

FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES

Douglas J. Koch, D.C., CCN, FIAMA
1100 Kings Highway East, Fairfield, CT 06825
www.FamilyHolisticHealth.com

Laura R. Koch OT/L, BCN
203 576-1993
203 333-6497 fax

Frequently Asked Questions

What is neurofeedback?

Neurofeedback, also called EEG biofeedback or neurobiofeedback, is a learning technology that enables a person to alter his/her brain waves. When information about a person's own brain wave characteristics is made available to him/her, this person can learn to change them. You can think of it as operant conditioning of the brain waves and as exercise for the brain. Frequencies at which our brains fire underlie every thought, feeling, and behavior. Brain dysregulation underlies emotional, cognitive, and behavioral disorders. The choice of which training approaches are appropriate for a particular individual depends on a professional assessment of symptoms, history and a brain map (QEEG). Neurofeedback training should take place only under the supervision of a properly trained professional.

Can a successful outcome be predicted?

It is not possible to predict with certainty that training will be successful for a particular individual. The effectiveness of the training, however, can usually be assessed early on in the course of the training. Adverse effects are rare, and when they do occur, they can be reversed because neurofeedback promotes brain plasticity. To watch a short video regarding neuroplasticity, click here

<https://www.youtube.com/watch?v=ELpfYCZa87g&vl=en>

Why does neurofeedback work?

The brain is amazingly adaptable or "plastic" and capable of learning. It can learn to improve its own performance, when it is given cues – feedback – about what to change. All learning depends on feedback, and the brain is the part of us that is most devoted to learning. By making information available to the brain about how it is functioning, and asking it to make adjustments, it can learn to do so. When the brain is doing a good job of regulating itself, the person will feel calm, alert, and attentive. Each session challenges the trainee to maintain this "high performance" state. Gradually, the brain learns, just like it learns everything else, and with sufficient training, it typically retains the regulation it has gained.

How long does training take?

EEG training is a process, and therefore results are seen gradually over time. Most of our clients need between 40-60 training sessions. Indications of progress, however, can be seen usually within 10-20 sessions.

How frequently should training sessions occur? How long are the sessions?

In the initial stages, the sessions should be regular, optimally 2-3 times weekly. The process is similar to learning to play an instrument and requiring practice. After the brain begins to consolidate its new learning, sessions can be less frequent. There is no way to anticipate how many sessions an individual will need. Sessions typically last approximately 45 minutes.

I'd like to learn more about neurofeedback; where can I get information?

www.isnr.org

www.aboutneurofeedback.com

www.eeger.com

www.treatmentoftrauma.com

<https://www.nih.gov/> (search neurofeedback)

Adapted from Sebern Fisher's book, Neurofeedback in the Treatment of Developmental Trauma

What is photic entrainment?

Photic stimulation guides the brainwaves into the optimal frequencies. As a result, learning becomes faster and easier. Photic entrainment uses dimly flashing LED lights mounted in specialized glasses with customizable frequencies as photic stimulation. This entrainment process, in conjunction with neurofeedback, enhances and accelerates the learning process and promotes the most efficient use of the brain and is referred to as neurointegration. The synchrony of neurofeedback and photic stimulation is more powerful than neurofeedback by itself. Photic entrainment is not used with clients with a history of seizure and it is modified for clients with light sensitivity.

For more information on photic entrainment refer to research list at:

<https://www.aapb.org/files/news/Entrainment.pdf>

What is Heart Rate Variability training?

"Heart rate variability (HRV), the change in the time intervals between adjacent heartbeats, is directly related to the body's interdependent regulatory systems and ultimately, their efficiency and health." (HeartMath.com) At Family Holistic Healthcare we incorporate Heart Math training into each session. Research indicates that HRV helps reduce stress, build resilience, and self-regulate emotions.

For more information about heart rate variability, click here:

<https://www.heartmath.org/articles-of-the-heart/science-of-the-heart/article-explains-importance-of-heart-rate-variability-for-your-health/>