


# The Neurofeedback Solution: How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More

*By Stephen Larsen Ph.D.*

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A guide to neurofeedback for better physical and mental health as well as greater emotional balance, cognitive agility, and creativity

• Provides easy-to-understand explanations of different neurofeedback methods--from the LENS technique to Z-score training

• Explains the benefits of this therapy for anxiety, depression, autism, ADHD, post-traumatic stress disorder, obsessive-compulsive disorder, brain injuries, stroke, Alzheimer's, and many other ailments

• Explores how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises such as Open Focus

What is neurofeedback? How does it work? And how can it help me or my family?

In this guide to neurofeedback, psychologist and neurofeedback clinician Stephen Larsen examines the countless benefits of neurofeedback for diagnosing and treating many of the most debilitating and now pervasive psychological and neurological ailments, including autism, ADHD, anxiety, depression, stroke, brain injury, obsessive-compulsive disorder, and post-traumatic stress disorder.

Surveying the work of neurofeedback pioneers, Larsen explains the techniques and advantages of different neurofeedback methods--from the LENS technique and HEG to Z-score training and Slow Cortical Potentials. He reveals evidence of neuroplasticity--the brain's ability to grow new neurons—and shows how neurofeedback can nourish the aging brain and help treat degenerative conditions such as Alzheimer's and strokes. Examining the different types of brain waves, he shows how to recognize our own dominant brainwave range and thus learn to exercise control over our mental states. He explains how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises such as Open Focus. Sharing successful and almost miraculous case studies of neurofeedback patients from a broad range of backgrounds, including veterans and neglected children, this book shows how we can nurture our

intimate relationship with the brain, improving emotional, cognitive, and creative flexibility as well as mental health.

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## Editorial Review

Review
"Clearly written and exciting in scope. The contributors assembled here represent the 'who's who' in research-based neurofeedback. They pioneered the use of sophisticated technology and developed effective protocols to treat a variety of disorders." (*Les Fehmi, Ph.D., director of the Princeton Biofeedback Centre, developer of Open Focus training, an*)

"This book comes close to having it all: the past, present, and future of neurofeedback and neuroplasticity; the theories; and the stories of real people who, using neurofeedback and related technologies, discover and rediscover their true humanity and higher functioning. Here is the humanity with the technologies, and the technologies with the humanity." (*Len Ochs, Ph.D., founder of Ochslabs and the LENS technique*)

"The brain can do far more for itself than drugs or other invasions, and the possibilities and realities are brought forth herein. The wisdom to selfregulate is contained in every brain. Larsen introduces a host of pioneers who are forging the future in this important emerging discipline." (*Thomas Collura, Ph.D., biomedical engineer, neurophysiologist, and founder and president of BrainMas*)

"Stephen Larsen has done an amazing job of pulling together state-of-the-art neurofeedback treatments into an easy-to-read book that will be useful to experts in the field as well as the general public. Those already doing neurofeedback as well as those with no background at all can learn from this book." (*Jeffrey A. Carmen, Ph.D., licensed psychologist and creator of the EZPIR HEG neurofeedback system*)

"Sharing successful and almost miraculous case studies of neurofeedback patients from a broad range of backgrounds, including veterans and neglected children, this book reveals how we can nurture our intimate relationship with the brain, improving emotional, cognitive and creative flexibility, as well as mental health." (*Aznet News, June 2012*)

"An essential tool for mind-brain science." (*Joseph Kamiya, Ph.D., father of EEG biofeedback/neurofeedback and former professor of medical psycho*)

"A brilliant book, full of amazing stories and cogent explanations." (*Thom Hartmann, radio host, TV journalist, and author of The Edison Gene*)

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HEALTH / WELLNESS

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STEPHEN LARSEN, Ph.D., LMHC, BCIA-eeg, is professor emeritus of psychology at SUNY Ulster, board-certified in EEG biofeedback, and the author of several books, including *The Healing Power of Neurofeedback* and *The Fundamentalist Mind*. He is the founder and director of Stone Mountain Center, offering biofeedback, neurofeedback, and psychotherapy treatments. He lives in New Paltz, New York.

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