



## What can I expect from a neurotherapy session?

In neurofeedback, a person sits comfortably in a chair. Sensors are connected to the scalp with water-soluble paste. They "read" the electrical output of the brain through EEG technology and brain wave activity is transmitted to a computer-based neurofeedback program. The sitting person listens to music or watches a movie, which links to the output of EEG. The music or movie interrupts when the brain wave activity becomes less stable or more turbulent.

Through the interruption of the music or the movie, the brain begins to recognize its own pattern of instability. The brain learns to adapt to and store this information about efficient self-regulation. Over time, the central nervous system (CNS) learns to settle down and operate with greater efficiency and effectiveness. To view video of NeurOptimal Demonstration and Explanation [click here](#)