

Fees

The Institute uses a sliding scale fee structure to ensure that our services are affordable for everyone.

* Neurofeedback qualifies for healthcare reimbursement accounts with some insurance providers.

Neurofeedback for Veterans

Given the increased concern regarding the negative effects of relying heavily on medication treatments alone, neurofeedback may provide an effective alternative to a drug-free reduction of symptoms. Since the 1970s research on neurofeedback has demonstrated positive results in the treatment of a number of conditions. Veterans who have used neurofeedback report substantial improvements in the reduction of sleeping problems, anger management, stress management, etc. The Institute develops individualized plans tailored specifically to each veteran's needs.

Additional Services for Veterans

- Comprehensive Vocational Assessment
- Vocational Assessment
- Transferable Skills Analysis

Neurofeedback can help address the following conditions:

- Academic-Cognitive Enhancement
- ADD/ADHD
- Addictive Disorders
- Anger
- Anxiety
- Autism (mild-moderate) and Asperger's
- Brain Injury
- Cognitive Decline with Aging
- Conduct Disorder
- Depression
- Fibromyalgia
- Learning & Developmental Disabilities
- Obsessive Compulsive Disorder
- Pain & Headache
- Post-Traumatic Stress Disorder (PTSD)
- Sleep Disorders
- Stroke

Neurofeedback ~



Helping put the pieces together.

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Successful Results

Before and after neurofeedback*:

- “Jason” was being considered for ADHD medication and special classes; now he’s mainstreamed in school without medical intervention.
- “Michael,” a veteran with post-traumatic stress disorder or PTSD, could not travel daily without the assistance of his wife; now he gets himself to and from his activities.
- “Emily” had been on medication for ADD and was having difficulty concentrating at school; now she no longer needs her medication and is able to attend to classroom activities.

These are just a handful of clients who have benefitted and improved their lives through the use of neurofeedback technology at Cal State San Bernardino’s Institute for Research, Assessment & Professional Development in the College of Education on the CSUSB campus. * Actual identities cloaked to maintain confidentiality.

Neurofeedback is Cognitive Rehabilitation

Neurofeedback, also known as cognitive rehabilitation or EEG biofeedback, is a ground-breaking technique that challenges the brain to better function.

This powerful brain-based technique has been successfully helping clients around the world for more than 30 years. It is a noninvasive process with dramatic results for a multitude of symptoms. The effectiveness of neurofeedback for adults and children with a wide variety of symptoms has been repeatedly concluded in numerous research studies.

Neurofeedback works by training the brain to function at its maximum potential, which is similar to the way the body is exercised, toned and maintained. The technology is safe and effective for children and adults ages 5 to 95.

“Train your attention, decrease anxiety or depression, alleviate chronic pain, lessen behaviors that interfere with living your best life,” says Dr. Connie McReynolds, who established the neurofeedback service in 2011 as director of the Institute.



Optimizing the Mind

Generally, “a person cannot reliably influence their brainwave patterns because they lack awareness of them. However, when [the person] sees their brainwaves on the computer screen, it gives [the person] the ability to influence and change them,” notes Dr. Corydon Hammond in a 2006 research article.

“Neurofeedback does not introduce anything unnatural into the brain, rather [neurofeedback] trains the brain to function better through its own natural mechanisms (i.e. it learns or teaches itself to improve)...” states Dr. Stephen Ferrari in a 2012 article/study.

Frank H. Duffy, MD, a Professor and Pediatric Neurologist at Harvard Medical School, stated that scholarly literature now suggests that neurofeedback “should play a major therapeutic role in many difficult areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used....It is a field to be taken seriously by all.”

The Institute uses proven technology, BrainTrain and NeuroSky software, to improve working memory, attention and mental processing speed.

“Emily” reported that when she is in her classroom, she is able to stay more focused. She feels that when kids are talking around her, she is able to determine they are a distraction. As she was doing the BrainTrain and taking her ADD medication, she began to feel as if she was on “speed.” She has since stopped her medication for ADD and feels less hyperactive as a result.



Neurofeedback at CSUSB

Offered as a service to the region as part of the community partnership mission of the university, the neurofeedback program is provided by trained clinicians and open to citizens of the Inland Empire. Clinicians pre- and post-test clients and assist them

in the neurofeedback sessions, which typically last 30 minutes twice per week. Clients have seen results in less than 10 weeks, yet outcomes vary case by case.

The program is overseen by Connie McReynolds, Ph.D., Licensed Psychologist, who is on the faculty in the Department of Educational Psychology & Counseling in the College of Education at CSUSB.

“Neurofeedback...and medication are the two most common forms of treatment for ADHD/ADD. Both are successful in treating these disorders in a large majority of cases. There are, however, significant differences in the ways these treatments work, the potential side effects of their use, the length of treatment necessary, and, importantly the lessons learned by the child of how to correct personal problems...”

“Neurofeedback is an effective, drug-free, painless procedure in which the child learns to re-train the attention mechanisms of their brain, alleviating the condition,” states Dr. Stephen Ferrari in a 2012 article/study.

In fact, the American Academy of Pediatrics recognizes the efficacy of neurofeedback in the treatment of ADHD.

“Jesse” said he has noticed at school he can concentrate on the board better, even when he doesn’t want to. After just 5 sessions of neurofeedback, he says “it is working.”

Neurofeedback - “A New State of Mind”