

TOVA test: \$100.00 (\$75.00 Medicare rebate available from Medicare)

Bio / Neurofeedback sessions: \$50.00

Practitioners:

Dianah Rodrigues MSc. AACMA
Neurofeedback Practitioner

Traditional Chinese Medicine Practitioner

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Psychologist

Neurofeedback treats the patient's central processing mechanisms, the brain. It doesn't merely chase one symptom with one drug and another symptom with a second or third drug. Neurofeedback treats the cause and not the symptoms, which is why it gets better results than stimulant medications overall."

Some of the Dis-eases which derive benefit from Bio and Neurofeedback:

- Anxiety and Nervousness
- Arthritis
- ADD / ADHD
- Behavioural disorders
- Bruxism (Teeth grinding)
- Depression
- Diabetes
- Chronic Fatigue Syndrome
- Fibromyalgia
- Headaches (migraine and tension)
- Heart Arrhythmia
- Hypertension (high blood pressure and cardiovascular applications)
- Irritable Bowel Syndrome
- Learning difficulties
- Muscle Rehabilitation
- Muscle spasms
- Nausea
- Pain (chronic and acute)
- Panic attacks
- Personal growth
- Phobias (fears)
- Self esteem
- Sleep disorders
- Sports / Peak performance
- Stress
- TMJ (Temporomandibular Joint Pain)
- Tinnitus (ringing in ears)
- Tremors / Tics
- Ulcer

Any condition which can be aggravated by stress—e.g. Crohan's Disease, Cancer, Carpal Tunnel Syndrome, MS, PMS, Tourette's Syndrome

Biofeedback and Neurofeedback Training for Adults and Children



The
Wellness Centre

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"Inspiring Optimal Wellness...Naturally!"

What is Biofeedback?

Biofeedback helps individuals gain awareness and control of mind-body processes. It uses computer technology to provide the user with moment to moment feedback on muscle tension, skin temperature, respiration, heart rate, heart rate variability, brain electrical activity and palm moisture. By learning to control these “autonomic” responses, biofeedback, alone and in combination with other therapies may alleviate some underlying patterns that contribute to chronic stress, tension, disease and injury.

What is Neurofeedback?

Neurofeedback is a biofeedback using electroencephalogram (EEG) of brainwaves—the electrical activity between parts of the brain. Dysregulated brainwave activity produces patterns of over, under and unstable arousal. These unhealthy patterns, over-time, are associated with attentional (e.g. ADD/ADHD), emotional (depression, anxiety, obsessive - compulsive) and behavioural (e.g. rage) problems,

Neurofeedback training enables the individual to normalize, and optimize brainwave patterns. As it can help individuals achieve a calm, focused mental state, it has gained wide acceptance for ADD/ADHD, learning difficulties, depression and anxiety.

How is feedback and control achieved?

Appropriate sensors are placed on parts of the body such as fingers, scalp, earlobes and various muscle groups to detect tiny electrical impulses the body parts generate. The electrical signals are then amplified and transferred to a computer that generates feedback through computer games. When the body and mind shifts towards a healthier pattern, the games produce audio-signal cues such as music, colours, pictures and beeps to signal the user that he / she is shifting towards a healthier or optimal state. Both biofeedback and neurofeedback training is non-invasive and drug free.



GETTING STARTED

An initial interview will be conducted to obtain a description of symptoms, health and family history. This will be followed by a stress test. In some cases a TOVA test (Test of Variables of Attention) will be required. In complex cases we will require a full brain map, or qualitative EEG, which requires a visit to our consultant psychologist in Sydney. An initial assessment will last approximately one hour.

Subsequent training sessions which last about 30—45 minutes and are conducted two to three times per week. Although some improvement is generally seen within 10 sessions, we encourage a minimum of 20 sessions, and up to 60 sessions in some cases. Research shows that when learning is achieved, the benefits of neurofeedback appear to be permanent in most cases.

Positive patterns of brainwave function become encoded in the brain just like learning how to ski or ride a pushbike.