

Neurofeedback Therapy

How Retraining Brain Activity Can Help Your Loved One's Recovery



What is Neurofeedback Therapy?

Neurofeedback Therapy is an evidence-based, non-invasive treatment that trains the brain to regulate its own electrical activity. Using real-time EEG (electroencephalography) monitoring, clients receive immediate feedback on their brainwave patterns and learn to shift dysregulated neural states associated with cravings, impulsivity, and emotional instability. Over repeated sessions, the brain develops more stable, adaptive patterns that support recovery.

How It Works: The Four Phases of Neurofeedback

- 1) Brain Mapping (qEEG)**
Identify dysregulated brainwave patterns through a baseline brain assessment.
- 2) Real-Time Monitoring**
Electrodes placed on the scalp measure brainwave activity during each session.
- 3) Feedback and Training**
Visual or auditory cues signal when the brain reaches healthier target states.
- 4) Self-Regulation**
The brain learns to reproduce stable, adaptive patterns independently over time.

Goals of Neurofeedback Therapy

- Identify & address dysregulated brainwave patterns
- Reduce neurological reactivity that contributes to relapse
- Strengthen the capacity for emotional regulation
- Improve attention, impulse control, & stress tolerance
- Support the brain's natural neuroplasticity

Therapeutic Benefits

- Reduced cravings and compulsive impulse-driven behaviors
- Improved emotional stability and mood regulation
- Enhanced focus, attention, and cognitive function
- Decreased symptoms of anxiety and depression
- More consistent and restorative sleep quality

Neurofeedback Therapy is Highly Effective For Treating the Following Conditions:

- Substance Use Disorder
- Depression
- PTSD
- ADHD/ADD
- Anxiety Disorders
- Sleep Disorders

Neurofeedback Therapy at Burning Tree Ranch

For most programs, neurofeedback is used as a supplemental add-on, with only a handful of sessions before discharge. Research suggests that meaningful neurological change **requires a minimum of 20 to 40 training sessions**, far more than short-term treatment can deliver over a few short weeks.

Our **long-term, progress-based model** integrates neurofeedback throughout treatment, giving clients the repeated sessions needed for the brain to build genuinely stable, self-regulating patterns. Clients advance when they demonstrate consistent behavioral change. The goal is neurological transformation, not symptom management.



“Neurofeedback shows us what is happening neurologically, not just behaviorally. For chronic relapsers, the dysregulation we see in the brain often explains the emotional reactivity and impulsivity that have driven the relapse cycle.”

 **Meghan Bohlman, LPC-S, LCDC, EMDR-Trained**
Executive Clinical Director, Burning Tree Ranch



Dual Diagnosis Treatment Using Neurofeedback Therapy

Neurofeedback is more effective when integrated with other evidence-based therapies in a dual-diagnosis treatment approach. For chronic relapsers, dysregulated brainwave patterns often relate to co-occurring conditions such as PTSD, anxiety, and ADHD, making neurofeedback a natural complement to trauma-informed care.

At Burning Tree Ranch, we integrate neurofeedback with EMDR, individual therapy, and other modalities to create an individualized dual-diagnosis treatment plan that addresses both neurological dysregulation and the co-occurring conditions that have sustained the relapse cycle.

Dual Diagnosis Defined:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

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