



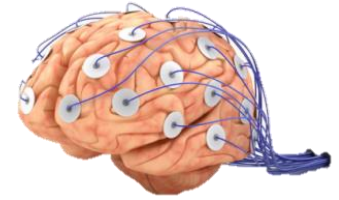
Train your brain with **Neurofeedback**

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Psychotherapy is a tool
to enrich the **mind**,
Neurotherapy is a tool
to enrich the **brain**.



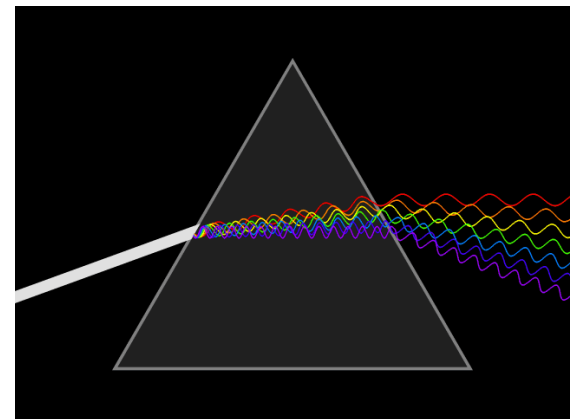
Two ways, one goal



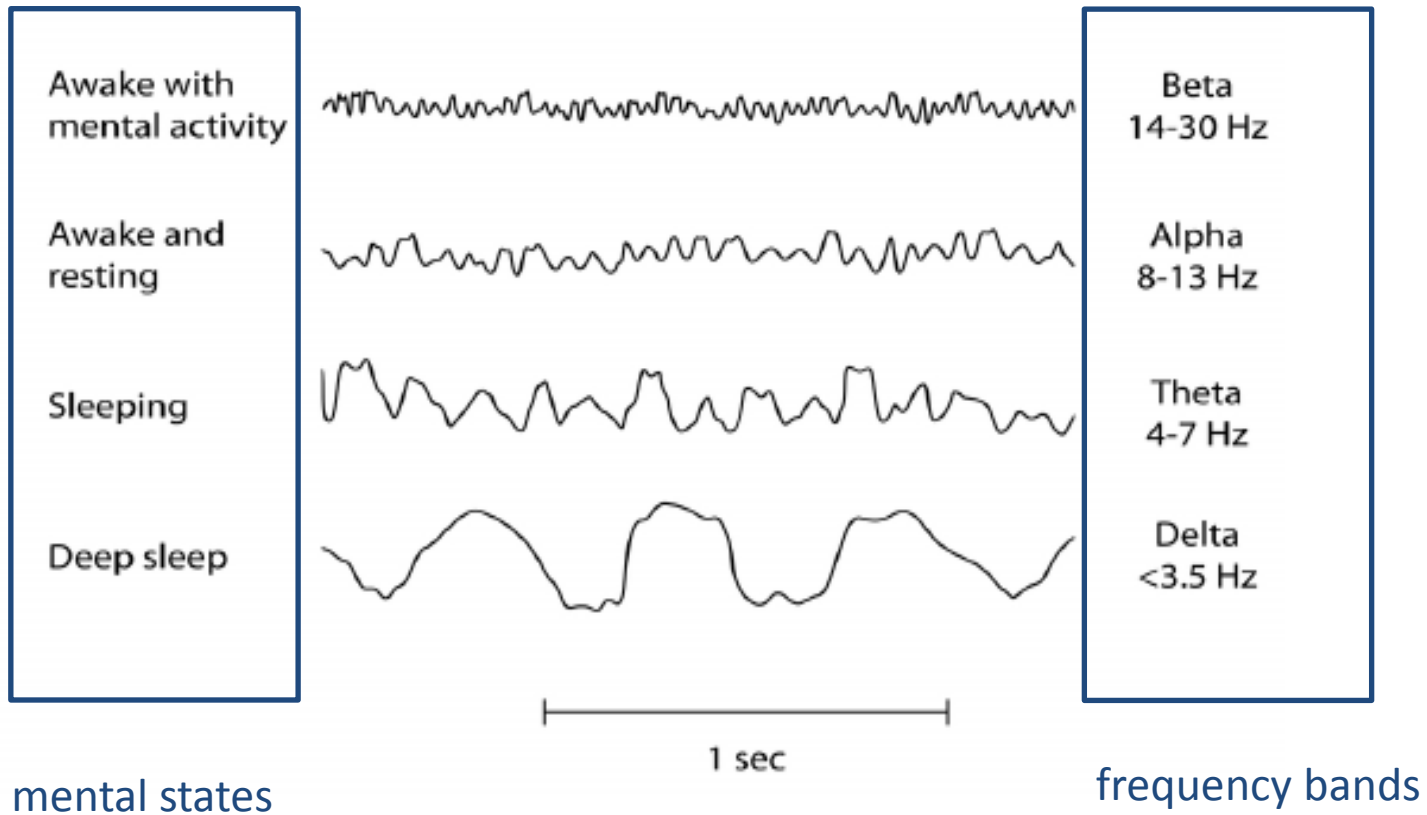
- Measure and analyse psychological data (narrative)
 - Feedback by the therapist (e.g. confrontation)
 - Client uses feedback to edify his mind or self-regulation
- Measure and analyse physiological data (sensors)
 - Feedback video/sound
 - Brain learns how to self-regulate its activity

What is Neurofeedback?

- Computer-based method
- Using sensors on the scalp the electric brain activity is measured and monitored (raw EEG).
- The raw EEG is dissected into smaller parts (frequency bands) by electronic filters.

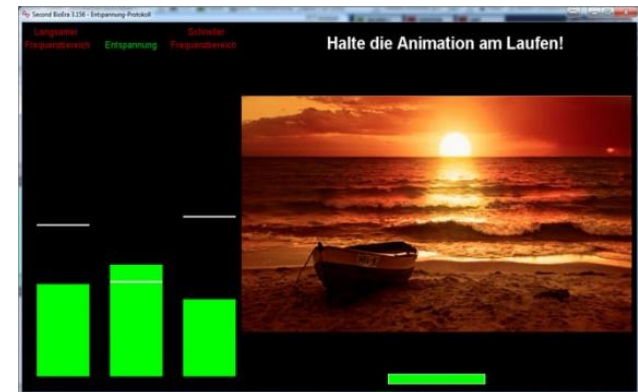
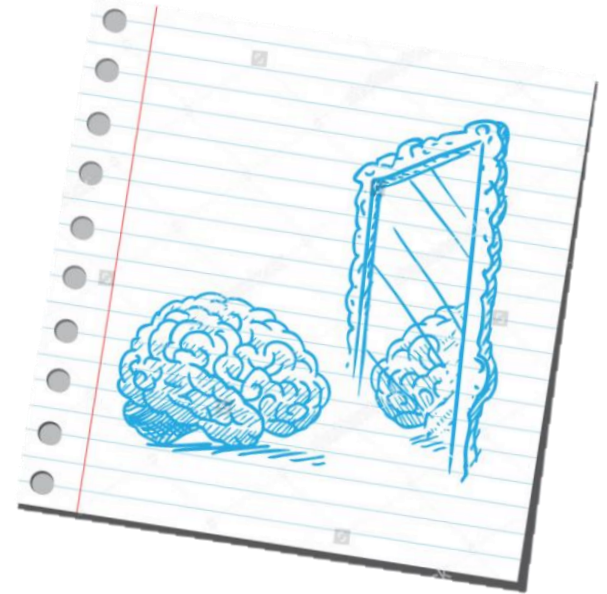


EEG frequency bands



Neurofeedback principles

- What your brain is actually doing is compared to what you would like it to be doing.
- By watching various animations (video games, movie) - visually displaying real time positive changes in brain activity – the brain learns to (self-)regulate brainwave activity.

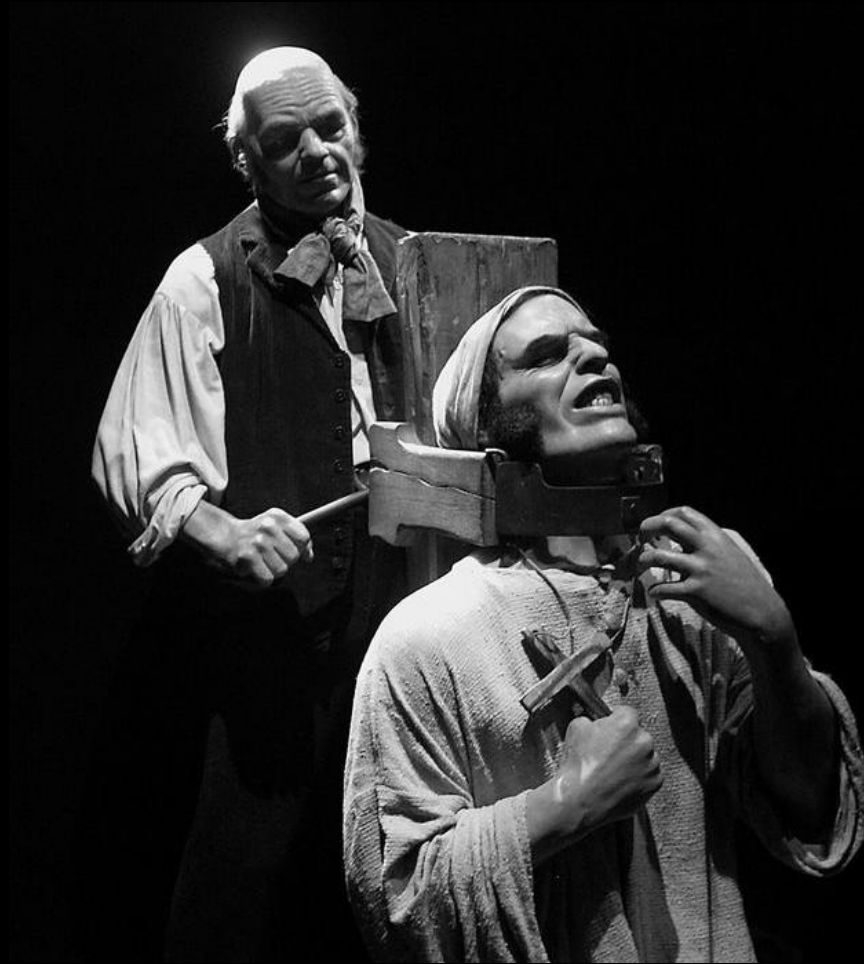


...only the 'good vibes'

- If the brain activity is in the good frequency spectrum the video/sound is playing.
- The video/sound stops only when the activity is higher or below the set threshold.
- NFB intervention goals:
 - optimize mental fitness (e.g. attention)
 - emotion-regulation/self-regulation (e.g. impulsivity, addictive behavior)
 - reduction of psychosomatic symptoms (e.g. anxiety, depression, AD(H)S, migraine, OCD)



Neurofeedback always rewards the trainee – it never punishes!



Demo?