How often do I have to train?
This depends on the type of problem you have and its severity. Most people come once or twice per week. As their symptoms improve, they may be able to come in less frequently. Our goal is to get your training sessions further apart as the brain learns a new way to function.

How long do the effects last?
Research has shown that neurofeedback results in changes to the brain which typically remain long-term... like learning to ride a bicycle. Once learned, you usually don’t forget. Many people who complete their recommended treatment regimen experience permanent improvement but may benefit from periodic “tune-ups.”

Is all neurofeedback the same?
No. Different types of neurofeedback provide different results. We offer 7 kinds of neurofeedback and use our clinical judgment to decide which type(s) and which protocol(s) are best for your particular situation. That’s where experience is important. Many practices offer one type of neurofeedback, and that one type may not work for everyone. We customize our treatment protocols for each individual.

Does insurance pay for this?
Some insurance companies will reimburse at their out-of-network rate and some will not. We ask you to pay for your sessions when service is rendered. We are happy to help you fill out a claim form for reimbursement. Read more about insurance reimbursement on our website.

Why choose Center for Brain?
Center for Brain’s director Michael Cohen is one of the foremost authorities on neurofeedback in the United States. In the field for more than 20 years, he has taught neurofeedback to M.D.’s and other healthcare professionals from around the world as well as treated thousands of clients. Although new technology makes it possible for technicians to administer basic neurofeedback with minimal training, this complex discipline requires many years of practitioner experience in order to expertly meld both the art and the science for the best possible results.

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What is Neurofeedback?

Neurofeedback is biofeedback for the brain. It’s like going to the gym specifically for enhancing your brain. Our goal is to help your brain learn a new way to function better. Neurofeedback uses advanced computer technology to help your brain become more flexible, stable and functional. A computer analyzes your brainwaves as they occur. It then "talks back" to your brain – gives you feedback - using customized sounds and images. These are designed to encourage positive activity such as relaxation, focus and attention, and discourage unhelpful brain activity that causes such challenges as depression, anxiety and trouble paying attention or learning.

What conditions can neurofeedback help?

Neurofeedback can help a wide range of problems – any condition resulting from inefficient brain functioning. We most frequently help people suffering from ADHD, anxiety, depression and learning disabilities. Visit our website for a complete list.

Will neurofeedback be able to help me?

First we will evaluate you to determine if your problems are caused by a brain-based issue. We will then conclude, based on our 20+ years of experience in this field, whether we think we can help you and, if so, which treatment(s) are appropriate. When your brain becomes more regulated, your symptoms will improve. That’s what neurofeedback does very well.

Do you put anything into my head?

No. Sensors are placed on your head to read the signals coming from the electrical activity in your brain. Think of it as being similar to a blood pressure cuff, which just reads the pressure and displays it.

What does neurofeedback do?

Neurofeedback takes advantage of the brain’s amazing ability to change itself, known as “neuroplasticity.” Once better regulated, undesirable thoughts and feelings diminish. Clients feel more balanced, peaceful and productive and less likely to overreact. The key to better brain regulation is repetition, which is why a series of sessions is necessary.

What do I have to do during a neurofeedback session?

It's easy. Just sit in a comfortable chair and watch a movie or play a video game that responds to your brainwaves – measured by special sensors. You hear sounds as you produce a “healthy” brain pattern. Those sounds serve as a reinforcement so that you produce more of those patterns.

Will I feel anything while doing neurofeedback?

No. There are no sensations when you do neurofeedback.

What can I expect after a session?

Many people report feeling more alert, calmer and sleeping better. Rarely someone reports a minor headache or feeling slightly anxious or irritable, but this goes away quickly. Reported symptoms are typically eliminated during the following session with a protocol adjustment.

How many sessions will I need?

Every brain is unique, so it depends on the person and the condition being treated. A typical course of sessions ranges from 15 to 30 visits. It can be less for some people and more for others.

Do you treat both children and adults?

Yes. Our clients range in age from 3 years old to late adulthood.