

NEUROFEEDBACK

Put Your Best Brain Forward at Carolinas Biofeedback Clinic

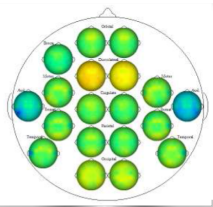
Complete Autonomic Nervous System Evaluation

You will start with a complete Autonomic Nervous System (ANS) Evaluation of your mind-brain-body processes, including our world-class qEEG Brain Map, customized Cognitive Assessment, and mind-body "stress test" used to assess your stress-recovery response. You will also meet with our Clinical Director to review your Health History and establish individualized training goals. At the follow-up Results Review and Recommendations, our Clinical Director will share your results and will review the custom roadmap for brain training based on exactly what your brain needs. Your custom plan may include one or a combination of our specialized brain training options.

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. Our Board Certified clinicians help clients get out of their own way and become their best self. Using specialized equipment, real-time brain information helps their brains do a better job of managing body and mind. The training is a passive and painless process called Neurofeedback. 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.

qEEG-based HemoDynamic Neurofeedback



Our World-class *Advanced qEEG Brain Map* evaluates 55 brain areas and 7 cortical networks and provides a precise road map for exactly what your brain needs to optimize. This assessment accurately detects healthy networks from unhealthy ones — those that are overactive, underactive, or unstable — and accurately identifies functional brain areas that are dominated by the “fight, flight, freeze” limbic system. This highly specialized Neurofeedback method offers precision fine-tuning, and measurable results that last.

Othmer Method Infralow Neurofeedback

Time-tested protocols in this method are founded on 5 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. Available twice-weekly or as “an intensive” with multiple sessions per week for faster results.

Frequency Band Amplitude Neurofeedback

Lifestyle Neurofeedback with flexible training from home, and remote expert supervision. Peer-reviewed research studies predominantly utilize Amplitude Training methods when demonstrating top-tier efficacy for everything from attention deficits to anxiety to concussion recovery.

Why Neurofeedback?

- Natural alternative
- 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

Where do I start?

Book the *ANS Eval* and *qEEG Brain Map* appointment at carolinasbiofeedback.com

