

Why Neurofeedback?

At **Nashville Neurocare Therapy**, we specialize in **Neurofeedback**, a safe and medication-free treatment to reduce or eliminate the symptoms of ADHD, improve sleep and positively impact brain activity.



How Does it Work?

Neurofeedback is an effective form of therapy for adults and children seven years of age and older with inattention, hyperactivity or sleep difficulties, and it's a proven alternative to medications.

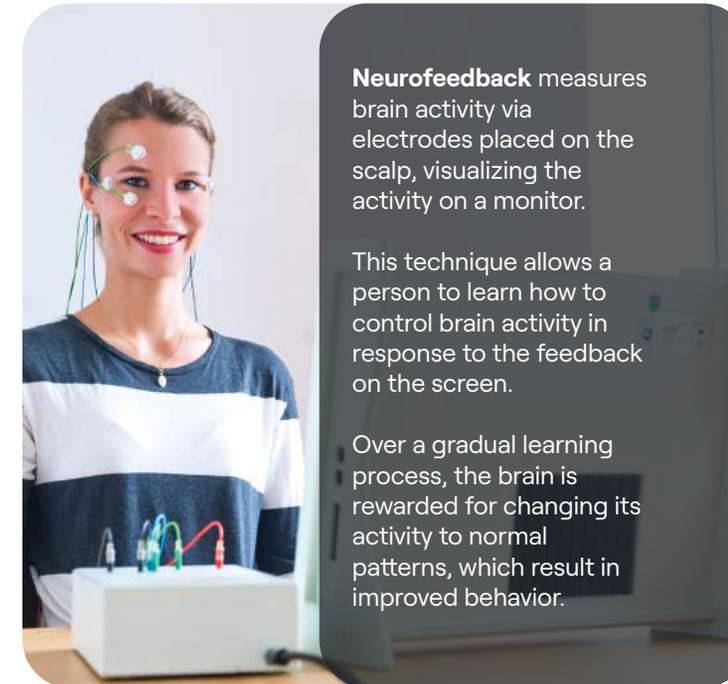
Patients receive individually tailored treatment based on a detailed assessment. As a result, the majority of patients experience significant improvement in behavior and sleep.



"Understanding that every situation is unique, our Neurofeedback treatment plans are individually tailored to our patients' needs."

- W. Scott West, MD
Chief Medical Officer

Innovative Technology.



Neurofeedback measures brain activity via electrodes placed on the scalp, visualizing the activity on a monitor.

This technique allows a person to learn how to control brain activity in response to the feedback on the screen.

Over a gradual learning process, the brain is rewarded for changing its activity to normal patterns, which result in improved behavior.

neurocare Centers of America is part of an international network of centers of excellence dedicated to helping patients suffering from neuropsychiatric illnesses that have not been helped by traditional medication management.

neurocare Centers of America has partnered with **Nashville Neurocare Therapy**, Tennessee's premier psychiatric services group to provide state-of-the-art depression care for patients not helped by, intolerant of or contraindicated for psychotropic medications.

 **615.465.4875**

 **info@nashvilleneurocare.com**

 **CLINIC LOCATIONS**

COOL SPRINGS MIDTOWN
GREEN HILLS MURFREESBORO

Why Personalized Care?

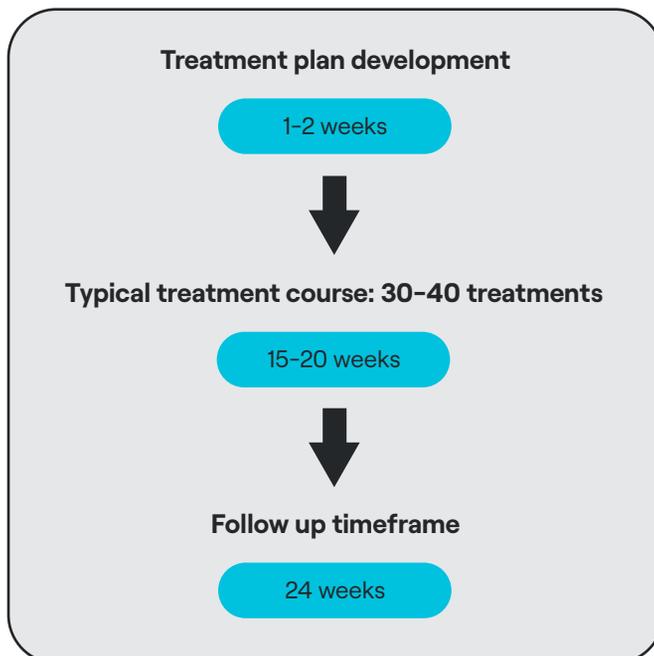
The underlying causes of inattention, hyperactivity, impulsivity or sleep difficulties are not the same in all people. Therefore, in our approach, we customize treatment plans to the brain characteristics of each patient.

How We Personalize

- Comprehensive intake assessment
- Sleep assessment
- Quantitative EEG examination
- Neuropsychological assessment

From these assessments we can determine a neurofeedback treatment plan that will have the most positive sustainable benefit.

Treatment Course Timeline



Neurofeedback in Practice.

- Neurofeedback sessions are booked for one-hour appointments
- Each session consists of neurofeedback training and individual psychotherapy
- Multiple sessions (2-3 per week) are recommended, as the sooner treatments are completed, the sooner the benefits are realized
- The first noticeable improvements are usually seen after 10-20 sessions

Our Services

- Quantitative EEG (QEEG) assessments ("brain mapping") for comprehensive diagnoses of neurobiological disorders
- Sleep assessments to monitor blue light exposure and sleep quality
- Personalized QEEG-based neurofeedback integrated with psychotherapy for ADHD/ADD and insomnia
- Neurofeedback for ADHD and sleep difficulties

"The underlying causes of ADHD or sleep difficulties are not the same in all people. We customize treatment plans to the brain characteristics of each patient."

- Dr. West

What are the Advantages?

- 100% free of any medication side effects
- Non-invasive (does not involve any surgery, anesthesia or sedation), which is important as it facilitates a treatment that is very safe¹
- Non-systemic (does not travel through the bloodstream like medication), which allows the therapy to be focused on the regions of the brain that need help
- Facilitates natural learning
- Unlike medications that can lose effectiveness over time, it provides long-term sustainable benefits²
- Improves the quality of sleep

Who Can it Help?

- Adults, adolescents, and children seven years and older with inattention, impulsivity, hyperactivity problems or sleep problems
- Persons with ADHD/ADD
- Persons currently prescribed medications or recommended for the treatment of ADHD/ADD or sleep problems

(1) A staff member will discuss the risks of neurofeedback during the consultation before starting treatment.

(2) European Child & Adolescent Psychiatry, February 2018.