



PARTNERS WITH CHILDREN,  
FAMILIES, AND COMMUNITIES

# Neurofeedback

Improve Attention and Focus,  
Reduce Hyperactivity,  
and Improve Impulse Control

## What It Is

The brain is like a muscle. Neurofeedback is similar to a “workout” which helps your brain reorganize itself to develop patterns which help one feel, think and behave in healthier ways. Repeated “workouts” develop automatic healthier reactions. Results can be seen after 5-10 sessions as the brain gets stronger and works more efficiently. Neurofeedback can be used to treat symptoms related to: Mood, Anxiety and Stress (muscle tension, headaches) Attention and Impulsivity and Trauma

## How It's Done

Sessions should occur once per week for about 45 minutes, with a commitment to approximately 20 sessions.

A trained and professional therapist places sensors on a person’s head which measures the patterns their brain creates.

Clients can play a game or watch a video using a special computer which adjusts the audiovisual cues to give the brain feedback on its own functioning - a type of brain “workout.”

The brain uses this feedback to improve its own performance.

During and after sessions, the neurofeedback therapist will assess the client to ensure they are receiving the best treatment possible.



## Who We Serve

Children with Full-Scope Medi-Cal

Serving the communities of Palmdale and Long Beach

Call Andrea Zarate 213.590.1097

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