



What is Neurofeedback?

Simply put, Neurofeedback is physical exercise for your brain which enhances **cognitive flexibility** and **stability of control**. It enhances awareness of internal states by allowing the brain to witness its own activity, from moment to moment, monitoring brain waves via an electroencephalogram (EEG). This promotes **self-regulation** which supports **better function**. It is also called EEG biofeedback, Neurotherapy or Neurobiofeedback.



Who can benefit?

- Individuals of any age can benefit from EEG training
- Neurofeedback can help a variety of childhood problems including **nightmares, attention deficits, hyperactivity, autism, ASD** and other forms of **disruptive and disturbing behaviours**
- Neurofeedback can assist adolescents and adults who struggle with **anxiety** and **depression, obsessive-compulsive disorder, panic attacks, eating disorders** or **drug and alcohol use**
- Neurofeedback can alleviate symptoms of physical and emotional problems such as **migraines, chronic fatigue, fibromyalgia** or **PTSD**
- Neurofeedback offers additional opportunities for rehabilitation following **traumatic brain injury, neurosurgery, stroke** and **epilepsy**
- Peak performers also use EEG training to enhance their abilities in **sports, business and the arts**



Neurofeedback helps ...

Symptoms of:	Diagnostic Area	Underlying functional concern
Cognition	ADD, ADHD, Traumatic Brain Injury, Autism, Aspergers	Problems with sequencing, memory, maintaining attention, concentration, clarity, organisation
Mood	Depression, Explosiveness, Bipolar	Anger, sadness, explosiveness
Motivation	Depression, lack of motivation	Problems initiating tasks, shifting attention, completing tasks
Anxiety	ADD, ADHD, Anxiety, PTSD, Sleep disorders, Obsessive-Compulsive Disorder, Panic attacks	Persistent anxiety, restlessness, rumination, agitation, distractibility, palpitations, tremor exacerbation, sleep interruption
Reactivity	Personality disorders, Seizures	Hyperactivity, hypersensitivity
Pain	Fibromyalgia, Migraine	Brain generated pain, vascular pain
Addiction	Addiction and dependency; eating disorders; substance abuse	Lack of clarity about emotions and self-comforting; defensiveness, argumentativeness, cynicism
Fatigue	Chronic fatigue except caused by infection, toxins or metabolic condition	Fatigue



What is involved?

1. Extensive historical assessment of dysregulation, sensitivity and reactivity is performed
2. Sensors are attached with paste to the scalp and earlobes
3. Electrical patterns coming from the brain are measured – much like a doctor listens to your heart from the surface of your skin
4. Brain waves are relayed to a computer which then provides real time, simultaneous audio and visual feedback. Some systems feed this information back in the form of a video image which you play using only your brain waves



Neurofeedback literally reconditions and retrains the brain and while at first the changes may be short-lived, with weekly repetition they become more enduring.



What it is not!

- NO pain
- NO drugs
- NO needles



Recommended reading:

<i>Symphony in the Brain</i>	Jim Robbins
<i>Getting Rid Of Ritalin</i>	Robert Hill
<i>Healing Young Minds</i>	Robert Hill
<i>The Neurofeedback Solution</i>	Steve Larsen
<i>Neurofeedback</i>	Claire Albright
<i>ADD the 20-Hour Solution</i>	Steinberg & Othmer

Ask for a copy of our free DVD:
Unlocking your Brain's Potential



For further information

You will find Karin Oldham, Dr Del Sherlock and Don Brinkworth listed as recommended practitioners on these websites:



www.eeginfo.com



www.ochslabs.com

www.eegspectrum.com



Karin Oldham is a Registered Pharmacist, Master NLP and Neurofeedback Practitioner offering a multimodal approach for helping people to improve their lives and become happier and healthier for it. Karin has had 20 years experience in the health

industry and is part of a network of leading practitioners practising Neurofeedback. She has studied with world pioneers in this field and offers drug free, natural solutions for learning, behavioural & mood disorders.



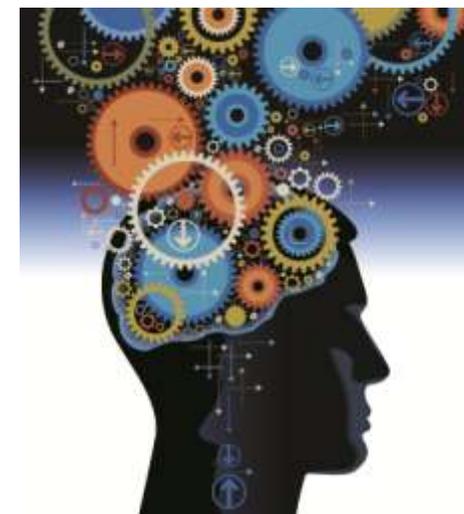
& Neurofeedback Service

Stafford:
WIN Health Centre
Suite 2, 6 Babarra St
Stafford
QLD 4053
Phone 3356 4777

Karalee:
Our House Our Haven
58 Lyndon Way
Karalee

Please note a **mobile service** is also available

Do you need help to manage brain injury, epilepsy, autism, ADHD, addictions, anxiety or depression?



Enhance your performance through Neurofeedback

Your brain can do more than you think ...

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for a no obligation discussion

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phone **1300 213 149**
to discuss this drug free solution without obligation