

Neurofeedback for multiple symptoms

Because of the way Neurofeedback works in regulating brain activity, it has been used to successfully treat a range of symptoms associated with brain de-regulation, including:

- ✓ Children's ADHD
- ✓ Adult ADHD
- ✓ Autism Spectrum Disorder
- ✓ Dyslexia/Dysgraphia/Dyspraxia
- ✓ Epilepsy
- ✓ Depression, Anxiety, Stress
- ✓ Migraine
- ✓ Anger management
- ✓ Fibromyalgia Syndrome
- ✓ Post-Chemotherapy Cognitive Impairment (Chemo Brain)
- ✓ Post Traumatic Stress Disorder
- ✓ Addiction

Your Neurofeedback Practitioner



Stuart Black graduated in Engineering at King's College London and obtained his Master's degree in Coaching and Development at Portsmouth Business School.

Passionate about the intersection of technology

and wellbeing, he was a Director at the Cromwell Hospital in Kensington, London before founding BrainTrainUK in 2013.



Call us today
0207 978 0186

to discuss how we could help you

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We also practice in:
Harley Street, London W1
Hoddesdon, Hertfordshire
Egham, Surrey
Tonbridge, Kent



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Neurofeedback to improve brain regulation

Are you looking for:



A safe alternative to medication?



A risk-free treatment for learning difficulties?



A treatment with a long history and evidence base of success?

Call us today
0207 978 0186
for a free initial appointment



Why choose Neurofeedback?

A safe alternative to medication

The NHS is very limited in what it can offer for learning difficulties like ADHD, ASD & Dyslexia. Where drugs are an option, psycho-stimulants and antidepressants have some worrying side effects and many parents and medical professionals are reluctant for children to take medication.

Neurofeedback offers an alternative – a natural, lasting solution with no harmful side effects and a higher success rate than medication.

A risk-free treatment for learning difficulties

Neurofeedback is a natural treatment and has no harmful side effects.

Because the track record of neurofeedback is so strong in treating ADHD, we offer a money-back guarantee if it does not improve these symptoms. See our website for details.

A long history and evidence base of success

As early as 1958 it was shown that the brain could respond to brainwave feedback. For many years the equipment was complex, large and expensive. Video game technology was non-existent, or very basic, so the feedback experience wasn't interesting for the client.

Improvements in digital technology and better understanding of the best clinical protocols for brain training have changed the game.

The equipment has become simpler to operate, and practitioners can now focus on each client's symptoms and personalised training plan.

Please visit our website for more information on the history of neurofeedback and links to some of the hundreds of scientific journal articles published to date.

The medical profession is finding more and more uses for this risk-free approach

In October 2012 the American Academy of Pediatrics endorsed biofeedback (which includes neurofeedback) at the highest level of Evidence-Based Child and Adolescent Interventions for Attention and Hyperactivity behaviours.

In April 2013, Johns Hopkins Hospital, currently ranked #2 in the USA, identified neurofeedback as an attractive treatment for depression.

BrainTrainUK Training – What's involved?

We start by assessing your needs

The initial consultation is free of charge and without obligation. At the start of a training program, your Neurofeedback Practitioner will design a training program for you, based on your goals and symptoms, the results of our QIK-TEST brain function test tool, and your first neurofeedback session.



Experience each session in the caring hands of our expert practitioners

At the beginning of each 45 minute training session your Practitioner will ask you for any feedback from the last session, and attach electrodes to your head to obtain information about your brain function.



Feedback to your brain is provided through video, audio and if you choose, touch. There is a choice of games and videos that respond to how your brain is functioning.



The feedback will go faster, louder or bigger when the brain is working well. As you relax, subconsciously the brain 'tunes in' to the feedback and adjusts in response.

Throughout your session, your Practitioner will check how you are feeling and will adjust the training plan as necessary. At the end of the session the sensors will be removed and you will be free to get on with your normal day.

Neurofeedback is a safe and effective brain training technique

Obtaining information directly from the brain and providing feedback straight back via the senses, in real time, is what makes Neurofeedback unique and so successful.

We expect symptoms to begin improving partway through the programme, but it is important to continue training so that the brain learns to work better without the feedback.

Everyone is different, but we recommend 20 sessions. This way we can achieve permanent improvements.