



## *A Promising Treatment for PTSD & TBI...*

### • What is neurofeedback?

- Neurofeedback (NF), also called EEG biofeedback, neurotherapy, or neurobiofeedback, is a type of biofeedback that uses real-time displays of brain activity—most commonly electroencephalography (EEG), to teach self-regulation of brain function.<sup>1</sup> (For more information on therapeutic uses of NF, click [here](#).)

### • Is neurofeedback invasive or non-invasive?

- Neurofeedback is non-invasive, painless, and requires no medication. There are several different neurofeedback methods available. Typically, sensors are placed on the scalp to measure activity, with measurements displayed using video or sound.<sup>2</sup> (For veteran testimonials on NF treatment, click [here](#) and [here](#).)

### • How long do neurofeedback treatment sessions last?

- Treatment can take place at a clinic or at home. Length of treatment sessions varies with symptoms and progress. Typically, sessions last approximately 30-45 minutes. Frequently, the first sign of improvement is sleeping better. As other symptoms begin to improve, it can be possible to reduce medication, as well as alcohol or tobacco dependency. Once a person begins to maintain a calm state on his or her own, neurofeedback treatments can be decreased until no further training is necessary.<sup>3</sup> (For more information on how NF is used for treatment, click [here](#) and [here](#).)

### • Can neurofeedback treatment help with Post-Traumatic Stress Disorder (PTSD)?

- PTSD is a brain disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death.<sup>4</sup> Neurofeedback trains the brain to produce a calm state, as well as self-regulate the stress response. The specific areas of the brain affected by PTSD can also be targeted and trained to produce healthier patterns. After sufficient training, a person with PTSD can maintain a calm state on his or her own.<sup>5</sup> (For more information on PTSD, click [here](#); for more research on NF information, click [here](#); for case studies, click [here](#).)

### • Can neurofeedback treatment help with Traumatic Brain Injury (TBI)?

- Neurofeedback can help with many symptoms of TBI caused by injuries including concussion, explosion, chemical exposure, whiplash, stroke, etc. (For more information on TBI, click [here](#); for case studies, click [here](#) and [here](#).)

### • Does my insurance cover neurofeedback treatment?

- Some insurance plans cover neurofeedback. (For more information on insurance coverage, click [here](#).)

**\*\*\*If you are considering neurofeedback treatment, please discuss with your primary healthcare provider to determine if NF may be effective for you.\*\*\***

- To find a clinic near you that provides free neurofeedback treatment, click [here](#).