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**ABLE BRAIN CENTER**

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**What Is Neurofeedback (NFB)?** Also known as EEG Biofeedback, Brainwave Biofeedback and Neurotherapy, NFB is a computer assisted learning strategy that teaches you to control your own brain waves. Controlling your brain waves leads to better attention, focus, emotional control, mood, and overall improved brain function.

**How Does It Work?** By playing a special computer game using only your brain waves, your brain gets “rewarded” for moving in the direction of better control. No mouse, keyboard, joystick or game controller is used; Just brainwaves.

**Uses of Neurofeedback-** NFB is a painless, non-invasive procedure. No signal is sent into your brain. Sensors placed on your scalp just detect your brain activity and send it to a computer for feedback. When used in conjunction with other therapies, it is an effective treatment for many disorders: ADHD, Trauma, Sleep Disorders, Depression, Anxiety, Substance Abuse/Addiction, Chronic Pain, Brain Injury, Strokes, Attachment Disorder and more. NFB is also very effective for promoting “Peak Performance”. Many athletes, performing artists, and executives use Neurofeedback to improve their function.