



A SAFE APPROACH TO INCREASING MENTAL FITNESS, FOCUS, LEARNING AND PERFORMANCE.

GENTLE, NON-INVASIVE DIRECT TRAINING FOR THE BRAIN

Neurofeedback Training enhances brain performance, increases mental acuity, and promotes calming, resulting in increased confidence, focus, improved stress management, and increased resilience and flexibility in dealing with life's challenges.

By measuring and analyzing cortical activity in the brain, Neurofeedback Training provides direct feedback that helps the brain identify inefficient patterns, and move towards more adaptive patterns.

This gentle non-invasive process helps the brain reorganize and regulate itself more efficiently.

Neurofeedback Training assists the brain naturally and effortlessly allowing for greater information processing, stress management, better self-organization, and higher degrees of self-control.

WHAT HAPPENS IN A NEUROFEEDBACK SESSION

Every Neurofeedback Training session is a pleasant and relaxing experience.

Seated in a comfortable chair, you will watch image patterns displayed on a monitor, while listening to relaxing music. Two sensors are applied to the scalp and 3 clips are attached to the ears. Their role is to collect cortical information which is transmitted to the software for analysis.

The software is able to determine when your brain is going off track and alerts the brain at those moments with an interruption in the music. The brain responds by regulating itself towards optimal efficiency and health.

SOS BC has been providing Neurofeedback Training since 2006, as a stand-alone training, or in conjunction with Counselling, Art Therapy and Play Therapy.

Contact us today to find out if Neurofeedback Training is right for you.

*Neurofeedback
Training at SOS
BC supports
individuals in
learning the skills
required to be
independent and
responsible for
themselves in
society.*

**CLIENTS AND SCIENTISTS AGREE:
NEUROFEEDBACK WORKS**

“Research suggests that Neurofeedback should play a major therapeutic role in many difficult areas. In my opinion, if any medication had demonstrated such a wide spectrum of efficacy it would be universally accepted and widely used.”

– *Harvard Medical School professor and pediatric neurologist
Frank H. Duffy, MD in the Journal of Clinical Electroencephalography,
Jan 2002*

“...frequent meltdowns made it very difficult to get through to him. He also had problems expressing himself, and was constantly agitated. After one year [of therapy] he was a completely different child. He was polite, he was very rarely aggressive anymore, his meltdowns stopped completely.”

– *one family's experience with Neurofeedback Therapy*

Contact us today for a free information meeting to discuss your needs. We'll explore how Neurofeedback Training at SOS Children's Village BC can help you.

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NEUROFEEDBACK TRAINING



**SOS CHILDREN'S
VILLAGE
BRITISH COLUMBIA**

