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## **Neurofeedback Pretreatment Review**

When participating in neurofeedback it is important to have a minimum of one treatment session per week, and two sessions per week is preferred. Early withdrawal from neurofeedback may result in incomplete changes in the brain and thus minimal benefit from neurofeedback treatment. Post treatment mapping is recommended.

Outcomes and side-effects that may occur during a neurofeedback session, after a neurofeedback session, and/or in-between neurofeedback sessions may include:

- ✓ Sleep differences, improved quality of sleep, but insomnia may be experienced initially
- ✓ Increased awareness of dreams
- ✓ Nightmares
- ✓ Boundary Clarification (relationship changes)
- ✓ Reduced emotional activity
- ✓ Increased energy level
- ✓ Enhanced calmness
- ✓ Headaches generally improve,
- ✓ Enhanced Focus
- ✓ Improved Concentration
- ✓ Improved Attention
- ✓ Memory improvement
- ✓ Emotional lability/Moodiness
- ✓ Irritability
- ✓ Reduced ability to resist emotions.
- ✓ Increased anxiety and agitation
- ✓ Restlessness
- ✓ Insomnia
- ✓ Headaches

**Generally, when neurofeedback is not resulting in positive changes and benefit to the individual, it is often the result of one of three factors: 1) substances abuse or drug interference, 2) physiological problems that are not being addressed by the patient, or 3) environmental stressors, e.g., stress at home, stress at work or stress at school. If you believe that neurofeedback is not benefiting you, or your loved one, please discuss your concerns with me.**

Signature \_\_\_\_\_ Date \_\_\_\_\_