



## ADD and ADHD in Children and Adults: How Neurofeedback Training Can Help — *Naturally*

March 15, 2012

Due to its various nature, Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are still not thoroughly understood. But what is often hypothesized is that ADD and ADHD affect the brain's function - not in the permanent sense of a condition, such as cerebral palsy, but in an ever-changing and completely treatable way. The "disorder" of ADD and ADHD is the individual's inability to regulate or maintain control over his attention, causing the often associated easily distractible, impulsive and hyperactive behavior. This may impact the individual well beyond these more common symptoms, manifesting in addictions, sleep disturbances, emotional problems and even immune dysfunction.

Traditional treatment for ADD and ADHD involves medicating the individual, most often with stimulants. But this doesn't train the brain to work more effectively; in fact, it may reinforce the brain's weakness in regulating itself. For both children and adults with ADD and ADHD, neurofeedback helps the individual actively retrain his brain to self-regulate through a simple learning technique and continuing practice. With continued practice of these skills, the brain becomes stronger and more self-reliant; with only medication, the brain simply relies on a substance to rescue it and relieve it of its burden.

Published research shows that 85 percent of children with attention deficit/hyperactivity disorder who receive biofeedback training no longer require treatment with stimulants because their brains have learned to self-regulate. Just like academic success, this is a more challenging undertaking for some children than for others, but it is an achievable goal for all children - and adults too.

As the brain learns to regulate itself, the behaviors associated with attention deficit/hyperactivity disorder are also managed. Impulsivity, unrestrained emotions and defiance issues are ameliorated because the brain is now trained to focus on regulating these facets of personality.

For more concrete evidence that neurofeedback therapy really works, just look to its real-world usage: The most challenging children in custody in the state of California are being treated with neurofeedback effectively, and it's being used in the California prison system. School systems such as those in Minnesota are using it, and more than 8,000 professionals are using neurofeedback to treat children affected by attention deficit/hyperactivity disorder in the United States.

*Carmen Wylie*

Neurofeedback Therapist  
Cognitive Wellness Neurofeedback  
West Hills, CA