



WHAT IS BRAINPAINT NEUROFEEDBACK?

It all begins with brainwaves. What are brainwaves?

Brainwaves are the sum total of millions of neurons all firing at once. The number of neurons sparking in the brain at a certain frequency, or speed, convey information that defines the amplitude, or power, of brainwaves. Brainwaves are measured in Hertz (waves per second), and have a spectrum of frequencies. Each frequency carries a different meaning about emotions, movement, concentration, and creative expression. Issues happen when specific frequencies do not fire optimally for a given activity. For example, it is not optimal for beta frequency, the “go” brainwave, to be dominant at night, as it causes insomnia. By the same token, delta, the “sleep” brainwave causes daytime drowsiness if it is too active during the day.

How Neurofeedback Works

Just as your brain makes sense of information being fed to it from gravity, it makes sense of the information being conveyed to it by the software. The **brain** is an organ that processes substantially more information than your **mind** could handle. Your mind can not see, hear, smell, taste or consciously feel earth’s gravitational pull, yet your brain is constantly sending neural commands to muscles according to feedback it receives from gravity. In the same way, your **mind** wants to understand and even participate in your neurofeedback session; but it is your **brain** that we are training.

There is no one particular signature brainwave associated with a given issue. This is why BrainPaint uses a symptom-based assessment tool to come up with individualized protocols, rather than targeting a diagnostic label. And Brainpaint is evidence-based; progress is measured by how you gauge your movement toward identified growth areas, not by how many sessions you have had.

Traditional neurofeedback required that the clinician calibrate the protocol for each session. This meant that the margin of error could account for up to 30% loss of efficacy. Because Brainpaint is automated, and the calibration is done by the software for each session, the margin of clinician error is significantly reduced.

During the neurofeedback process, the client has sensors on the head, which read the brainwave activity and send the data to the software. The software then provides feedback - or “paints” for the client feedback about what his/her brainwaves are doing. In response, the brain makes adjustments, the sensors read this new data...and the feedback cycle continues for the duration of the protocol, at about a 2-3 second delay. Rather than harness the brainwave activity temporarily, as with medication, we train the brainwaves to fire differently.

Neurofeedback is a scientifically proven way to improve the way you feel and function in the world by improving how your brain operates. It is a noninvasive, organic process that does not change who you are. You’re still you – just you with a better brain.

SOME INTERESTING FACTS ABOUT BRAINPAINT NEUROFEEDBACK

The American Academy of Pediatrics has identified that Neurofeedback is a “level 1 Evidence-Based Practice” for Attention and Hyperactivity Disorders.

Dr. Bessel van der Kolk and other trauma experts endorse neurofeedback as one of the two “big guns” of trauma resolution, in that it changes the brain to resolve the impact of trauma. Brainpaint neurofeedback can reactivate some neural networks, such as the Default Mode Network, enabling a person to shift into more life-giving neuro-circuitry.

BrainPaint neurofeedback has been demonstrated in research to have a large effect on attention (ADD & ADHD), anxiety, depression, thought disorders, social introversion, Bipolar, dysregulation, and other issues. A systematic approach takes out all the guesswork ensuring more consistent results among providers.

BrainPaint does not require an expensive “brain mapping” to get started. Several studies have compared the technique BrainPaint uses for protocol selection to that of a brain map and concluded that there does not appear to be any advantage of QEEG/Brain Mapping over the Brainpaint method.

BrainPaint providers aim for measurable results in life improvements rather than just changes in brainwaves. In other words, you are the judge of your progress toward your goals, not an expensive brain map test.

BrainPaint is the #1 provider of neurofeedback equipment to mental health and substance abuse treatment centers.

BrainPaint is the ONLY neurofeedback system that automates the exact implementation of alpha-theta protocol demonstrated in studies to address trauma (PTSD) and addictions. Alpha-theta is generally the best protocol for peak performance, fears, phobias, fibromyalgia, some forms of anxiety, depression, seizures, and chronic pain...as well as attachment disorders.

Most Olympic and professional athletes use some form of neurofeedback for performance enhancement, to assist them in competition in their sport. Bill Scott, the co-creator and CEO of Brainpaint, has worked with several professional sports teams.

Results from brainwave training with Brainpaint are generally permanent and do not require “tune-ups” or booster sessions.

For more information regarding Brainpaint neurofeedback, you may visit www.Brainpaint.com