



## **Renewed Minds Neurofeedback Program**

Like any organ of the human body, the brain possesses the potential to malfunction, but also the ability to *heal* itself. Through psychology and counseling, we attempt to repair the brain indirectly by changing thoughts and behavior. Through psychiatry, we *alter* the brain's functioning with the use of drugs. While these treatments often can yield positive outcomes, for many individuals these methods can be ineffective at best and at worst damaging. Neurofeedback distinguishes itself from these traditional methods, because it allows the brain to tap into its own *natural* power of healing.

### **What is Neurofeedback?**

Just as you look into the mirror to make sure that your hair is in acceptable condition for you to leave home and face the world, neurofeedback lets the brain see its own activity and decide if everything is in proper order. The brain will perform its functions in the way it has learned to do so. Unfortunately, often it has adopted poor habits and is not aware of how inefficiently it is performing. Neurofeedback essentially hands our brain the mirror at exactly the moment it is having a "bad hair day". Our brain can then decide whether to pick up a comb or choose a new hair product.

### **Length of Treatment**

Appointments will typically take no longer than an hour, with training sessions normally lasting about 30 minutes. The number of sessions needed is highly dependent on the individual and their specific goals. Typically, about thirty sessions are needed - sometimes fewer and sometimes more. Some individuals experience changes after their first session. During sessions, individuals are often able to watch streaming shows or listen to music of their choosing.

### **Can Neurofeedback be used with other treatments?**

Yes, Neurofeedback can be used alongside other treatments and actually has the potential to augment other interventions. Because neurofeedback has the potential to change the way information is processed, raise one's insight, and lower anxiety, it can contribute to quicker and more profound breakthroughs in psychotherapy.

Collaboration with a person's psychiatrist is also important. As the brain makes needed adjustments, medications can become no longer necessary. Psychiatrists need to be made aware of any changes, so that they can make appropriate medication decisions. Ideally, neurofeedback will eliminate the need for continued psychiatry.

## What can Neurofeedback help with?

What is exciting about neurofeedback is that it seems to help with nearly everything. Since neurofeedback provides the brain with a 90,000 foot view of its own functioning, the brain can make necessary changes that benefit the entire system. Training the brain to be more regulated and efficient can produce substantial improvements for individuals with issues including but not limited to: Attention Deficit/Hyperactivity Disorder, Anxiety and Panic Disorders, Mood Disorders such as depression, Post-Traumatic Stress Disorder, issues of trauma and attachment, sleep problems, headaches and migraines, Epilepsy, Traumatic Brain Injury, Chronic Pain, Autism Spectrum Disorder, and Substance Abuse.

Since PA Child's roots are in child welfare, we are especially concerned with the more "intractable" brain-based problems resulting from childhood trauma. This is an area where many youths' critical needs go unmet. If not addressed, these problems have lasting impacts on young people's daily life, relationships, and opportunities for long-term success.

## How does neurofeedback work?

While there are many different methods of training the brain with neurofeedback, they all work similarly and each can be effective. Like a computer, the brain operates and communicates using electrical activity, which the brain generates naturally. All neurofeedback systems work by measuring this activity with sensors placed on the scalp. This technology is called an electroencephalogram (EEG). Using an individual's EEG readings in the moment, the neurofeedback system provides immediate "feedback" to the brain in the form of audio, video, or low levels of electrical activity. The brain is able to interpret what it is doing at that time and learn ways to optimize functioning and operate in a healthier manner.

## Are there any side effects to Neurofeedback?

One of the greatest advantages to neurofeedback is the lack of side effects. Neurofeedback is considered extremely *safe*, because it is completely natural. Any changes that occur are those that the brain is selecting to resolve problems and promote mental health. If any side effects are experienced, they are normally short-lived and occur during or soon after the training session. Trainees may feel anxious when probes are placed on their scalp, and they see their brain activity on-screen. Following sessions, an individual could temporarily experience feeling energetic, sleepy, irritable, hungry, or have a mild headache. Participants may notice changes to their sleep such as nightmares or more vivid dreams. Because the brain undergoes reorganization, a person may also remember past events, experience emotions in a different way, and have changes in their thinking. Based on an individual's response, neurofeedback sessions can be tailored to be more comfortable for their physiology.

## Why Renewed Minds Neurofeedback Program?

Renewed Minds Neurofeedback is the only neurofeedback provider in the Greater York area. As with all of PA Child's programs, our highest mission is service of others. For this reason, training is priced affordably to give access to all in need. The Renewed Minds Neurofeedback Program is one of a kind. We are not committed to one training modality. Rather than box ourselves in, we offer training with several different systems which include Neuroptimal, Brain Master, New Mind, and LENS. Each of these systems has its own advantages which make it ideal for particular circumstances and trainee preferences.

## Location

We are located near where route 30 meets Market Street in West York. The address is 3301 W Market St. York, PA 17404.

## To Find Out More

For more information on neurofeedback, please contact Bryan Schmitt at 717-850-3662, or via email at [neuro@pachild.org](mailto:neuro@pachild.org).

