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## Introducing Neurofeedback

The neuroscientific alternative to traditional psychotherapy treatment.

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There are a multitude of ways to treat mental health issues such as depression, anxiety, and ADHD. While traditional talk and psychopharmacological therapy can be effective, they do not work for everyone. Some individuals find themselves resistant to such interventions and are left with few options to treat their mental health concerns.

Neurofeedback, also referred to as EEG Biofeedback, is a technologically assisted form of treatment that measures the patients' brain waves to teach them how to gain control of and rewire their brain. This teaches them how to consciously change to healthy brain waves and how to apply it outside of the session. It brings the discoveries in neuroscience into real life clinical practice by teaching the patient how to use their brain to establish healthy thought patterns and behaviors that can be applied outside of the session.

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## Who can benefit from neurofeedback?

Neurofeedback is a viable alternative for most individuals especially those who have been medication resistant, want to discontinue medication or who have not responded to traditional psychotherapy. It can be a stand-alone treatment with lasting results.

### Book now

To book your first appointment or for more information please call 646-801-0378 or email [jamroncounseling@gmail.com](mailto:jamroncounseling@gmail.com)

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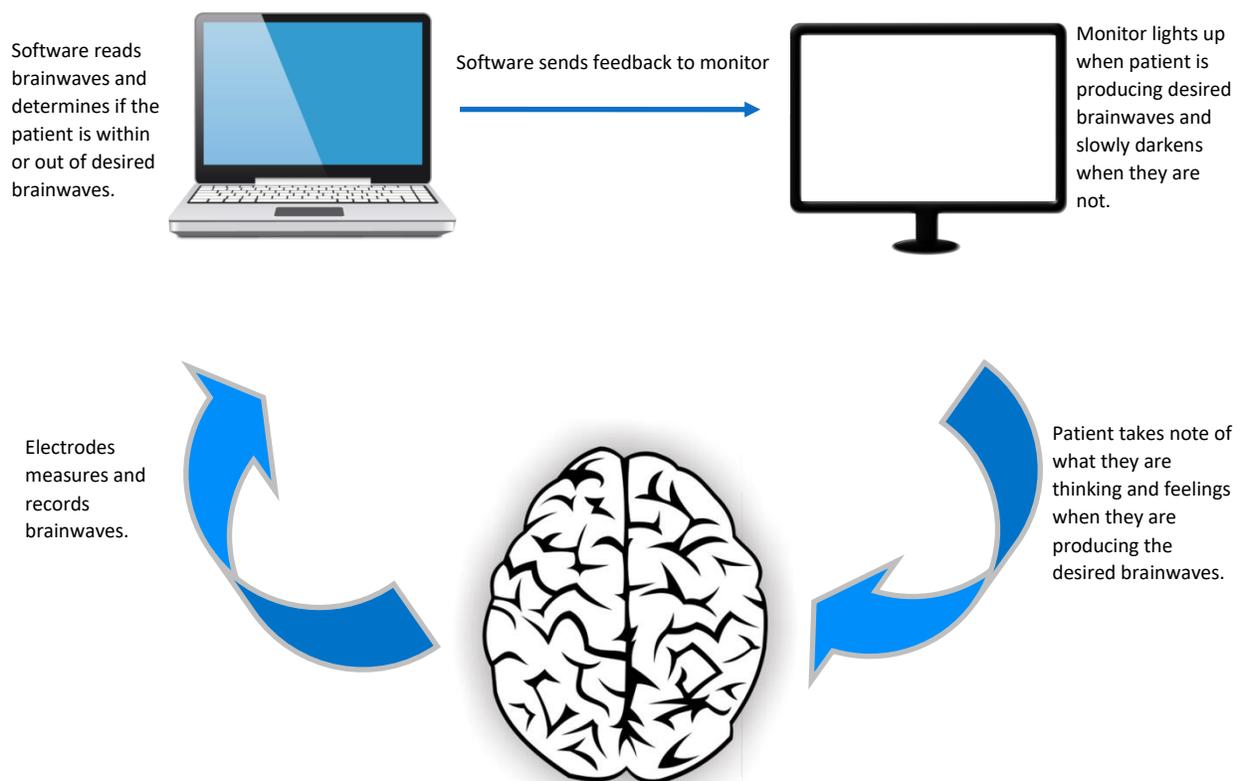
### About Stephanie Sanz, MHC, NFB

Stephanie earned a B.A. in Psychology and a MS.Ed in Mental Health Counseling from CUNY Hunter College, and a certificate in neurofeedback from the New Mind Academy. She is a member of the American Counseling Association and American Mental Health Counseling Association's neurocounseling special interest groups and received additional training and mentorship from leading clinicians in the field.

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## What happens in a session?

In a typical 45 minute session, the clinician places electrodes on the scalp and records the brain waves in real time. The patient receives feedback through a variety of multimedia methods - sounds, images, games - when they are producing the desired brain waves.



Neurofeedback teaches the patient how to self regulate their neurophysiological state and subsequent emotions, thoughts, and behaviors. They are equipped with the tools to self regulate which can result in numerous improved symptoms including better sleep quality, greater mental clarity, enhanced attention, and emotional resilience, among many others.