

# Neurofeedback for ADHD

## What is neurofeedback?

Neurofeedback is a form of operant conditioning in which audio and visual cues act as rewards when the brain is functioning in a more optimal state.

## Can people of all ages do it?

Absolutely! The system is versatile, and programs can be created based on a patient's individual wants and needs. This allows us to work with a wide range of people – from adults who want to train using DVDs to kids who want to watch favorite online videos on repeat.

## Is it permanent?

Neurofeedback is a learning process. Studies have shown that after the behavior is learned, it is permanent. There are no known contraindications.

## How many sessions will it take?

As this is an individualized treatment, session numbers will vary per individual, based on severity of the issue, age and other factors. Patients should be advised to expect 30-50 sessions on average.

## Where do I start?

Sessions should be a minimum of twice a week. Our clinic is QEEG-based, and the first step is to take a "neuromap" to essentially create a map for treatment.

*Integrative Medicine at The University of Kansas Health System | 4000 Cambridge St., MS 1017  
Kansas City, KS 66160 | 913-588-6208 | [kansashealthsystem.com/integrative](http://kansashealthsystem.com/integrative)*

