

NEUROFEEDBACK

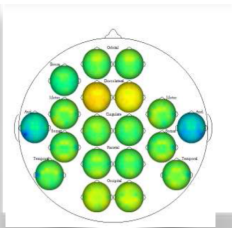
at Carolinas Biofeedback Clinic

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:*

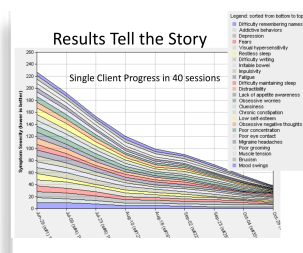
qEEG-driven Neurofeedback



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.



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To Get Started

Go to cbfclinic.com

Click on “Register” in the top right corner or use the widget under the Appointments Tab

2

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

or

Select either location for “Initial Comprehensive Consultation”

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