



## Restoring the Brain: Neurofeedback as an Integrative Approach to Health (Mixed media product)

By -

Apple Academic Press Inc., Canada, 2015. Mixed media product. Book Condition: New. 232 x 167 mm. Language: English . Brand New Book. Restoring the Brain: Neurofeedback as an Integrative Approach describes the history and process by which neurofeedback has become an effective tool for treating many mental and behavioral health conditions. It explains how new brain research and improvements in imaging technology allow for a new conceptualization of the brain. It also discusses how biomedical factors can degrade brain functioning and cause a wide range of symptoms of mental disorders. The book is written in an accessible style for easy understanding and application to classification and treatment. It shares the clinical experiences of practitioners working with specific symptom constellations generally categorized by a DSM diagnostic label. It examines the brain as a self-regulating communications system and discusses how much of mental dysfunction can be understood as acquired brain behavior that can be redirected with the help of EEG-based neurofeedback. It describes principles and practices of integrating neurofeedback that make redirection possible. Recent discoveries on the neuroelectrical properties of the brain illuminate the possibilities of combining innovative neurotherapy techniques with integrative medicine to achieve optimal brain function. Case studies of clinical...



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