) with CES
- Chi Machine for circulation/oxygenation
- Muse brain-sensing headbands

## What to Expect During a Neurofeedback Session

Brain activity is measured and reflected back through a video display using sensors and special software. When the brain is allowed to see its own activity, it can adjust itself for greater efficiency and effectiveness. Nothing is transmitted into the brain; the information found within the EEG is only fed back and recorded.

***By improving self-regulation of brainwave activity, you can experience improved mood, energy, clarity, and sleep.***

Training sessions are usually done two to three times each week and last about 45 minutes. Individuals typically feel effects with the first session, but neurofeedback is a learning tool requiring repetitive practice to achieve the best outcomes. After several sessions, most will notice improved mood, energy, clarity, and sleep.

## What is Neurofeedback?

Neurofeedback, also known as EEG biofeedback, is a non-invasive, evidence-based technique. Brainwave training addresses both arousal and attentional challenges, allowing patients to self-regulate their brainwaves through immediate visual and/or auditory feedback that rewards more desirable brainwave patterning. These rewards invite present-moment awareness, allowing for positive shifts as patients gain control of their physiological responses.

**An increased awareness** – Our brains are very malleable, and brain functioning can change in response to life experiences. Neurofeedback utilizes the brain's plasticity to encourage better brainwave activity to enhance everyday life. During training, the goal is maximum calming with optimum alertness. As training progresses, the individual becomes more aware in the present moment and more sensitive to their mental state even outside of training.

**Tracking what's going on inside the body** – Neurofeedback supports a mind-body reconnection. This increased awareness of their internal state results in the individual being more in charge of themselves and less controlled by their temporary state or physiology. Interoception is the ability to track inner awareness, a sense that helps an individual understand and feel what's going on inside their body. It is the mechanism for presence; it is what neurofeedback is supporting: our ability to befriend our internal experience.

**Engaging the brain for enhanced healing** – Neurofeedback allows us to see how an individual's brain responds to witnessing its activity in action. It invites the brain to engage with, respond to, and develop more informed and efficient strategies. Neurofeedback ultimately allows for a different realm of healing. We are not creating health; we are restoring it. Neurofeedback builds on the individual's strengths and focuses on the person as a whole.

## What Disorders Will Neurofeedback Training Improve?

*Research has shown neurofeedback training provides an improvement of symptoms in the following conditions:*

ADHD/ADD | Addictions | Anxiety | Bipolar Disorder (Increased mood stability) | Depression | Insomnia | Migraines  
OCD and obsessive thinking | Post-Traumatic Stress Disorder | Chronic pain



MEADOWS BEHAVIORAL HEALTHCARE

# Brain Center

Treatment in any Meadows in-person program includes access to one of our state-of-the-art Brain Centers. Unique to us, this innovative resource uses scientifically proven techniques to improve brain function and teach self-regulation.

## Neurofeedback's Benefits

Neurofeedback has been proven to help in the treatment of addiction, trauma, and other mental health disorders.

In active addiction, pathways are created in the brain that reinforce drug use. Neurofeedback helps to create new, healthy pathways that support the positive changes being made during treatment.

The central nervous system's involuntary (or autonomic) nervous system is responsible for processes like:



BREATHING



HEART RATE



METABOLISM



LIVER FUNCTION

While the involuntary nervous system operates without our awareness, its function isn't completely out of our control.

Neurofeedback allows us to "retrain" the brain, teaching self-regulation for improved brain function and better overall health.



## An Unbalanced Nervous System Leads to:



INSOMNIA



DIGESTIVE ISSUES



ANXIETY



ACHES & PAINS



MENTAL STRESS



We need to teach ourselves how our brains and bodies work; being in control of ourselves requires becoming familiar with our inner world and accurately identifying what scares, upsets, or delights us.



-New York Times bestselling author and Meadows Senior Fellow Dr. Bessel van der Kolk

The Brain Center  
Also Includes:



Cranial Electrotherapy  
Stimulation (CES)



Heart Rate Variability  
(HRV)



Chi  
Machine