The benefits of Neurofeedback
Exercise for the brain.

For more information
www.eegspectrum.com
www.isnr.org
www.eegresearch.com
www.eeginfo.com

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Interpreter services, auxiliary aids and communication tools are available in our patient care areas at no cost to patients and families with limited English skills or hearing and sensory impairments.
WHAT IS NEUROFEEDBACK?

Neurofeedback is exercise for the brain. Neurofeedback is also known as EEG Biofeedback or Neurotherapy, and is based on electrical brain activity, the electroencephalogram or EEG.

Using computerized feedback, the brain learns to increase or decrease certain brain waves that are helpful for improved function. We show you your brain activity and we help you to change it (as needed) by rewarding shifts toward a more appropriate and stable brain state.

Over time, the result is a healthier and better regulated brain. Neurofeedback is about self-regulation. This powerful brain-based technique has been successfully helping clients around the world for more than 30 years.

HOW IS NEUROFEEDBACK DONE?

Sensors are attached to the scalp with EEG paste to then pick up brain waves. The process is painless and does not involve the application of voltage or current to the brain, so it is entirely non-invasive. The recorded EEG frequencies are divided into bands that are displayed on a computer screen in the form of a video game or other video display. During neurofeedback, you effectively “play” the video game using your brain to reach the mental state in which the desired brain wave is achieved. When the desired brain wave is achieved, the brain is “rewarded” and learns to direct itself toward a more desirable performance level.

CAN NEUROFEEDBACK BE USED IN CONJUNCTION WITH MEDICATION OR OTHER TREATMENTS?

Neurofeedback compliments other treatment approaches and may help them be more effective. If you are taking medication, it is important to work with your physician. As the neurofeedback training changes the EEG, it may be necessary to make a change in medication.

WHAT PROBLEMS CAN NEUROFEEDBACK HELP?

Neurofeedback can be used to address problems associated with, but not limited to, the following:
- ADD/ADHD
- CVA (stroke)
- TBI (brain injury)
- Post Concussion Syndrome
- Autism Spectrum
- Learning Disabilities
- Anxiety/Depression
- Cognitive/Linguistic Impairment
- PTSD (Post Traumatic Stress Disorder)
- Sleep Dysregulation
- Peak Performance

“The literature… suggests that EEG biofeedback therapy should play a major therapeutic role in many different areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used.”

Dr. Frank Duffy, Associate Editor for Neurology, Clinical EEG Journal

LOCATIONS

Neurofeedback is provided at three locations for your convenience:

Genesis Medical Center, Davenport
1401 West Central Park Avenue
Davenport, Iowa 52804

Genesis Valley Fair
2720 W Locust
Davenport, Iowa 52804

Genesis Maplecrest
2535 Maplecrest Road
Bettendorf, Iowa 52722