

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