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# SENSORY PROCESSING

How can Neurofeedback help?

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Sensory disorders can lead to a significant problem in regulation, particularly as it pertains to comfortably “absorbing” information from the environment and being able to “filter out” that which is less important to the brain.

Children and adults with sensory issues can have emotional overreactions to stress, problems with socialization, cognitive inflexibility and difficulties with attention.

Neurofeedback aimed at reducing the fast-wave frequencies in the sensory processing areas can be helpful in improving sensory dysregulation.

*[www.calmyourmind.co.za](http://www.calmyourmind.co.za)*

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