

Neurofeedback Resources

BOOKS

[*A Symphony in the Brain: The Evolution of the New Brainwave Biofeedback*](#), by Jim Robbins. New York: Grove Press, 2008.

[*Biofeedback for the Brain: How Neurotherapy Effectively Treats Depression, Autism, ADHD and More*](#), by Paul Swingle. New Brunswick: Rutgers University Press, 2010.

[*Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness*](#), by Daniel Amen. New York: Three Rivers, 1999.

[*Getting Started with Neurofeedback*](#), by John N. Demos. New York: W. W. Norton & Co., 2005.

[*Healing ADD: The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD*](#), by Daniel Amen. New York: Berkley Trade, 2002.

[*Healing Young Brains: The Neurofeedback Solution*](#) by Robert Hill and Eduardo Castro. Newburyport: Hampton Roads Publishing, 2009.

[*Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain 1st Edition*](#), by Sebern Fisher. New York: W.W. Norton & Co., 2014.

[*Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach*](#), by Vincent Monastra. American Psychological Association, 2005.

[*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Reprint Edition*](#) by Bessel van der Kolk. New York: Penguin Books, 2015.

[*The Neurofeedback Solution: How to Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More*](#), by Stephen Larsen. Rochester, VT: Healing Arts Press, 2012.

WEBSITES

About Neurofeedback

www.aboutneurofeedback.com

Looking to reduce medication? Perhaps you want to calm an emotionally dysregulated child – traumatized prior to arrival in your home? Maybe you want to calm yourself? Neurofeedback or EEG Biofeedback is training for the brain. In very simple terms, the brain wants to be in a state of synchronicity, a place in which it can regulate all aspects of the individual's functioning effectively. Neurofeedback helps the brain attain the harmony it desires. This website explains neurofeedback — simply and thoroughly. AboutNeurofeedback.com tackles the most relevant questions about neurofeedback. It gives a realistic view of neurofeedback needed by parents and professionals.

International Society for Neurofeedback and Research (ISNR)

www.isnr.org

ISNR has as its mission the promotion of excellence in clinical practice, educational applications and research in applied neuroscience in order to better understand and enhance brain function. This website includes abundant abstracts for the research conducted about neurofeedback to date. ISNR also offers a description of neurofeedback, a data base of providers and information about their annual conference.