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Ms. Joan Trossman Bien
Ventura County Reporter Online

Dear Ms. Trossman Bien:

Re: Neurofeedback noted in
It Really Is All in Your Head: Neurofeedback Can Change Your Brain

Thank you for covering the topic of neurofeedback in your August 26th article that appeared at http://www.vcreporter.com/cms/story/detail/it_really_is_all_in_your_head_neurofeedback_can_change_your_brain/8178/ in the *Ventura County Reporter Online*.

I appreciate you presenting such a clear and helpful description of what neurofeedback methods involve, and the range of problems it is used to help. It is very important for the public, as well as health care practitioners, to understand the safety and effectiveness of neurofeedback, and its growing research support. I also appreciate the way you related neurofeedback to biofeedback, and referred to the use of QEEG methods in the assessment and treatment planning. As you said, there are downsides to neurofeedback as well, including time commitment, cost, and limited insurance coverage. An additional barrier is that most physicians and health care practitioners have very scant knowledge of neurofeedback, and, when they have heard of it, can too easily dismiss it. Your article helps both the public and professional communities to have greater awareness of this scientifically-supported but non-traditional health care alternative. As we move forward, new applications related to neurofeedback continue to be developed, including those related to gaming, transportation, and rehabilitation. Other applications involve methods for selecting psychoactive medications to which patients are most likely to respond, brain-computer interfaces for communication, and enhancement of athletic and artistic performance. However, some applications have caused controversy, for instance, with respect to the safety of games that may reward parts of the EEG spectrum that, in some individuals, could be associated with worsened cognitive or behavioral problems.

The Biofeedback Certification International Alliance (www.bcia.org) is an organization that provides certification to health care professionals who meet high standards of education and training in neurofeedback and biofeedback. By doing so, we help the public identify practitioners who can safely and effectively offer neurofeedback and biofeedback to ameliorate conditions like those your article mentions. BCIA also collaborates with professional organizations such as the Association for Applied Psychophysiology and Biofeedback

(www.aapb.org) and the International Society for Neurofeedback and Research (www.isnr.org) to promote the highest standards of practice, education, and research.

I hope that you will continue to write about neurofeedback and biofeedback. I look forward to reading more of your excellent writing. Please let BCIA know if we can be a resource in the future to you for any articles related to neurofeedback or biofeedback.

Yours sincerely,

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