What is Neurofeedback Anyway?

By

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Before Neurofeedback Begins

- I play a computer game. I will do my best and have fun.
- An EEG is done to look at the brain waves I make with my brain. It is safe and does not hurt.
- I will sit very still during the EEG.
Connor’s Performance Task
My First Neurofeedback Session

- I create goals for myself that I know I can reach.
- The Brain Bunch will help and encourage me to achieve my goals.
- I will answer some easy questions about my sleep, energy, and feelings.
Normal Neurofeedback Sessions

- The Brain Bunch will ask about my goals often, and I will try my best to achieve them.
- I will answer the easy questions about sleep, energy, and mood.
- My parents and teachers will help me work on my goals at home, at school, or when I am with my friends.
During the Neurofeedback Sessions

- I will sit still like a living, breathing statue.
- A Brain Bunch member will put electrodes on my ear lobes or my head. I will not touch or fidget with the electrodes.
- I may read or hear directions from the computer, and I will do my best to follow them.
After the 12 Neurofeedback Sessions

- I will play the computer games again.
- My scores may have changed. That is okay.
- I can choose to do more Neurofeedback. I can talk with my family to see what it best for me.
- I will fill out some surveys to tell the clinic team how I feel.