

# Neurofeedback for Relaxation

## Specially designed sessions target specific areas of the brain

Integrative Health at The University of Kansas Health System now offers neurofeedback therapy tailored specifically to help patients relax.

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. In other words, it is a learning process for the brain. Studies have shown that once the new behavior is learned, it is permanent.

### How are relaxation sessions different?

- It's still neurofeedback, but relaxation sessions target fewer portions of the brain: the specific four areas tied to relaxation and sleep. There is no need for neuromapping at the outset of therapy.
- Each relaxation session runs about 30 minutes, about half the time of traditional neurofeedback. The sessions also cost less money.

### How many sessions will it take?

As with traditional neurofeedback, this number varies with each person. It is typical to expect at least 20 sessions.

### Who might be a good candidate?

Someone who has experienced a recent shift in sleep or a recent increase in stress or anxiety, especially if it's brought on by a specific life event. The earlier you treat for these issues, the better. Neurofeedback is an option for both children and adults.

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