



Biofeedback Vs Neurofeedback

Biofeedback- The goal of this practice is for clients to acknowledge problematic physiological symptoms and gain the ability to alter outcomes. This often includes treatment of pain, stress, attentional deficits, and anxiety. Measuring sweat, skin temperature, muscle tension, and heart rate are all examples of biofeedback. Biofeedback gives clients awareness of their bodies with the goal of manipulating outcomes.

Neurofeedback- The goal of this practice is to actively manage brain wave activity to specifically address neurological conditions. Neurofeedback is a sub-form of biofeedback and is often used to treat brain injuries, sleep disorders, and epilepsy. Also known as electroencephalopathy (EEG) feedback. Neurofeedback is a gradual learning process with a specialty trained therapist in the mental health, medical, or human services field. Rewarded for “better” wavelengths. 4 brain waves- Beta (fastest, low amplitude, alertness) Alpha (higher amplitude than beta waves, non-arousal, learning, mind/body integration, reflection), Theta (slow, higher amplitude than alpha, subconscious information, awareness of internal signals, “auto-pilot,”) Delta (slowest, highest amplitude, deep-dreamless sleep, regeneration, healing). Treatment lasts 30-60 mins per session, electrodes to scalp, waves processed on a computer looking at frequencies, eventually reshaped to better performance. Non-invasive.

Both involve:

Passive observation, assessment/evaluation



Active control, treatment

<https://www.youtube.com/watch?v=zFbsAg58kM8>

