

Meier Clinics announces a new service. . .

# NEUROFEEDBACK

## Neurofeedback is proven to help

- Depression
- Anxiety
- Attention Deficit Disorder
- Drug Abuse
- Obsessive Compulsive Disorder
- Conduct Disorder
- Bipolar Disorder
- Post Traumatic Stress Disorder
- Chronic Pain
- And More

Neurofeedback has been used for nearly 50 years with increasing success.

## Is Neurofeedback something you might benefit from?

Call us at  
**(630) 653-1717**  
or  
**(800) 848-8872**  
to schedule an evaluation with our  
**Neurofeedback Specialist.**

## What is neurofeedback?

A trained professional uses neurofeedback, a therapy technique, to help clients who are struggling with a variety of mental health concerns. Electrodes are applied to the scalp to capture brainwave activity. Information is then extracted from a computer to pinpoint different wave activities. The neurofeedback specialist is able to determine the specific areas on



the scalp that need to be “tuned into” depending on the presenting problem. The specialist then relies on assessment tools to determine the appropriate

training protocols to use. Clients are shown their brain wave activity in real time in order to learn how to change the undesired activity and increase the positive activity. After some practice and training, clients can actively take better control of their brain activity to elicit positive results in improving their specific issue.

Neurofeedback can often help people eliminate or reduce the amount of medication they are currently taking for a variety of mental health issues. It can help many avoid having to start a medication regime. However, close monitoring by a psychiatrist or physician is recommended during the neurofeedback training period. Neurofeedback is generally not a solution for those suffering with degenerative conditions such as Parkinson’s or dementia or with diagnoses such as autism.

