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## HEG Neurofeedback (Hemoencephalography)

HEG (Hemo-Encephalo-Graphy) is an effective and medication-free procedure for various difficulties or problems, in which the frontal areas of the brain are involved. HEG helps and supports the following disorders and diagnoses:

- attention
- concentration
- ADHD and ADD
- poor memory
- mood swings
- anger and rage problems
- autism and asperger's
- migraine
- headache
- stress
- epilepsy
- schizophrenia
- old age memory problems
- dementia

HEG biofeedback is a new form of neurofeedback, in which the conscious control of metabolism with biofeedback principles is learned. In this method a type of headband with modern infrared technology, measures the oxygen in the frontal brain area. If the activity in this part of the brain is increased you are rewarded and a screen animation (e.g. a film) is running. At the same time a green line goes up which tells that you are doing a good job. You learn to regulate actively the brain in this so important frontal brain area, which stands for well-being, attention, impulse control, motivation, adequate behaviour and cultural achievements. These changes make the brain more flexible and plastic.

Progress will be recorded not only subjectively but also by the standardised IVA CPT Test (Integrated Visual and Auditory Continuous Performance Test), which gives information about processing ability of the brain, attention, alertness, motivation of the person. And the results are compared to norms. Since the IVA-test is done initially and some time after having used HEG biofeedback you see progress and efficacy achieved by the person.

If the specific problem in everyday life does not matter anymore and you are satisfied with the outcome, then there is no need to do further trainings, especially when the progress has been consolidated.

### Infrared images document the increased activity of the brain after HEG Biofeedback

(Robert Coben, New York)

