

What benefits can you expect from the training?

- More efficient brain function
- Improved self control
- More energy, sense of aliveness
- Improved attention/concentration
- Improved focus
- Improved memory
- Improved sleep
- Improved interpersonal effectiveness
- Reduced stress and anxiety
- Peak performance

Is the training safe?

Frank Duffy, M.D. Director of Clinical Neurophysiology
Children's Hospital, Boston; Professor of Neurology, Harvard
University concluded at the end of his literature review that:

“EEG biofeedback should play a major therapeutic role in many difficult areas.” In his opinion, “if any medication had demonstrated such a wide spectrum of efficacy, it would be universally accepted and widely used.”

Luke Vedelago

Luke Vedelago is a Clinical Neurotherapist with a background in many fields of study and techniques applied in complementary medicine. Luke studied Neurofeedback Therapy in the USA and Canada under some of the pioneers in the field, including Dr Valdeane Brown and Margaret Ayers. He has combined their profound knowledge with his own passion and commitment to provide an environment of learning, healing and personal transformation. Luke works largely with other health professionals in combining Neurotherapy and other modalities to enhance the outcomes of his clients.



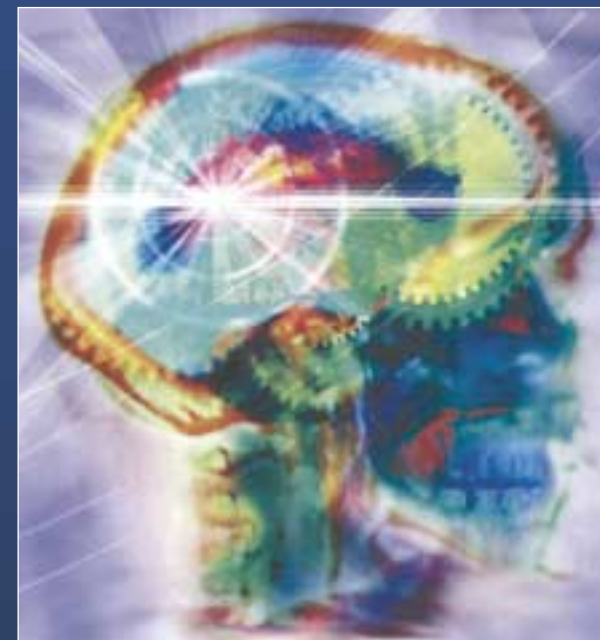
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Lesley Vedelago

Lesley Vedelago is a Behavioural Optometrist with a special interest in the field of Neuro-Optometric Rehabilitation treating vision disorders associated with conditions such as head injury, stroke, ADD, and Dyslexia. Lesley has been a Clinical Neurotherapist since 1996 studying Neurofeedback Therapy in the USA under Margaret Ayers, a pioneer in the field. Neurotherapy is offered as an adjunct to her rehabilitation approach.



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**NON-INVASIVE, MEDICATION
FREE THERAPY FOR IMPROVED
BRAIN FUNCTION**

Discover Neurofeedback

The brain whispers messages to the body through electrical impulses transmitted to the central nervous system. When the brain is injured, these electrical impulses, or brain waves, are disturbed, creating abnormal rhythmic patterns. When the brain continues to transmit these abnormal patterns, imbalances are created in the body. Since the body naturally desires balance, neurofeedback merely assists the brain in bringing itself and the body back into balance.

With the technological advancements of neurofeedback equipment, these whispers from the brain can now be amplified and projected on a computer screen as they are occurring in the brain. This capability is called 'real time'. It enables a more skilled and precise interpretation of the brain wave patterns and provides the opportunity for immediate correction of abnormal rhythmic patterns.

A journey in self-regulation

Neurofeedback is one of the most compelling examples of the body's ability to self-regulate and bring itself back into balance. It offers individuals an opportunity to participate in their own healing process. The neurofeedback process unfolds as follows:

A non-invasive process

Non-invasive sensors, or electrodes, are connected to specific sites on the surface of the head. The sensors enable the brain wave patterns to be displayed on the computer screen. By placing the sensors strategically on the head, specific areas of the brain can be trained to replace abnormal rhythmic patterns with normal rhythmic patterns.

The high-speed neurofeedback equipment can filter out and display a wide array of electrical patterns and frequencies produced by the brain. The computer assists the brain in recognising normal rhythmic patterns by providing audio and visual information to the central nervous system. The brain uses this information & makes the appropriate corrections immediately.

How long does it take?

After initial evaluation and assessment, approximately 20-40 training sessions will be needed, depending on the severity of the condition. In some difficult cases more sessions may be needed. Sessions last approximately 45 minutes, and may be scheduled twice or more per week.

Is the training permanent?

Since neurofeedback is a learning process, once advances have been made, retraining is not required unless trauma occurs causing new problems or reactivating old ones.

Common clinical applications of Neurofeedback:

- ADD/ADHD
- Addictions
- Anxiety
- Autism
- Brain Injury (TBI)
- Chronic Fatigue Syndrome (CFS)
- Chronic Pain and Migraine
- Depression
- Developmental Disorders
- Dyslexia
- Emotional Instability
- Epilepsy
- Fibromyalgia
- Learning Difficulties
- Peak Performance
- Pre Menstrual Syndrome (PMS)
- Post Traumatic Stress Disorder (PTSD)
- Sleep Difficulties
- Stress
- Stroke

Is there any research?

There are over 500 scientific papers written and published in peer reviewed journals as well as several books on the subject for professionals to read. Research is available from your neurofeedback practitioner. Information is also available on the internet at [http:// www.snr-jnt.org](http://www.snr-jnt.org)

