



PALM HEALTH

REACH WELL-BEING

NEUROFEEDBACK

for

STUDENTS



*enhance your focus,
enhance your performance*

About PALM Health

PALM Health is a personalized medicine clinic and wellness center offering a comprehensive range of medical, preventive care, mental health, fitness, nutrition, and spa services designed to improve overall well-being.

PALM stands for **Personalized, Advanced, Lifestyle Medicine.**

Our **Personalized** approach allows us to offer proactive care, customized solutions, and comprehensive support.

The **Advanced** therapies and technologies we provide help prevent, uncover, and treat the root cause of illness.

Our **Lifestyle** approach emphasizes balance, with daily access to a state-of-the-art healing environment, fitness center, healthy café, and spa.

And our experts practice functional and integrative **Medicine**, focusing on both mind and body. Together, we cultivate a community for sustainable well-being.

Neurofeedback

Is your child having problems with focus, attention, stress, anxiety, or school performance?

PALM Health has a neurofeedback package specially designed to help children and families address these symptoms.

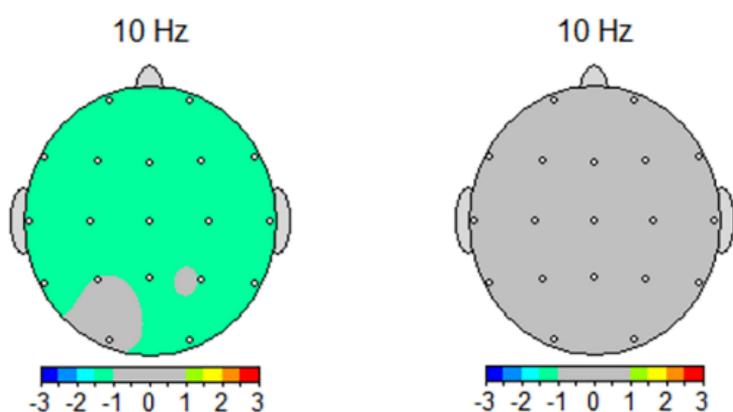
Neurofeedback or “brain training” is a learning therapy that measures brainwaves, then provides performance-based feedback to improve various brain functions such as attention.

Neurofeedback is non-invasive, pain-free, and medication-free. Sessions can create lasting improvements for young people ages 6 and older.

Neurofeedback can help with:

- ADD/ADHD
- anxiety
- stress
- sleep problems
- performance anxiety
- focus
- comprehension
- memory
- academic and competitive performance

Neurofeedback can also help individuals with post-concussive symptoms, post-traumatic stress disorder, depression, and headaches.



Turquoise indicates an “alpha deficit” common with anxiety and sleep issues

Gray indicates “alpha normalization,” showing reduced anxiety and improved emotional regulation

Our Student Package

The **Neurofeedback Package for Students** has a three-step process:

STEP 1

The package begins with a brain mapping test (quantitative electroencephalogram or qEEG) that analyzes an individual's brainwave activity using sensors placed on the head.

This test can help identify different areas of the brain that are dysregulated and that may be adversely impacting a student's ability to think clearly, focus on a task, regulate emotions, and cope with life's challenges.

For example, some individuals with ADHD have less activated brainwaves—a little like driving a car stuck in second gear—which makes it harder to focus their thinking.

STEP 2

The PALM Health neurofeedback-certified neurotherapist will analyze the brain mapping results, collaborate with the neurologist, and develop a personalized treatment plan based on the student's goals.

The neurotherapist will then review the test results and the personalized treatment plan with the participant.

STEP 3

Participants will attend a series of neurofeedback training sessions, each lasting 30 minutes.

In this Neurofeedback Package for Students, 20 sessions are included. Participants are recommended to complete an average of two to three sessions per week.

During a neurofeedback session, brainwave data is recorded, transformed into digital format, and then “fed back” to the participant via auditory and visual cues, often in a movie- or video game-like style.

For example, as a student becomes more focused, positive feedback is given on the computer screen, such as the size of the video expanding. If the student becomes distracted, the video shrinks.

This real-time feedback facilitates learning to balance brainwave patterns.

Neurofeedback Screen Example



For a student with ADHD who wants to improve focus, the roller coaster moves faster when he or she is more focused and slows down when he or she daydreams.

PALM Health Student Package Benefits

Unique advantages of neurofeedback at PALM Health include:

- on-site collaboration between the neurotherapist and pediatric neurologist,
- an initial brain mapping test (qEEG), linked to a research-based database to guide the development of a personalized plan, and
- an on-site PhD provider who works directly with each student.

Student Package

The Neurofeedback Package for Students is available both at PALM Health and virtually.

The package costs \$2,250* (\$2,555 value) and includes:

- Initial Session – Brain Mapping Test (qEEG) *75-90 minutes*
- Brain Mapping Review Session *30 minutes*
- Pack of 20 Neurofeedback Training Sessions *30 minutes each*

To learn how neurofeedback might be of value to your child, connect with a Navigator at 314-801-8898 option 2 or **membership@palmhealth.com**.

**Note: Upon request, PALM Health will provide the necessary paperwork for you to file for insurance reimbursement, but eligibility is dependent on your insurance plan.*



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