

Retraining Your Brain with Neurofeedback

Most people aren't aware of a newer psychotherapeutic technique called "neurofeedback" (also sometimes referred to as EEG biofeedback). It is a specific type of biofeedback focused on helping you learn how to promote "healthier" brainwave frequencies. The result? People can work on many common mental disorders, especially things like [attention deficit disorder](#), with no [medications](#) and no traditional talk [therapy](#).

The Philadelphia Inquirer has a [great story about neurofeedback](#) in today's paper:

In Elkins Park, Laura Bell credits neurofeedback with relieving flares of [anxiety](#) associated with familial dysautonomia, an inherited disorder that causes nervous-system dysfunction ranging from a lack of tears to abnormal reactions to pain. Coping with the symptoms was difficult enough; excessive anxiety made her desperate for help.

A few months of neurofeedback from Celeste DeBease made a significant difference, said Bell, who continued seeing the psychologist in Bala Cynwyd. "I don't have any crises anymore," Bell, 33, said in an interview. "When I know attacks are coming, I know what to do."

Looking for an alternative approach that has solid scientific backing? Neurofeedback is worth checking into. Be aware, however, that trained neurofeedback professionals are not common yet, and that it doesn't work in about 20% of the people who try it. It also can take longer than some other approaches — 15 to 35 sessions in most cases.

[Learn more about neurofeedback here.](#)

Dr. John Grohol is the founder & CEO of Psych Central. He is an author, researcher and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human behavior -- since 1992. Dr. Grohol sits on the editorial board of the journal *Cyberpsychology, Behavior and Social Networking* and is a founding board member and treasurer of the Society for Participatory Medicine.



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