



Could you benefit from **Neurofeedback for your Eating Disorder?**

As part of a comprehensive treatment program, neurofeedback can put you in the best possible position to make a full and lasting recovery.

Neurofeedback is a form of biofeedback that trains individuals to voluntarily regulate their brain activity in response to real-time feedback.

Neurofeedback is a safe, non-invasive, painless procedure.

Neurofeedback training helps participants with eating disorders enter a calm, peaceful state of mind, where they are better able to resist urges to engage in disordered eating behaviors. Other benefits of neurofeedback training include:

- Greater mind-body awareness
 - Enhanced coping skills
 - An overall sense of calm
 - Improved sleep
- Better focus and concentration
- Emotion regulation skills that can be utilized after neurofeedback training ends

For more information call (306) 935-2240 or email bridgepoint@sasktel.net

*A joint collaboration between BridgePoint Center for Eating Disorders
and the Learning Disability Association of Saskatchewan*



BRIDGEPOINT
CENTER FOR EATING DISORDERS



Idas

Learning Disabilities Association of Saskatchewan

The right to learn, the power to achieve



Consent for Referral to LDAS

Program Applying For:

- ☐ Neurofeedback
☐ ADHD Coaching
☐ Employability Coaching
☐ Other
- ☐ Saskatoon location
 ☐ Regina location

Applicant Information

Name:

Gender Identity
☐ M ☐ F
 Preferred Pronoun:

DOB:

AGE:

Address:

Box/Street

City, Prov

Postal Code

Contact Information

Please provide phone numbers where messages **can** be left.

Home Phone:

Cell Phone:

Work Phone:

Email Address:

Preferred Method of Communication:

☐ Phone Call

☐ Email

☐ Other

Safety Contact *

Name:

Email:

Home Phone

Cell Phone

Relationship:

Street Address/City:

Email:

Health Care Provider, Person or Agency

Doctor:

Phone:

Counsellor:

Phone:

☐ I hereby consent to allow BridgePoint Center Inc. (hereinafter referred to as "BridgePoint") to release information from their clinical records to the Learning Disability Association of Saskatchewan as per privacy and confidentiality policies of both parties

Applicant Signature: _____ **Date:** _____



YOUR BRAIN ON NEUROFEEDBACK: CUTTING-EDGE TREATMENT FOR EATING DISORDERS

What is Neurofeedback?

Neurofeedback is a form of biofeedback that trains individuals to voluntarily regulate their brain activity in response to real-time feedback. This innovative procedure, called neurofeedback (or EEG biofeedback), is being used at some of the leading addiction and eating disorder treatment programs to help people more effectively manage their emotions and reduce stress.

BridgePoint has collaborated with the Learning Disability Association of Saskatchewan to facilitate a referral process to provide services to BridgePoint participants. EEG Neurofeedback is a safe, non-invasive, painless procedure.

How Does Neurofeedback Work?

Neurofeedback provides information about your brainwaves so that you can change the frequencies to achieve certain goals, such as reducing stress. Because you can't see what your brain is doing, a technology called EEG (electroencephalogram) is used to give you information about its electrical activity. With a computer and a few simple sensors, you can learn how your brain responds to stress and other stimuli. After an initial EEG and consultation, a neurofeedback specialist creates an individualized treatment protocol tailored to your specific needs and goals. Training sessions occur, on average, 1 to 2 times per week.

Benefits of Neurofeedback Training

The primary goal of neurofeedback training helps participants with eating disorders enter a calm, peaceful state of mind, where they are better able to resist urges to engage in disordered eating behaviors.

Other benefits of neurofeedback training include:

- Greater mind-body awareness
- Enhanced coping skills
- An overall sense of calm
- Improved sleep
- Better focus and concentration
- Emotion regulation skills that can be utilized after neurofeedback training ends

Through neurofeedback and other therapies, patients begin to become aware of how their feelings effect the brain. Rather than falling victim to their emotions, they realize that feelings can be interpreted, processed and understood in different ways to improve overall functioning.

Neurofeedback is both powerful and empowering for those with eating disorders, drug and alcohol addiction, and other mental health issues. Once the participant learns to access and activate the brain more effectively, symptoms of the disorder begin to decrease. As part of a comprehensive treatment program, neurofeedback can put you in the best possible position to make a full and lasting recovery.

The therapeutic applications of neurofeedback are numerous and research can be accessed at: <http://www.eegspectrum.com/faq/>.