

## What's Neurofeedback?



Your brain is constantly producing electrical activity, or “brainwaves.” These brainwaves affect how you feel – anxious or alert, agitated or calm, distracted or focused. Neurofeedback allows you to observe and make changes at the source of the problem – in your brain. When you shape your brainwaves, you shape your experience. Neurofeedback is a kind of biofeedback that helps your brain learn to perform at its best. It can help shift the way you think and feel, sharpen your focus, improve your memory, and help you relax. Just as exercise trains your body to get stronger and more flexible, neurofeedback trains your brain to be more stable, balanced, and adaptable.

### Neurofeedback can help you...

Reduce worry, anxiety, and stress, so you can navigate difficult situations with more ease  
Improve concentration, memory, so you perform better at work and school — even if you think you might have ADD or ADHD  
Let go of past trauma & emotional stress, and restore emotional balance  
Increase motivation, creativity, and confidence  
Sleep easily and restfully at night  
Stay mentally clear and focused at any age  
These kinds of changes improve your performance in every aspect of life. In fact, more than 85% of my clients make significant shifts in work, relationships, parenting, or well-being.  
Note: I am no longer accepting new neurofeedback clients. You might be interested in some of the practitioners below:  
Loren Pedersen, PhD, Walnut Creek. 925-963-9780 <http://LorenPedersen.wordpress.com>.  
Specialties: Diplomate in pain management; anxiety, depression, insomnia, trauma/PTSD, ADD/ADHD, migraines, head injuries. Additional modalities: peripheral biofeedback (can measure and train blood flow, heart rate, skin conductance, muscle tension, CO2 output, heart rate variability, brain inflammation, etc.). All ages.  
Silvia Costales, MFT, Santa Rosa. 510-868-2802 [www.SilviaCostalesMFT.com](http://www.SilviaCostalesMFT.com). Specialties: Depression, anxiety, insomnia, and neurofeedback as an alternative to medication. Ages 16 and up.  
Candia Smith, PhD, Orinda. 925-254-7823. [www.AdvancedTherapyCenter.org](http://www.AdvancedTherapyCenter.org) Specialties: Trauma, anxiety, depression, insomnia, PTSD, ADD/ADHD, migraines, and head injuries. All ages.  
Susan Klear, PhD, San Jose. 408-249-3270 [www.klearyourmind.com](http://www.klearyourmind.com)

## Neurofeedback is especially helpful when...

You want an effective alternative to medication

You've tried therapy or meditation, but didn't make as much progress as you'd hoped

**The best part is that the results are lasting.** Studies show that once you have a solid "base" of training clients not only keep their gains, but often continue to improve. Studies show that these improvements can last for one, two, ten, or even 20 years (see studies by Joel Lubar).

## Here's what it's like...

We do this work in person. You come in, we check in and talk about how things have been going in the past week. Then you'll experience a neurofeedback session. It's simple. Small sensors on your scalp act like tiny stethoscopes to measure your brainwaves, so you can see them on a computer screen. As you watch the screen, you get gentle feedback in the form of a picture, a beep, or the sound of a brook.

Each time you get feedback, you learn a little more about how to focus, or how to calm your body. As you learn how to change your brainwaves, you start to get in touch with an alert, calm place inside yourself — whether you're in my office or going about your daily life. It's kind of like learning to balance when you're riding a bike. It's a little hard to explain, but once you get it, you continue to make progress.

## A Natural Learning Process

As the session continues, you might notice a feeling of alertness, clarity, and relaxation right away. Some people do. Others start to notice changes after a few sessions, and the first change is often an increased awareness of their thoughts and moods.

Since your brainwaves are the source of your thoughts, feelings, attention and moods, a small change in brain activity can mean a large change in how well you focus or how you feel. Most people find over time the benefits build.

## Neurofeedback and counseling...a powerful combination

Neurofeedback works well with counseling. Neurofeedback helps make lasting change in the way your brain processes feelings and information, while you support this learning with skills and strategies to make shifts in your life right away. Counseling can help you with immediate, practical results, while neurofeedback can help make the shifts easier and more lasting.

## Can neurofeedback make a difference for you?

If you'd like to learn more about neurofeedback and how it might be helpful for you, contact me to schedule a no-cost 10-minute consultation. We'll talk about what's going on in your life, and whether neurofeedback is likely to help.

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](#)