



What is neurofeedback?

Neurofeedback (NFB) is a more advanced branch of biofeedback that focuses on the brain & central nervous system (CNS). Neurofeedback optimizes the brain and nervous system by giving the brain information about how it is functioning using electroencephalogram (EEG) technology. EEG is a recording of the electrical activity of the brain. Brain frequencies are measured in Hertz defined as wave cycles per second. Brain frequencies range from the lowest and slowest Delta waves, to Theta waves, to Alpha waves, to Beta waves, and to the lightest and fastest Gamma waves above 38 Hertz. Bandwidths of brain frequencies are associated with different states of consciousness.

Neurofeedback is training, not treatment. It is like going “to the gym” for the brain. Brain “fitness” gradually improves over time as one engages in neurofeedback training. NFB does not specify what aspect of mental and physical functioning will change first – it is not targeted to specific symptoms or diagnosis. However, overall improvement in brain wave stability due to neurofeedback typically yields significant improvement in symptoms which are a source of client distress. The NeuroOptimal neurofeedback system works with where your brain is moment by moment, while it naturally releases its own “points of stuckness” and creates richer access to all the frequencies it needs for optimal flow and function.

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