

NeuroIntegration Therapy FAQs

What is NeuroIntegration Therapy?

NeuroIntegration Therapy is a type of biofeedback. The body has a limited capacity to sense information coming from inside itself. However, if you monitor any biological process, amplify it, and feed it back to the brain, your brain can change it.

NeuroIntegration Therapy addresses problems of brain dysregulation, which includes anxiety, depression, ADD/ADHD/OCD, chronic fatigue, fibromyalgia, head injuries, memory loss, migraines, PMS and sleep disorders. NeuroIntegration Therapy is training in self-regulation. Self-regulation is a necessary part of proper brain function. It is simply biofeedback applied directly to the brain.

How is NeuroIntegration Therapy Helpful?

By re-training abnormal brainwave patterns, we are assisting the brain to function better rather than curing a condition. A problem of dysregulation is not a disease to be cured, however when dysregulation is a problem, self regulation may improve or eliminate symptoms entirely. For example, a person with ADD may be able to train their brain to pay attention, so that condition will no longer be diagnosable.

The EEG NeuroIntegration system works like a mind mirror, showing you how your brain is functioning, and telling you if you are on the right track. The photic stimulation is guiding your brainwaves into a correct pattern while the music and visuals reward the brain for changing its own activity to more appropriate patterns. Eventually, the brainwave activity is “shaped” toward more desirable, more regulated performance.

Could you explain more about brainwaves?

Your brain produces four distinct types of brain waves. People usually have a mixture of frequencies at any given time, but the dominant frequency varies depending on the state of consciousness and on individual differences. Beta is considered to be the fast waves, measuring 15 Hertz and above. Alpha is 8-12 Hertz. Theta is 4-7 Hertz. Delta is 0.5-3.5 Hertz. A normal focused waking state consists of primarily Beta waves in the brain. When you close your eyes and relax, Alpha tends to be produced. Theta normally is only produced briefly when you are starting to fall asleep. Delta is normally produced when you are asleep.

When you have brain irregularities caused by injury, your brain may have too much frontal theta or delta being produced when you are supposed to be awake and alert. By re-training these abnormal patterns in the affected areas symptoms and disorders are often improved or eliminated.

How long does the training take?

Sessions are usually one to three times per week, but each person is different. Some receive benefit almost immediately while others may need a series of sessions to stabilize their brainwave activity. The number of sessions depends on the type of problem, the age of the person, and many other factors. Typically ADD requires about 20-30 sessions. Application for alcoholism takes 30 to 40 sessions.

How can I expect to feel after a session?

Depending on what frequency is being trained, clients generally report feeling more relaxed and focused after their sessions

Will the training last, or is it temporary?

The type of neurofeedback training we offer here is permanent. Neurofeedback helps to improve functions such as concentration, short-term memory, speech, motor skills, sleep, energy level, and emotional balance.