# Neurofeedback at UAI-7 Generations: What is it? How can it help me?

### What is it?
- A non-invasive way to train your brain to self-correct
- Sensors measure your brain activity
- The activity is reflected back to the brain through audio, visual and tactile cues
- The brain adjusts its own patterns for better physical, mental and emotional functioning

### How it’s done:
- 45 minute sessions 2 times a week
- 20 session commitment
- A trained professional places sensors on your head
- You play a game, watch a video or show through a specialized computer program
- You are asked to rate how any changes in your body, thoughts and emotions
- The sensors measure the patterns your brain creates and adjusts the audiovisual, auditory and tactile cues to give your brain a workout
- The brain acts in some ways like a muscle: it benefits from training:
  - This “workout” helps your brain develop patterns which help you feel, think and behave in healthier ways.
  - Repeated workouts help the brain develop automatic healthier reactions

### It has been shown to:
- Increase attention
- Decrease hyperactivity
- Decrease impulsivity
- Improve your ability to plan, organize, and manage your time
- Improve sleep
- Reduce headaches, muscle tension
- Improve thoughts/feelings related to anxiety and depression
- MAKE YOU FEEL BETTER

### Who can it help?
- Individuals with:
  - Anxiety
  - Depression
  - Attention Deficits
  - Attachment Disorders
  - Eating Disorders
  - Developmental Disorders
  - Behavioral Disorders
  - Sleep difficulties
  - Pain management
  - Immune deficiencies
  - Brain injuries & more