
ATTENTION & CONCENTRATION

How can Neurofeedback help?

A clear and focused mind is crucial to learning and life skills. Neurofeedback helps your brain learn to focus and concentrate at will. Neurofeedback concentration training is used by students, businessmen, surgeons, football clubs, Olympic athletes and ADHD sufferers alike.

Being able to pay attention means better organisation and accuracy, fewer distractions, improving social skills by being able to listen attentively to others, and mastering new tasks and material more rapidly.

CONCENTRATION

Many aspects of brain function are involved in concentration and focus. The optimum state needed for hours of classes and meetings is a moderate level of alertness, which conserves mental energy. A common difficulty in concentration is slipping into 'idle' or dreaminess when trying to concentrate.

Another problem may be the duration of attention is short - it may be fine for a limited time, but then it slides. When anxious or emotional, attention becomes harder to control - making it difficult to narrow in on the task at hand. The degree of single-pointed concentration can be another problem; a wide focus can lead to distractions and wandering attention.

Using a brain map to identify the areas of concern, we tailor your neurofeedback training according to your precise needs.

www.calmyourmind.co.za

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ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

ADHD is defined by a cluster of symptoms which may include inattention, hyperactivity, and impulsivity. Though the medical diagnosis is subjective, people with ADHD have specific brainwave differences in the brain areas that deal with controlling impulses and focusing attention (source: NHS).

Though ADHD is still classed as a disease rather than a symptom of brain dysregulation, QEEGs are used as a mainstream medical diagnostic tool (FDA approved) for ADHD in both the USA and Germany.

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