

# Facts About Neuro-Feedback With List of Oklahoma Providers

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## What is Neurofeedback?

**Neurofeedback**, also known as EEG Biofeedback, is a learning procedure that enables participants to:

- Improve mental performance,
- Normalize behavior, and
- Stabilize mood.

Conditions that have been the subject of published research include:

- *Attention Deficit Disorder,*
- *Depression, PTSD*
- *Epilepsy,* and
- *Alcoholism.*

Recent clinical findings indicate new applications to a wide range of conditions. Neurofeedback is also used by Athletes, Performing artists and Professionals interested in mental fitness training for achieving optimal performance.

Neurofeedback trains the brain to help improve its ability to regulate all bodily functions and to take care of itself.

When the brain is not functioning well, evidence of this often shows up in the EEG (Electroencephalogram). By challenging the brain, much as you challenge your body in physical exercise, your brain can learn to function better.

Sleep patterns improve, resulting in more alertness and productivity during the day.

Anxiety and depression is reduced or alleviated along with syndromes like migraine or chronic pain.

Attention is Managed - influences the ability to persist even at a boring task.

It can help you manage your emotions. Emotions may feel like the real you, but your brain has a lot to say about how you feel and react. If the emotions are out of control, that's trainable. If they aren't there---as in lack of empathy, for example---that, too, is trainable.

Finally, in cases of seizures, traumatic brain injury, stroke, and autism -- EEG Neurofeedback training can be helpful. In these instances the training does not so much get rid of the problem as it simply organizes the brain to function better in the context of whatever injury or loss exists.

Once you accept the possibility that this training might be effective for you, the next question is:

## Will This Training Change "WHO" You Are?

**NO.** *The training brings you closer to who you "really are".* If a child known for his temper outbursts does the training and the rages fall away, he is certainly different but the parents would say, we have our "real" son now. Their worst features should not define a person. And because this training really allows your true self to emerge, others may notice the changes in you even before you do.

## Is There a Completion to the Training?

Neurofeedback training can be used without limit to enhance performance. This "peak performance training" may be of interest to professional athletes, corporate executives, and performing artists. In order to reach a specific objective, the training usually continues for a specific number of sessions. If there is a loss of optimal training effect after completion, due to stresses in your life, a few booster sessions may be recommended.

## Is EEG Biofeedback Covered by Insurance?

Many medical and psychological insurance plans now cover biofeedback for various conditions. Some require co-payments. Other plans have annual caps. A prescription for the training, along with a diagnosis, may be

required from a physician under the medical part of the plan, or from a licensed psychologist under the mental health services part of the plan. Medicare pays for EEG biofeedback for some conditions.

## List of Qualified Providers:

### Oklahoma City:

Paula Clinton	812-3515
Beverly Patchell, RN	249-8148
Tom Thompson	208-5760
Dr. Anne Barker	840-3908
Dr. Wm. Ruwe	286-6000
Dr. Sherryl McGuire	206-3163
Dr. John Tassey	270-0501
<b>VA Hospital</b>	x-3220

### Enid:

Bill Schlagel (580) 249-3071

### Norman:

Dr. Sally Church 360-0048  
Dr. Lisa Black 573-4019

### Lawton:

Ken and Judy Jones (580) 250-1545

**Voc Rehab** (580) 355-0008

Mary Kuelin  
Wayne Pamplin

### Altus:

Dane Nielson (580) 480-1345  
Cell # (580) 512-6064

### Ada:

Dana Hargis (580) 310-9081

### Ardmore:

Sue Hambrick (580) 226-8477

### Tulsa Area:

Jan Leopold (918) 579-3070

@Children's Medical  
Dr. Bramble (918) 749-9897

### Houston, TX

Dr. Bob Dixon (731) 658-0427

### Denton, TX

Dr. Eugenia Bodenhamer-Davis  
UNT Neuro-Therapy Lab (940) 565-3241

## WEBSITES:

[www.eegspectrum.com](http://www.eegspectrum.com)

[www.AppliedNeuroSciences.com](http://www.AppliedNeuroSciences.com)

[www.Futurehealth.org](http://www.Futurehealth.org)

[www.BrainM.net](http://www.BrainM.net)

## Book Recommendation:

*"A Symphony in the Brain, The Evolution of the New Brainwave Biofeedback"*,  
Jim Robbins