



When I a news article about Neurofeedback comes to my attention, I post it here. Since Neurofeedback is developing rapidly, only posts from 2010 or later are included, and only those posts most relevant to my own clinical practice. The topics are:

[General Stories About Neurofeedback](#)

[ADD, ADHD, Anti-Aging, Chemo Fog](#)

[Anxiety and Sleep](#)

[Depression](#)

[Performance and Creativity](#)

General Stories About Neurofeedback

I think, Therefore I Heal: the Wierd Science of Neurofeedback

[Read full article on The Verge.com](#)

Changing your brainwaves might be as easy as playing a video game, according to experts. Studies of the effects of neurofeedback show changes in brain structure as well as in symptoms anxiety, depression, PTSD, ADHD, and other hard to treat problems.

Neurofeedback Gains Popularity and Lab Attention

[Read full article on nytimes.com](#)

Over 100,000 Americans have tried neurofeedback in the past 10 years. Many have made significant shifts in attention, mood, sleep, and other areas by learning to change their own brainwaves.

Biofeedback Now Seen as “Regular” Medicine

[Read full article on health.com](#)

Growing research means Neurofeedback is becoming more mainstream, and is used to help deal problems from PTSD and chronic pain to peak performance for athletes.

Neurofeedback: Training your brain without using medication

[Watch the Video at “Smart Family”, ABC channel 15](#)

ADD, ADHD, Anti-Aging, Chemo Fog

Neurofeedback ADHD, and a VERY out of control boy

[Watch video shown originally on Australian national news](#)

Neurofeedback Therapy an Effective, Non-Drug Treatment for ADHD

[Read full article at PsychCentral](#)

The Resilient Brain: Brain Injury Methods and Treatments Part 1

[Read full article at Psychology Today](#)

Study: Brain Training Has Lasting Effect on Alleviating ADHD

[Read full article at the Boston Globe](#)

Biofeedback Now a “Level 1 - Best Support” Intervention for Attention and Hyperactivity Behaviors

[Read full article at Sharpbrains.com](#)

The Evidence-Base for Neurofeedback as a Reimbursable Healthcare Service to Treat Attention Deficit/Hyperactivity Disorder

[Read full report at isnr.org](#)

In Study, Neurofeedback Matches Stimulants Ability to Treat ADHD

[Read full article at GoodTherapy.org](#)

CNN Video: Kids with ADHD use biofeedback for help

[Watch video at CNN.com](#)

New Research Shows: Neurofeedback Is An ‘Evidence-Based’ Treatment For ADHD

[Read full article at Medical News Today](#)

Neurofeedback helps relieve chemo brain symptoms, Cleveland researcher finds

[Read full article at the Cleveland Clinic.com](#)

Brainwave Training Boosts Network for Cognitive Control and Affects Mind-Wandering

[Read full article at ScienceDaily.com](#)

Neurofeedback for the Aging Brain

[Read full article at EEGinfo.com](#)

Anxiety and Sleep

Beat Menopause with Biofeedback

[Read full article at More.com](#)

The Reroute Home: Neurofeedback NFB Helps Vets Find Their Way

[Read full article at NorthCarolinaHealthNews.org](#)

Neurofeedback Trains Brainwaves, Restores Brain Function

[Read full article at PyschCentral.com](#)

Experimental treatment gives hope to sufferers of post-traumatic stress disorder

[Read full article at TheGlobe](#)

Experts at Military Conference Declare Breakthrough PTSD Treatment “Ready for Duty”

[Read full article at Businesswire.com/news](#)

How Neurofeedback Holds Promise for Insomnia Sufferers

[Read full article at Examiner.com](#)

Local NC News Spot: Insomnia Clinical Trials at Wake Forest Baptist Medical

[Watch video at NC News](#)

Problems are Solved by Sleeping

[Watch video at BBC News](#)

Depression

Brain training helps treat depression

[Read full article at BBC News 2012](#)

Study: Can teens retrain their brains to be less depressed? - by Carey Goldberg

[Read full article at Commonhealth 2011](#)

Performance and Creativity

Neurofeedback in the news on optimal performance and creativity.

Neurofeedback and peak performance with Rae Tattenbaum

[Watch video at EEG Info](#)

A brain flex to help athletes train for better performance in competition - by Jen Murphy

[Read full article at The Wall Street Journal 2012](#)

Cellist Achieves Optimal Performance Through Neurofeedback

[Read full article at Science Daily.com](#)

Neurofeedback training may enhance athletic performance - by Dr. Melissa Perkins-Banas

Read full article at Norwich Bulletin 2012

Ramping up academic skills with brain training - by Alisa Gaudiosi

[Read full article at PR News Channel 2011](#)

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If you want to train your brain to be more calm, focused, and flexible...

...contact me to schedule a no-cost 10-minute consultation, or to schedule an appointment.

Call 510.277.0456

Email Pat@LaDouceurMFT.com

Text 510.684.2975.

Or just click the button below to schedule a time that works

[Schedule an Appointment](#)