

Biofeedback and Neurofeedback

Connecting the mind and body

What are Biofeedback and Neurofeedback?

Biofeedback and neurofeedback are treatment techniques in which individuals are trained to improve their health through understanding and controlling their body's physical "signals." These signals may include body temperature, muscle tension, sweat activity, and heart and breathing rate.

As you become familiar with how to read these signals and how your body responds to stress, pain or disease, bio/neurofeedback will help you increase relaxation, relieve pain and develop healthier, more comfortable life patterns. It's an educational process to learn specialized mind/body skills.

Types of Conditions That Can Benefit From Biofeedback or Neurofeedback

- Anxiety Disorders
- Asthma
- Attention Deficit and Hyperactivity
- Bedwetting
- Cerebral Palsy
- Epilepsy
- Headaches (Migraine, Mixed, Tension)
- High Blood Pressure
- Incontinence (Fecal, Urinary)
- Insomnia
- Intestinal Disorders (Irritable Bowel Syndrome, Rectal Pain, Rectal Ulcer)
- Motion Sickness
- Head and Neck Pain (TMJ, Jaw Discomfort)
- Neuromuscular Disorders
- Pain (Chronic, Rheumatoid Arthritis)
- Raynaud's Disease
- Stroke

St. Luke's Mental Health Clinic
220 N. 6th Avenue E.
Duluth, MN 55805

THE PATIENT. ABOVE ALL ELSE.®

 **St. Luke's**
**Mental Health
Clinic**

slhduluth.com/MentalHealth

How Do Biofeedback and Neurofeedback Work?

In a typical session, the client sits in a comfortable chair. The body's physical signals (temperature, muscle tensions, heart rate, etc.) are monitored with sensors that have been gently applied to the surface of the skin at various locations on the body (usually the shoulders, fingers, back and head). Electrical impulses from these locations are recorded and reflected on a computer monitor.

With neurofeedback, electrodes are attached to the patient's head and his/her brain wave activity is shown on a computer screen. Neurofeedback is especially helpful for improving symptoms of Attention Deficit/Hyperactivity Disorder (ADHD), epilepsy, some behavioral disorders, and difficulties with sleep and concentration.

Every individual exhibits a unique set of characteristic psychophysical patterns that reflect their body's response to stress over time. Those patterns often interfere with the healing process. The goal of bio/neurofeedback training is to gain skills to help you change these patterns and regulate your symptoms, increasing your potential for achieving optimal health.

Appointment Information

A psychologist, trained in bio/neurofeedback, develops a treatment plan based on the individual's needs. Each session lasts 45-50 minutes. A referral is not necessary, but patients are encouraged to check with their insurance company's guidelines for coverage.

