

# NEUROFEEDBACK

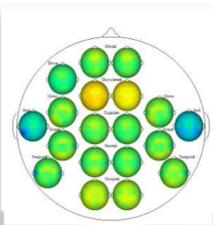
at Carolinas Biofeedback Clinic

## The Brain and Brain Training

Our brains are constantly rewriting their own elaborate circuitry based on experience and perception. This brain change is known as neuroplasticity. With our state-of-the-art tools and techniques, positive brain change means: dysregulated autonomic nervous systems can be taught to self-regulate; unstable brains can develop stability; entrenched pathways for chronic pain can be rerouted with new neural connections; and attention deficits can be rewired for focus, impulse control and fine-tuned performance.

*We help clients get out of their own way to become their optimal self.* With specialized equipment, we share real-time brain information with clients in a way that helps their brains do a better job of managing body and mind. The training is a passive and painless process. Sensors are strategically placed on the scalp to detect the activity in target brain areas. A movie, game or immersive environment displays subtle real-time brain changes through audio-visual cues. This vital feedback loop is maximized to help the brain rewire for targeted results. *Choose from (or combine) our two science-based training methods:*

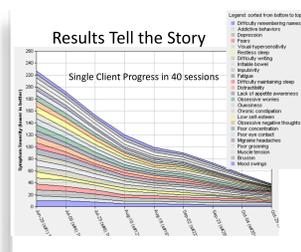
## qEEG-driven Neurofeedback



Start with our *Advanced Brain Mapping qEEG* to evaluate 55 brain areas and 7 cortical networks. This assessment accurately detects healthy networks from unhealthy ones — those that are overactive, underactive, or unstable — and areas that are dominated by the “fight, flight, freeze” limbic system. This assessment answers common questions, “Why do I do that?” and later, “Are we done?” Neural networks are restored to healthy integration using sequential “Hemodynamic” training sessions. A Repeat qEEG Brain Map provides a before and after comparison of progress and brain health, and optional Progress Checks keep training optimized.

## Symptom-driven Neurofeedback

Start with the *Initial Comprehensive Consultation* session to establish goals and symptoms that will guide a customized training plan. Time-tested protocols addressing issues at their source are founded on decades of successful clinical application. Core brain calming produces brain state changes in session and long-term optimal self-regulation. Unique approaches for trauma resolution and computer-aided meditation make this method a client favorite. Progress is gauged by symptom tracking and QIKtest Executive Function Analysis.



1

### To Get Started

Go to [cbfclinic.com](http://cbfclinic.com)

Click on either  
“Register” or  
“Appointments”  
in the menu bar

2

Select *South Charlotte* for  
“Initial qEEG Brain Map”

or

Select either location for  
“Initial Comprehensive  
Consultation”

3

Search available  
appointments and Book

Problems? Call  
888-317-5605

## Why Neurofeedback?

- Alternative to medication
- Passive effort
- No side effects
- Lasting improvement

## Who is a Candidate?

- Attention deficits, executive control issues and memory decline (ADHD, RAD, OCD, aging brain)
- Mood issues or emotional reactivity (anxiety, anger, fear, depression, DMDD)
- Brain Instabilities, including any issues experienced as episodic flare-ups (migraine, vertigo, seizure, panic)
- Regulatory issues (sleep, blood pressure, immune system)
- Anything triggered by, worsened with, or caused by stress (anxiety, insomnia, pain, chronic fatigue, asthma)
- Developmental deficits (APD, sensory issues)
- Trauma (adoption, PTSD)
- Concussion, brain injury, stroke recovery

## Sessions

Twice weekly, 1-hour  
sessions, for 3-6 months