

## **Neurofeedback and Brain Injuries:**

We can all recall a time in our life when we hit our head. Whether it be playing a sport, car accident or even slipping and falling. Not all hits to the head or concussions result in Traumatic Brain Injuries (TBI) or Post Concussive Syndrome (PCS). In fact, many concussions heal on their own with no intervention, but for those who do not the recovery process can be very long and difficult.

Neurofeedback is a powerful form of treatment for TBI or PCS. It is an effective tool to help the brain function more efficiently, increase stamina, and improve communication speed and timing. Neurofeedback should increase the efficacy of other treatment modalities you may be involved in as well.

## **What is Neurofeedback?**

Neurofeedback training is exactly that: a training method for the brain to balance and “re-wire” the way the brain functions. This is accomplished through operant conditioning based on real-time feedback about what your brain is doing then teaching you how to change the way your brain is functioning. Its purpose is to address stubborn conditions that have become roadblocks to mental, emotional, and physical health. Think of it as physical therapy for your brain, in the same way that physical therapy strengthens and retrains parts of the body that are injured, weakened, or out of balance so Neurofeedback retrains and strengthens part of your brain.

## **Who practices Neurofeedback?**

There are a variety of practitioners that use Neurofeedback in their practices. Professionals range from Functional Medicine Doctors to Licensed Professional Counselors. All certified practitioners must have a health care degree and are required to be licensed in their field. Neurofeedback technicians are required to work directly under the supervision of a certified neurofeedback practitioner. It is important to understand how each practitioner uses it within their scope of practice when working with people impacted by brain injuries.

Visit BCIA’s website for more information and to find Neurotherapy practitioners:  
<https://www.bcia.org>

## **How long after a head injury should I seek treatment?**

Depending on the severity of the head injury as well as the presenting symptoms, it is recommended that you wait one to three months before seeking neurofeedback as a treatment.

This time allows your brain to move through its natural healing process and allows you to seek support for any other medical concerns that might be present after a head injury.

### **What is the treatment process at Neuro Colorado?**

When seeking neurofeedback services for TBI or PCS it is important to explore your options and meet with any team/clinician you plan to work with. At Neuro Colorado, we provide a free 30-minute consultation to discuss your head injury and symptoms to insure our services match your needs. The next phase of treatment is to record a Quantitative Electroencephalography (qEEG) and generate brain maps that will help guide treatment and treatment goals. The qEEG compares your brainwaves to a statistical average so we can see where and how your TBI has impacted your brain's electrical function. We provide a qEEG, brain map review, and formal intake process to collect data that will produce the best results.

Once the qEEG and brain map review has been complete, we begin treatment. At Neuro Colorado, we use a variety of technologies and treatments to best support results, including stimulation technologies (Neurofield, LENS) as well as traditional or database neurofeedback. We tailor each treatment plan to the individual we are working with. For the best results, we recommend 50-minute neurofeedback sessions 2 times a week for between 30-40 sessions.

### **What do we treat?**

At Neuro Colorado we work with clients to treat the emotional and cognitive impacts resulting from a TBI and PCS. As Licensed Professional Counselors, we also work with and treat other symptoms such as anxiety, emotional dysregulation, and change in mood that might have surfaced as a result of a head injury.

### **Final Thoughts:**

TBI's and PCS can have a huge impact on one's cognitive functioning and emotional wellbeing. Neurofeedback is an amazing tool to support healing and forward movement! When looking for treatment, we believe it is important to be well informed about best practices and make sure your neuro practitioner is a good fit. Each practitioner will bring their own area of expertise and treatment planning. We encourage you to ask questions, meet with a variety of people and find the right treatment for you.

Thank you!

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