



## San Diego Center for Neurofeedback

A Psychological Professional Corporation

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### Neurofeedback Train your Brain for Optimal Health & Performance

Neurofeedback trains your brain to self-regulate. A self-regulated brain improves the functioning of the central nervous system, mental performance, emotional regulation, and physiological stability. Neurofeedback, or EEG Biofeedback, provides information about your brain regarding activity and performance. This information is provided back to your brain via a video game so your brain knows which activities and areas to improve. Neurofeedback is likened to taking your brain to the gym where you get better self-regulation, stabilization, and optimal functioning for better quality of life, health, and performance.

#### Neurofeedback has therapeutic applications for the following:

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| ✓ Addiction   | ✓ Epilepsy/Seizures                    |
| ✓ Autism/Aspergers Spectrum (ASD)                     | ✓ Fetal Alcohol Syndrome               |
| ✓ Autoimmune Dysfunction                              | ✓ Learning Disabilities                |
| ✓ Anxiety Disorders                                   | ✓ Migraines                            |
| ✓ Attention Deficit/Hyperactivity Disorder (ADD/ADHD) | ✓ Mood Disorders                       |
| ✓ Attachment Disorders                                | ✓ Obsessive-Compulsive Disorder (OCD)  |
| ✓ Chronic Pain  | ✓ Pre-Menstrual Syndrome (PMS)         |
| ✓ Chronic Fatigue Syndrome                            | ✓ Posttraumatic Stress Disorder (PTSD) |
| ✓ Conduct Disorders (ODD)                             | ✓ Stroke                               |
| ✓ Depression  | ✓ Sleep Disorders/Insomnia             |
| ✓ Eating Disorders                                    | ✓ Tourette's Syndrome                  |
|   | ✓ Traumatic Brain Injury               |

#### See our website for detailed information:

- [www.sandiego-neurofeedback.com](http://www.sandiego-neurofeedback.com)

#### Helpful books:

- ADD the 20-hour Solution, by Mark Steinberg & Siegfried Othmer
- Healing Young Brains: The Neurofeedback Solution, by Robert Hill & Eduardo Castro
- Getting Rid of Ritalin: How Neurofeedback Can Successfully Treat Attention Deficit Disorder Without Drugs, by Robert Hill & Eduardo Castro
- Neurofeedback: Transforming your Life with Brain Biofeedback, by Clare Albright
- A Symphony in the Brain, by Jim Robbins