

## MENTAL HEALTH PROGRAM

### Neurofeedback: Brain Training Services

#### What is Neurofeedback Training?

Neurofeedback is a form of training that helps the brain to improve its own performance, especially in relation to states of arousal and the flexibility/resiliency in brain function. Neurofeedback is a gentle, painless, and non-invasive process that results in the brain and central nervous system being better able to return to a more natural, healthy state from other states of imbalance and dysregulation. As the brain learns how to regulate itself with increasing efficiency, flexibility, organization, and resilience, people can experience significant improvements in many areas of their lives.

#### Our Clients

Neurofeedback training can produce significant and lasting results for a variety of symptoms including those associated with:

- ADHD & Oppositional Defiant Disorder
- Anxiety Disorders / worry / panic attacks
- Autism Spectrum Disorders
- Chronic Fatigue Syndrome (CFS)
- Chronic Pain
- Depression
- Traumatic Brain Injuries (TBI)
- Migraine headaches
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorders (PTSD)
- Sleep disorders
- Substance Addictions
- And many other challenges in life that stem from brain functioning

\*Many top professionals, athletes, and medical personnel regularly use Neurofeedback to enhance overall brain health and function.

#### Pivot Point's Approach

The goal of Neurofeedback is to get the whole brain working as a cohesive and unified entity. This is why our system focuses on improving the overall dynamics of healthy brain functioning rather than on 'site training' individual parts of the brain. This approach harmonizes the brain within itself and avoids overtraining in one specific area or in one specific frequency range relative to others. And just like an experienced orchestral team, once all parts of the brain learn how to communicate and keep pace with each other, beautiful things can happen!

One of the greatest advantages of modern Neurofeedback is that training can be very passive. Clients do not need to consciously work at changing thoughts or mental states, the brain simply listens to the feedback it receives through the earbuds, and it learns by building associations with how it is performing... millisecond by millisecond.

Pivot Point's approach also involves clearly identifying the underlying desired behaviour targets (increasing "good things" and/or decreasing "bad things"), carefully tracking progress in those observable changes, and integrating home-work and home-supports to help extend learning into home and other natural environments.



## A Typical Session

Your initial session starts with a review of your history, as well as a thorough discussion about your goals for Neurofeedback training. The intake process enables the practitioner to provide you with the best training possible for your unique needs and situation. After we have answered each other's questions and plotted our course together, your first Neurofeedback training session can begin, often in that first meeting.

- Most sessions are about 45 minutes of NFB training and 10 minutes of discussion and setup/clean up.
- Each session begins with a review of the client's internal and external experiences since the last visit.
- NFB sessions can be held with NFB Trainers or Counsellors who also perform NFB. Fees for service will vary depending on type of professional and number of sessions a client needs.
- To set up, the practitioner places EEG sensors on the client's scalp and ears using a small amount of conductivity paste. These sensors detect brainwave activity and send that to a computer.
- The training is a relatively passive experience that consists of sitting in a comfortable chair, usually talking to the practitioner to develop helpful skills related to your area of concern. Talking is not required, so our NFB Trainer also comes prepared with videos and music that inspire positive change.
- The audio feedback is specifically engineered to gently inform the brain about how it is performing, millisecond by millisecond, and thereby help it learn to better regulate itself for optimal health and efficiency.... This is how the training works!
- We strive for 10 sessions per calendar month, and to review progress after every 10 sessions.
- We can work at our offices, in client homes, as well as in some schools and community centres.
- Appointments are available weekdays during the day and evening, as well as on weekends

## How To Get Started

1. If you are already a client, contact your Regional Assistant to ask about adding Neurofeedback to your current plan of care.
  - If you are using Autism Funding to pay for Neurofeedback, the child must be over 6 years old, some forms will need to be signed.
  - If you are paying privately for Neurofeedback, your Regional Assistant will discuss how to add this financial contribution to your existing budget so that everything runs smoothly. Your Regional Assistant will also arrange for you to meet with one of our Neurofeedback Practitioners for a consultation.

Common Funding Sources Include:

- MCFD Contracts
- Autism Funding
- Employee Health Benefits (through your employer)
- Private Funding

2. If you are not yet a client, the best way to start is to complete our online form at <https://pivotpoint.ca/explore-counselling/>

This is a confidential way to share your contact information, so that one of our Mental Health professionals can connect with you to explore the suitability of our services in more detail. Please note that fees are individualized based on the number of sessions needed and will be discussed at the information session.

Please visit a more detailed explanation about our Neurofeedback services on our [Neurofeedback Page](#).



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