



NEUROFEEDBACK TREATMENT

Over the past 30 years, researchers have discovered that it is possible for the human brain to be “retrained” or learn different brain wave patterns. This brain wave training is called Neurofeedback. The brain is taught to engage in the tasks of living with greater efficiency and ease. This leads to improvements in concentration, relaxation, and clarity. It is like physical exercise or physical therapy training for the brain.

- Clients who benefit most:
- Low motivation to engage in talk therapy & self-disclosure
- High stress exposure
- Low motivation to use medications to “calm;” “focus;” or “contain impulse”

TYPICAL SESSION

During a Neurofeedback session, you sit in a comfortable chair in a quiet room. Sensors are placed on your scalp. Nothing goes into your brain; the sensors just read what your brain is doing. The computer feeds back your brain activity both visually and with sound. It is somewhat like a video game, engaging you in a task and then helping you learn how to change your own brain waves.

This training leads to:

- Improved psychological flexibility
- Better ability to relax and unwind
- Increased focus
- Reduced negative emotions
- Clearer thinking – Less “Brain fog”

Neurofeedback has been used to successfully treat the symptoms of:

- PTSD
- Acute stress or trauma
- Depression & anxiety
- ADD & ADHD
- Impulse & disruptive disorder
- Sleep problems

Visit communityserv.com

In Springfield call **413-739-5572** (ask for intake)

In Boston call **617-325-2993** (ask for intake)



Dedicated to keeping families together.
communityserv.com

Springfield Office
1695 Main St.
Springfield, MA 01103
Ph: 413-739-5572
Fx: 413-739-9972

Boston Office
1100 Washington St.
Dorchester, MA 02124
Ph: 617-325-2993
Fx: 617-325-5618