

Neurofeedback PTSD

Neurofeedback can reduce PTSD Symptoms such as anxiety, insomnia, flashbacks, memory and concentration issues, and reduce substance abuse behaviors.

EXPERTS IN NEUROFEEDBACK

FEATURES

CONTACT



Table Of Contents

1. Neurofeedback PTSD – Does It Help
2. How Does Neurofeedback Help PTSD
3. Neurofeedback PTSD Training & Rehabilitation Protocol
4. Neurofeedback PTSD For Veterans
5. What Is PTSD
6. Is PTSD A Mental Illness
7. Is PTSD Classified As An Anxiety Disorder
8. What are the PTSD symptoms
9. Where Does PTSD Occur In The Brain
10. How Does PTSD Affect The Brain
11. Can PTSD Be Cured
12. Can PTSD Be Treated Without Medication
13. Does PTSD permanently damage the brain
14. Neurofeedback vs emdr For PTSD

Neurofeedback PTSD – Does It Help?

Neurofeedback PTSD: Neurofeedback is a promising and emerging tool for **reducing the symptoms of PTSD**. Neurofeedback can **reduce anxiety, improve sleep, reduce flashbacks, improve memory, concentration, and reduce substance abuse behaviors**.

Neurofeedback is considered an **alternative therapy for Post Traumatic Stress Disorder (PTSD)**.

How Does Neurofeedback Help PTSD

Neurofeedback is a method that assists subjects in controlling their brain waves consciously. After the initial QEEG you can see the areas where your brain is not functioning optimally. Neurofeedback will attempt to allow your brain to improve itself in the needed areas. To learn all about Neurofeedback please read the article titled [What Is Neurofeedback?](#).

Neurofeedback PTSD Training & Rehabilitation Protocol

Myneurva uses a specific training protocol developed over decades of clinical results and research. Myneurva' **neurofeedback PTSD protocol** combines single channel alpha theta, smr, and Loreta Z-Score Training using our patent-pending triple network training design.

Neurofeedback PTSD For Veterans

Myneurva is committed to helping our vets and contributes time to the LifeAid Project, a *Vets helping Vets* organization. We offer special discounts for veterans. We understand they may have more complex issues and have not many places to turn for assistance.

What Is PTSD

Posttraumatic stress disorder (PTSD) is a psychiatric disorder that may develop in people who have experienced or witnessed a traumatic event. Events that may lead to PTSD include natural disasters, serious accidents, acts of terrorism, war and combat experiences, or rape. PTSD may occur in people threatened with death, sexual violence, or severe injury. Complex PTSD is a specific subset of PTSD that occurs in long term trauma and can require long-term treatment. Stress disorders can occur when an individual experiences trauma that is not extreme but causes significant day-to-day life issues.

Is PTSD A Mental Illness

PTSD is considered a mental disorder by the Diagnostic and Statistical Manual for Psychiatry Version 5. PTSD has been classified as a mental disorder since 1980 and is the first disorder to be caused by something external, not genetics or biochemistry.

Is PTSD Classified As An Anxiety Disorder

People with PTSD have intense, disturbing thoughts and feelings related to their experience that may endure long after the traumatic event. They may re-experience the event through flashbacks or nightmares. Also, they may feel sadness, fear, or anger. They may feel detached from family and friends. People with PTSD may avoid situations or people who remind them of their traumatic event. They may have strong adverse reactions to everyday noises or touches.

What are the PTSD symptoms?

There are three core features experienced by those with PTSD – Avoidance, Re-experiencing, and Hyperarousal. Acute stress disorder occurs as a reaction to traumatic events – similar to PTSD. However, acute stress disorder symptoms occur between three days and one month after the event. People with acute stress disorder may relive the trauma in the form of flashbacks or nightmares. According to the American Psychiatric Association, about half of people with acute stress disorder later develop PTSD. Many people exposed to a traumatic event experience symptoms similar to those described above in the days immediately following the event. For a person to be diagnosed with PTSD, symptoms must be present for more than a month and cause distress or problems for the individual's normal daily functioning. Many individuals develop symptoms within three months of the trauma, but symptoms may appear later and often persist for years. PTSD usually occurs with other related symptoms, such as depression, substance use, memory

problems, traumatic brain injury, and other physical and mental health problems.

Where Does PTSD Occur In The Brain

Many studies have used different brain imaging techniques to determine the brain's changes due to PTSD. These areas include the Hippocampus, which gets smaller. This area is responsible for memory; the amygdala becomes more prominent. This area deals with emotional reactions, and the prefrontal cortex helps regulate mood, attention, and impulsivity. Recent studies have shown that men's and women's brains respond differently to traumatic events.

How Does PTSD Affect The Brain

A brain affected by PTSD has an exaggerated response to everyday events – driving in the car, going to the store, meeting with family and friends can trigger the event. They may have a flashback, feel extreme fear or panic, and avoid everyday activities.

Can PTSD Be Cured

As with the majority of mental disorders, PTSD is not strictly curable.

Can PTSD Be Treated Without Medication?

A multimodal treatment plan consisting of medication, therapy, and alternative therapies such as neurofeedback may reduce the symptoms of PTSD.

Does PTSD permanently damage the brain?

PTSD does seem to cause structural changes in the brain and, if left untreated, it may be permanent. The concept of Neuroplasticity implies that

the nervous system can change and adapt to its environment and is not, in fact, concrete and immutable.

Neurofeedback vs emdr For PTSD

No treatments should be placed above or superior to the other because no one size fits all treatment for PTSD. The current gold standard for the treatment of PTSD is medication and therapy. EMDR and Neurofeedback are considered alternative therapies.

Reach Your Peak Potential With Myneurva

Neurofeedback helps you to reach your peak potential. You will see first hand how your brain responds with every session.

[What Is Neurofeedback](#)

[Neurofeedback At Home](#)

[Clinical Therapy](#)

[Features & Benefits](#)

[About](#)

[Contact](#)