

Frequently Asked Questions

Q: How long does a training session last and how many training sessions will I need?

A: A training session typically lasts approximately 30 minutes and most clients usually require 30-40 sessions depending on clinical findings. Some cases require more.

Q: How long before I experience results?

A: Most clients respond to Neurofeedback within the first 4- 8 sessions with continued improvement resulting from the brain developing and reinforcing new pathways as well as learning new responses over the course of their care.

Q: How long will the effects of Neurofeedback last?

A: Long term follow up studies have demonstrated that improvements from Neurofeedback last up to 40 years. Because Neurofeedback is also beneficial for peak performance, many of our clients decide to continue with Neurofeedback sessions to optimize their results.

Q: Are there any published studies demonstrating the efficacy of this training?

A: Since Neurofeedback was developed in the 1960's, multiple research centers around the world have demonstrated the effectiveness of this modality for various types of neurologically based difficulties. There are numerous published research studies that you can download at the BrainCore website: www.braincoretherapy.com



Discover How Your Brain Can Change

"My entire life has changed since I made the decision for my son to try BrainCore Therapy. We no longer have any issues at school or home and his grades went from D's and C's to A's and B's. Absolutely amazing!!!"
Tamara S. – Michigan

"My experience with BrainCore Neurofeedback saved my life. The anxiety and severe depression that I struggled with for years has eased and lifted. My mood is now regulated and I am moving forward successfully in my life."
Laura S. – Atlanta, GA

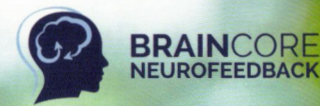
"I had narcolepsy my entire life, after 30 sessions, I no longer have this condition. I sleep great, feel better than ever and know it was the best investment in my health I have ever made!"
Kevin M. – Long Island, NY

"I endured migraine headaches at least 3 times a month for 15 years. I have not had a migraine in more than 6 months since I completed the BrainCore Program."
Jill W. – Bluffton, SC



**BRAINCORE
NEUROFEEDBACK**

www.braincoretherapy.com



RECLAIM YOUR HEALTH

Experience a Drugless Solution that Helps Brainwave Imbalance Associated with the Following Conditions:

-  Attention & Focus
-  Sleep Issues
-  Mental Stress
-  Memory
-  Chronic Pain
-  Headaches
-  Negative Moods
-  Peak Performance

What is BrainCore Neurofeedback?

BrainCore Neurofeedback is a unique drugless approach to addressing brainwave imbalance. This learning modality is guided exercise for the brain that helps to retrain brainwave patterns that may have become imbalanced as a result of stress, poor sleep, drugs/medications, chemical toxicities, food sensitivities, trauma, subluxation, genetics, or poor nutrition. Brainwave pattern imbalance has been associated with the following conditions:

- Attention & Focus
- Chronic Pain
- Headaches
- Hyper-Vigilance
- Learning Challenges
- Memory
- Mental Stress
- Negative Moods
- Obsessive Behavior
- Peak Performance
- Poor Sleep
- Post Trauma
- Restlessness
- Sleep Issues



What is Brainwave Imbalance?

Depending upon your mental state, your brain could produce four distinct brain waves. Beta waves are produced when you are alert and externally focused. Alpha waves are produced when you close your eyes and relax. Theta waves are produced briefly when you start to fall asleep. Delta waves occur when you are sleeping. Scientific research has demonstrated that for any given circumstance there is an expected normal range of brainwave patterns and activity called normative thresholds.



How do I start BrainCore Neurofeedback?

A comprehensive QEEG assessment is where Neurofeedback begins. This process evaluates the function and organization of a client's brainwave patterns. The information will produce a brain map that allows the BrainCore Provider to objectively analyze and compare the results with normative data, history, age, and difficulties reported.

Based on these results, a plan of care will be created for you and Neurofeedback training will begin. The result of retraining and re-balancing brainwave patterns can be extraordinary with long lasting healing, improved function, health, and wellbeing.

"This changed my life."



BrainCore Neurofeedback Training Sessions

The goal of BrainCore Neurofeedback is to transform dysregulated brainwave patterns to normalized, regulated, balanced and organized patterns.

To achieve this we do a series of Neurofeedback training sessions using a state of the art computer based system. Sensors are placed on the scalp in key positions based on an analysis of a customized QEEG Brain Map report. The sensors are non-invasive and painless. The sensors simply receive the brainwaves emitted by the brain and carry them to the computer where they are amplified and recorded by the BrainCore software. Information about these brainwaves is displayed on the Provider's monitor.

The BrainCore Neurofeedback software detects when the brainwaves are properly ordered and regulated. That information is fed back to the client in real time. This feedback appears in the form of a game, movie, or sound to teach and retrain the brain to create new neural pathways.

This process is non-invasive, comfortable, easy and enjoyable. The best part is you sit back and do nothing, relaxing and letting your brain do all the work!