



NEUROFEEDBACK THERAPY FREQUENTLY ASKED QUESTIONS

Q: What is neurofeedback therapy?

A: Neurofeedback therapy is non-invasive therapy that uses operant conditioning to encourage 'normal' brain waves that leads to a reduction in undesirable symptoms. Operant conditioning is when an action results in a reward or punishment, encouraging or hindering recurrence of the action. When you are in a session, we are training your brain to operate at an optimal level, the more training you do the faster your brain will learn that certain firing patterns result in a reduction in symptoms.

Q: Why is NewBrain™ different from other neurofeedback therapy programs?

A: NewBrain™ does not only use neurofeedback therapy during sessions, but we also use stimulation, photobiomodulation, and biofeedback to further enhance and encourage results. Many other neurofeedback therapy programs use 2-channel or 4-channel neurofeedback, which cannot give an accurate and detailed view of the deeper structures within the brain. NewBrain™ uses 19-channel neurofeedback, which helps us get a deeper look into the inner structures of the brain that allows us to address the root cause of symptoms. We use complex algorithms and scientifically backed protocols to isolate and target the deep areas of the brain, increasing the power and reach of the technology to effectively reduce the number of sessions required.

Q: What happens during a neurofeedback therapy session?

A: Once you arrive for your appointment the technician will apply circular sponges to your forehead, attach the leads to your ear lobes, and fix the cap to your head. After ensuring the gel has made a strong connection to your scalp you will begin training. Typically, we start teens and adults with a carnival game, for this game you will have to throw a ball at a stack of blocks. For children or those who have trouble concentrating we will use a movie that has a filter applied to it. You will either throw a ball at a stack of blocks or remove a filter (i.e., bubbles) off the movie to watch it clearly. During your training session the cap is sending signals to the program and the program is sensing if your brain is firing in the appropriate pattern. The closer you get to the target pattern of activation, the better you will be at the game, or the filter will go away more often. We also make the games harder to continually strengthen the activation pattern. After you have completed the session, we will remove the cap and you may leave. We also incorporate other devices in session, please view our website to learn more or give us a call.

Q: How do I throw the ball, fly the plane, or make the filter on the movie go away?

A: Neurofeedback therapy works on different areas and pathways of the brain. We cannot tell you how to do better because you cannot manually activate a specific area or pathway of your brain. Your brain must learn what to do over time, although staying engaged in the activity does help your brain grasp the targeted activation pattern quickly.

Q: How do I know it's working?

A: Many clients report feeling differently as quickly as the first session. For others, it may take a few sessions to notice changes. You may also find that loved ones notice the changes in you before you notice them in yourself.



Q: What should I expect to change?

A: Some of our clients experienced highs and lows in symptom presentation over the course of the first 10-20 sessions. This is very typical and nothing to be concerned about. The brain is a complex organ and can be equally complex to treat, depending on what your symptomatology is and what you want to accomplish. These factors can affect how Dr. Montes approaches your brain and what steps need to be taken.

Q: What are the side effects I should be aware of?

A: Neurofeedback therapy exercises your brain; we are trying to strengthen weak connections or establish new ones. Like going to the gym, you may be tired after a session and very few experience a headache, like a sore muscle. Headaches typically only last a short time after a session but please alert the technician if you do experience one and we will note it in your chart. Side effects are extremely rare and should not be experienced by most individuals who participate in neurofeedback therapy.

Q: How long do the effects of NewBrain™ last?

A: For all intents and purposes, NewBrain™ neurofeedback treatment has near permanent effects, barring head trauma, or severe emotional trauma, such as a death or other loss.

Q: Do I get progress updates from the doctor?

A: Your clinician will meet with you either in-person or by phone every ten sessions to discuss your progress and help you determine if you should continue or if your symptoms have been successfully addressed.

Q: How often should I come?

A: Your clinician will make a frequency recommendation based on each case individually; however, our most successful clients come twice a week on average and are consistent with treatment. NewBrain™ offers freestyle scheduling, putting you in control of the frequency of appointments, and through client portal you can view availability and schedule up to 8 weeks in advance.

Q: How do I get in touch with the doctor?

A: If you have a question or concern for Dr. Montes or another clinician, please either give the message to the technician during your next session or call us and we can alert Dr. Montes. If you feel you have an emergency, please call our office at (678) 366-8862. We try to address your questions or concerns as fast as possible, though if your need requires more time to be fully addressed, we recommend requesting a counseling appointment with the doctor.

Q: What can I do at home?

A: NewBrain™ does not start and end during your sessions, there are several exercises and routines you can do at home to help you see results faster. Eating well-balanced meals, sleeping an appropriate amount of time each night, drinking plenty of water, and exercising daily are a few helpful tips we recommend. For more information, please visit our website!

We can only give you a small summary of what we do at NewBrain, please view our website to get more information!



Preparation for your neurofeedback therapy session

- **Take critical medication such as those used for seizures and heart conditions.** If you have any questions, please give us a call 24 hours in advance.
- **Wash your hair and have it thoroughly dry before your appointment.** Please refrain from using any oils, gels, or other hair products before your appointment. Oil, sweat, and products will interfere with the connections and make your appointment significantly longer.
- **Use the restroom before your appointment as you will be unable to leave the room after the cap has been secured.**
- **Get a good night's rest before your appointment.** We want to get the most accurate readings and sleep deprivation can cause unreliable readings.
- **Turn off cell phone and leave stress at the door.** Phones and stress can be distracting during your sessions, cause disruptions in your EEG, and you may perform poorly making the technicians have to make the game easier. Neurofeedback therapy works subconsciously, having a completely undistracted, focused brain will produce the quickest and more accurate results and readings.
- **Refrain from taking fresh does of ADHD medication, allergy relief medication or vitamins and supplements within 2 hours before your appointment, unless approved by Dr. Montes.** To make your training sessions as fruitful as possible we want to work on your brain in its purest state; however, Dr. Montes can make note of any medications and factor them in. If you have recently changed, started, or stopped a medication and have not informed Dr. Montes, please inform the technician what the name of the medication is, how much you take, and how often and we will note it in your chart.
- **Avoid caffeine like coffee, soda, or energy drinks within 2 hours before your appointment.** Caffeine can cause tension and affect your readings, please inform the technician if you have consumed caffeine within the last 2 hours before your appointment.
- **Do not eat any chewy items such as gum, taffy, gummies, etc. within 2 hours before your appointment.** Once again, chewy items can cause jaw tension, if you have consumed a chewy food within the last 2 hours before your appointment inform the technician.
- **If you are coughing, taking cold medication, have a headache, or are otherwise not feeling yourself please reschedule your appointment 48-hours after symptoms subside.** A sick brain is not the brain we want to see, this can affect your readings and lead to inaccurate results.
- **If you must cancel or reschedule your appointment, please give us a 48-hour notice or charges may apply.**