



CONTACT US

For any questions you may have about Neurofeedback therapy, please reach out to our team of professionals.

NEUROFEEDBACK THERAPY

THE BASICS

Neurofeedback literally translates to “brain” and “input”. The brain is monitored and input is given. Neurofeedback changes your brainwave activity, retraining your brain to remember the new patterns. Over time with repetition, this process trains your brain to stay within the newly defined healthy frequencies. The result is improved brain regulation that can reduce or eliminate most symptoms.



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ALL ABOUT NEUROFEEDBACK

Neurofeedback Therapy is a specialized treatment program that analyzes your brain activity. Your specific protocol will “train” your brain in real time to follow healthier pathways and brainwave frequencies for symptom relief.

The brain is observed by completing a qEEG to see where there may be struggle to function.



THE BENEFITS

Improve attention and cognition while reducing stress

Increase healthy brain function

Pain free, no side effects

Non-invasive



THE SCIENCE

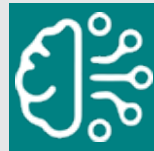
Neurofeedback teaches self-control in a non-invasive way and measures 4 types of brain waves (Delta, Theta, Alpha, & Beta) by providing positive and negative feedback signals. It has assisted in relief of symptoms such as anxiety, depression, PTSD, seizures, addiction recovery, ADHD/ADD, insomnia, dyslexia, migraines, concussions, traumatic brain injuries and can also assist in peak performance in areas including musical, athletic and career. Treatment typically includes 20-40 sessions.

WHAT IS A qEEG?

Brain Map, also known as a qEEG (Quantitative Electroencephalogram) measures brain wave activity and helps identify irregular brainwave patterns. This is done before treatment begins and after 10 sessions to assess progress.

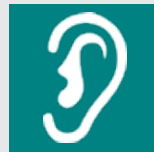
Your qEEG results can show over or under activity in certain areas of the brain which can contribute to various neurophysiological symptoms.

THE PROCESS



DATA

Sensors on the scalp detect brainwave activity through special software.



INPUT

Audio and Visual signals guide brainwaves to healthier patterns.



REPETITION

10-40 training sessions, 1-3 times per week. These are personalized and unique to you.

To book an appointment or for other services Renovar offers, visit us online: renovarwellness.com

