

## **Burnaby Neurofeedback Centre Inc.**

### **Description:**

The field of neurofeedback and Biofeedback has been growing since the late 1960s. It is based on the concept that the mind and body are intrinsically interconnected. By attaching non-invasive monitoring instrument to the body enables patients to view biological information "feedback" from their bodies such as temperature, blood pressure, number and depth of breaths being taken, level of muscle tension in any target muscle and the electrical activity of the brain. It has been discovered that, once people have more detailed access to information on what their bodies are doing, they are able to consciously or subconsciously control those functions. The kinds of problems which have been addressed through neurofeedback include:- ADD/ADHD- Anxiety- Chronic Pain- Depression- Epilepsy- Head injury- High blood pressure- Immune system disturbances- Learning disabilities- Memory difficulties- Obsessive-compulsive disorder- Panic attacks- Sleep disturbances- Tension headaches- Various problems

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