



The Neurofeedback Advocacy Project

Our Mission

To make neurofeedback accessible to those who need it by building capacity within our existing healthcare system, with a focus on agencies working with the underserved and those most vulnerable.

What Is Neurofeedback?

Neurofeedback (NFB) is a non-invasive intervention to train the brain to improve its own ability to self-regulate the timing of its internal signaling. Doing so can resolve chronic stress and improve sleep, mood, attention, pain and physical functioning.



Important for those living with trauma, NFB is a true “Low-Barrier” treatment requiring no effort on the part of the client. In a session, the client simply plays a video game or watches a movie where a race car accelerates or the movie gets larger when the brain activity moves into an optimal pattern. The brain uses this feedback to better regulate itself.

Effective with clients of any age, it is compassion-informed and non-judgmental. It can be used with those who don't do well with talk therapies as it requires no self-disclosure, yet can be readily integrated into other modalities. It has been used with clients from a wide range of cultures and has demonstrated effectiveness with underserved and marginalized communities.

We offer training, ongoing support and affordable access to neurofeedback systems for eligible agencies. To be eligible, an agency/practice must serve either an underserved/difficult-to-engage population or have at least 80% of clients who are low-income/Medicaid-eligible.

Demonstrated Outcomes*



38% Reduction in Severity of Client's Concerns



42% Improvement Client's Coping With Stress



50% Reduction in Self-Harm/Suicidal Ideation



100% Reduction in Arrests and/or Incarcerations



75% Reduction in Disciplinary Actions at School



100% Reduction in Drug and Alcohol Relapses



84% Reduction in ER Visits for Psychiatric Reasons



2% No Show/Late Cancellation Rate

*This is current data from clients in the agencies in the project. To see all the results, go to:

NeurofeedbackAdvocacyProject.com