

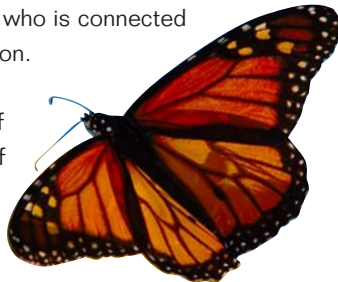
ADHD?

Proof that neurofeedback works

There has been a lot of scientific research and controlled studies for neurofeedback in the treatment of several disorders. Neurofeedback has shown very good results in the treatment of epilepsy, depression and ADHD. As treatment for ADHD, neurofeedback has been successfully clinically applied for more than 30 years. The effects on the symptoms are comparable with those of medication.

Quality

To guarantee the quality of the therapists, it is preferable that treatment is conducted by a certified neurofeedback practitioner who is connected to a professional organisation. Organisations like the BFE (Biofeedback Foundation of Europe) or SAN (Society of Applied Neuroscience) offer a certified training program to become a neurofeedback-therapist. Practitioners who follow this training program are therefore considered to be well trained and competent in this area.



More information?

You can find more information about neurofeedback on our website www.brainclinics.com

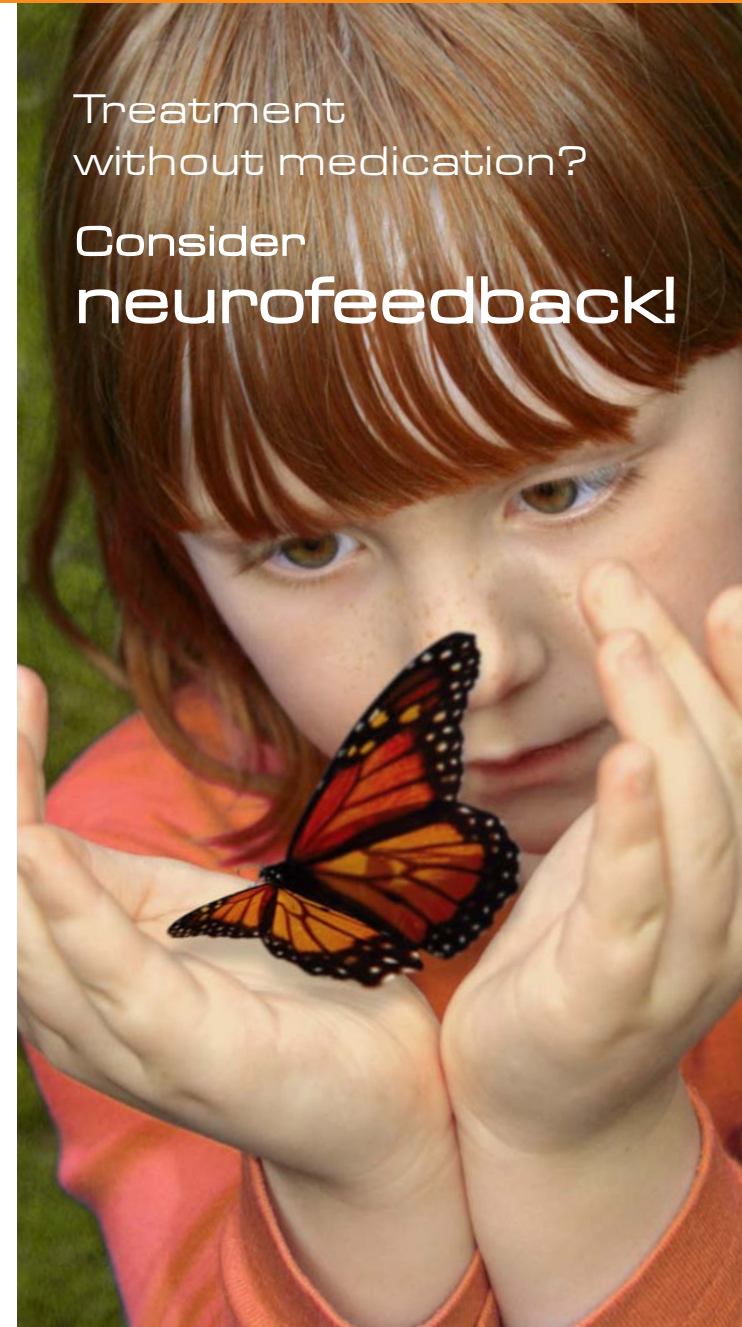


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Treatment
without medication?
Consider
neurofeedback!



De role of neurofeedback in ADHD treatment



Neurofeedback is an interesting and promising treatment method for people with ADHD. With neurofeedback, the brain is taught to apply other activity, at which the complaints of ADHD disappear. As a doctor or psychologist, you have the opportunity to let your clients with ADHD train or be trained using neurofeedback.

What is neurofeedback?

Neurofeedback is a treatment where positive feedback is given on specific brain waves. Through this conditioning method, the brain is either encouraged or discouraged to produce certain frequencies. In this way, disorders like ADHD (but also epilepsy, depression and sleeping disorders) can be treated without medication. This can result in a decline of symptoms and an improvement on behavioural level. This can be a permanent effect.

Neurofeedback in practice

Every client starts with an extended assessment where an EEG of 25 channels will be recorded. In addition to this, there will be a neuropsychological examination. The collected data will be compared with a database containing data on healthy subjects. All results are presented in a comprehensive report which will be used to inform a treatment plan.

The training

Electrodes are placed on the scalp of the client while he or she sits in front of a computer screen. By using brain activity, the client must try to influence the activity on the screen. This activity can be presented in a variety of ways, from a simple, solid bar graphic to the presentation of a movie or a game. Through this repeated process of conditioning, the client eventually learns to gain control over certain brain frequencies and thus diminish symptoms of ADHD over time.

What actually happens in the brain of ADHD patients?

Because of concentration, we increase fast brain wave activity in a certain part of our brain. With people who have ADHD we often see this brain activity slowing down. Where 'normal' people concentrate, people with ADHD go astray and have a rather low concentration. This doesn't apply for all people with ADHD, hence we precede with an elaborate EEG measuring.

“Improvements using neurofeedback have proven to be nearly equal to the improvements resulting from medication when treating ADHD, but with a very different approach”

Medication or neurofeedback?

Medication is often prescribed because of its effectiveness and its well known results. Neurofeedback is fairly new in the psychotherapy field and therefore rather unknown with practitioners. We have listed the advantages and disadvantages.

The advantages of neurofeedback

- Treatment of ADHD symptoms without medication
- A long-term and sustained effect by operant conditioning
- No unpleasant side effects
- Improvement of memory, ability to concentrate and sleep
- A one time only investment

The disadvantages of neurofeedback

- Effective after 20 to 40 treatments
- Costs aren't always compensated by health insurance
- Motivation is necessary make the treatment effective
- Effective for 70% with clients in treatment

The disadvantages of medication

- Medication often needs to be taken for life
- Medication is always to be taken at the same time of day, which can be difficult to remember
- The effect is temporary
- Rebound phenomena
- Finding the appropriate medication can be a long process of trial and error
- Costs aren't always compensated by health insurance
- Many side effects, including addiction to medication, depression, the emergence of tics, cardiovascular problems, inhibition of growth and shrinkage of the brain.

Extra risks of medication

There are known cases where ADHD-medication has been linked with patient death and a higher risk of suicide. This was recently reported by the American FDA.

Advantages of medication

- Quick effect
- Easy access