

Treatment and Support Strategies that work: Neurofeedback

Presented by

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Recording for Today's Session

Please note that we are recording the didactic portion of today's session. While we will not record any group discussions, the recording from today's presentation may be considered for posting on the CMHIS Learning Lab for public use and/or be made available to attendees.



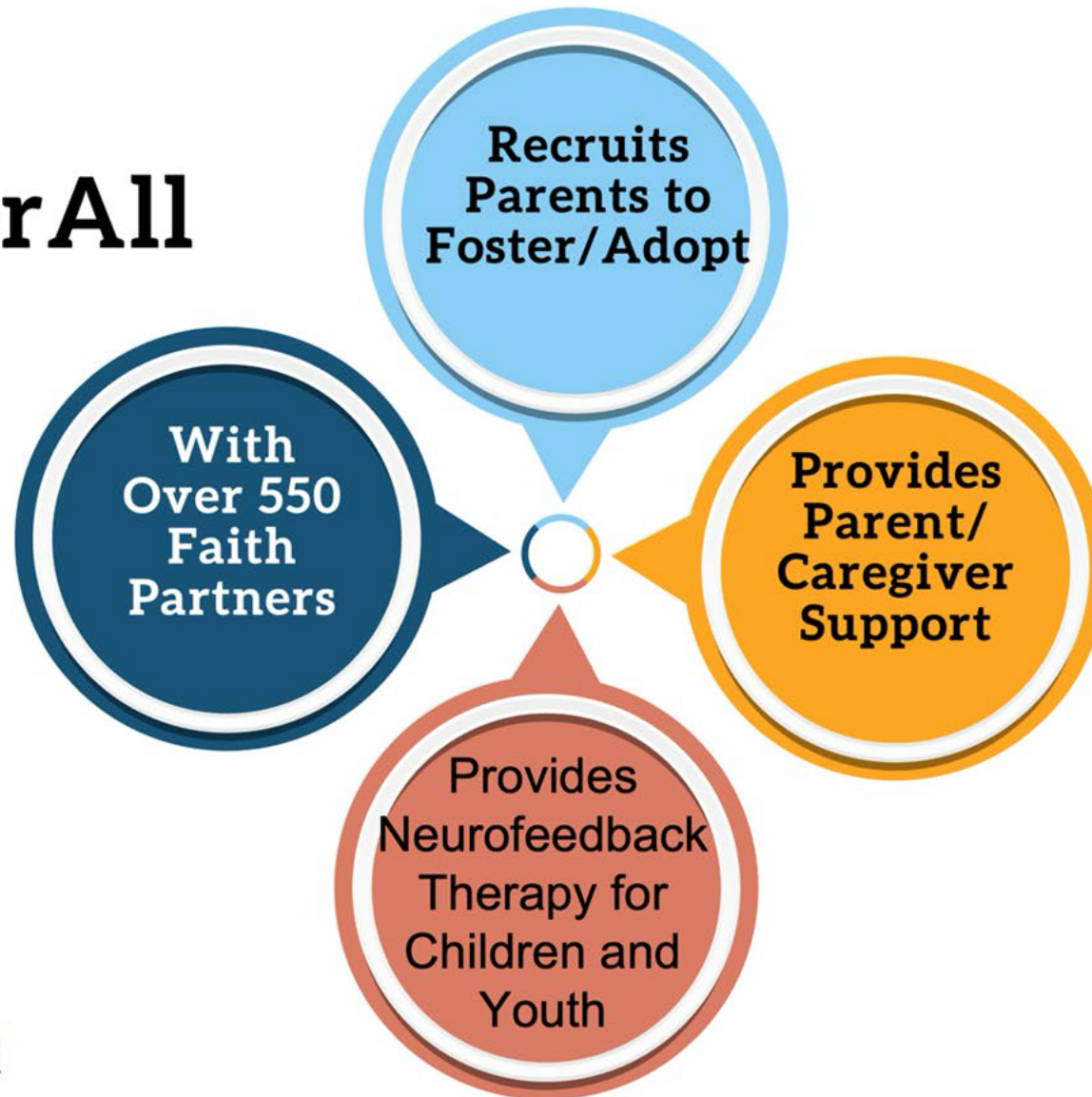
**Treatment and Support Strategies that
work: Neurofeedback**

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FosterAll



THE NEED



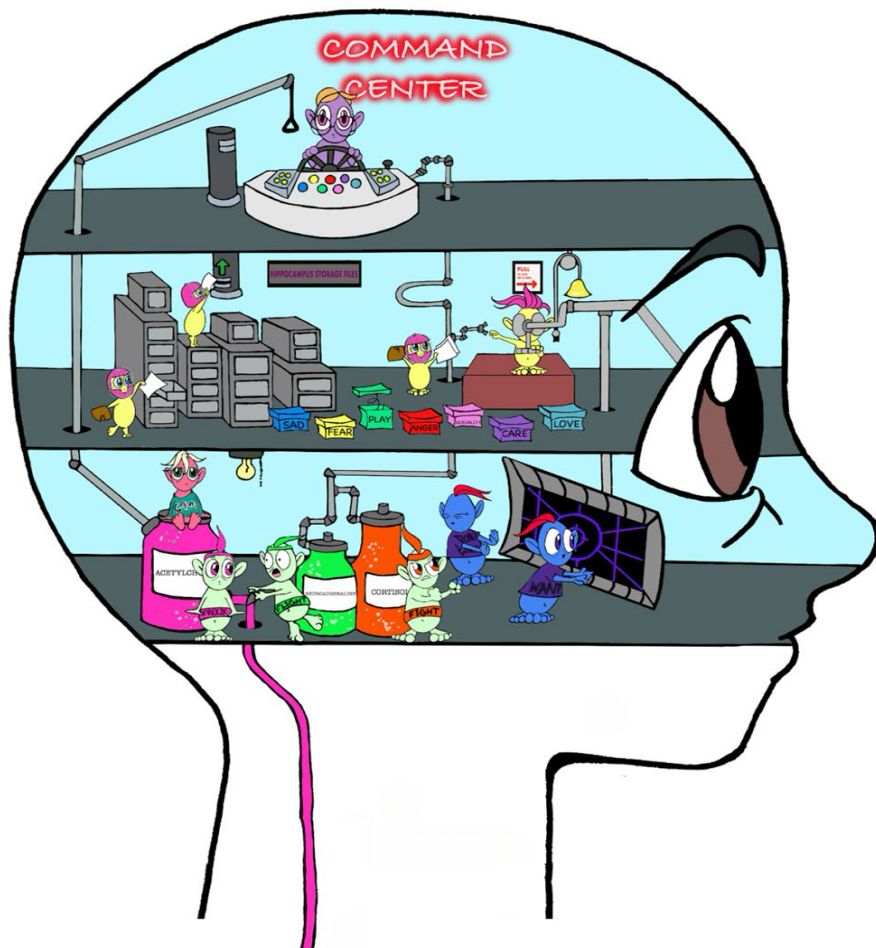
- Foster/adopt and biological parents/ caregivers are desperate for help
- Multiple diagnoses and medications
- Multiple therapy services

THE SUPPORT PROGRAM



WisdomPath Way (WPW) Reparative Parenting by Dr. Kate Messina

- 10 Parent Group Intervention Sessions, plus
- Weekly Individual Coaching with Therapists
- Provides Clear and Easy Directives
- Better Understanding of Their Child's Brain and Behaviors

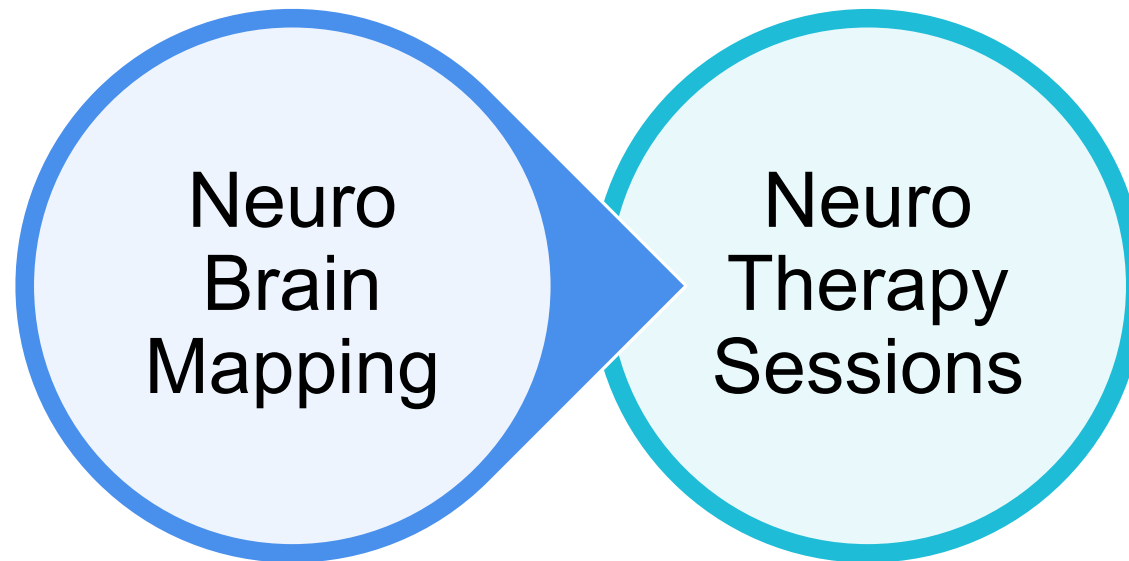


WPW

3 Story Brain

- Executive Functions
- Emotions, Memory, Learning, Nervous System, Motivation
- Vital Functions, Arousal States, Survival

Neurofeedback Therapy



The Science of Neurofeedback:

*Training the Brain
Toward SelfRegulation*

Nathan Brown, PhD
TrueBearing



How Neurofeedback (NFB) Fits the Self Regulation Model



- **The model**

- Ideally, children receive a foundation for self-regulation through co-regulation with a calm caregiver
- Trauma, neglect, and disability disrupt that path
- Result: A shared driver beneath a wide range of severe diagnoses:
Neuroautonomic dysregulation (NAD)

- **Where neurofeedback fits — one of three reinforcing levers**

- Caregiver co-regulation (the parent program)
- Neurotherapy
 - Neurofeedback (top-down brain regulation)
 - Somatic-focused biofeedback methods (body-based calming)
- Parent commitment and engagement is the core mechanism

What Neurofeedback Is—and Why It Works



• What NFB is

- Brain training
- The brain as guitar
- NFB offers real-time mirror for the brain
- Scalp sensors read EEG—no stimulation is delivered
- Data is processed and returned as visual, auditory feedback
- A game, other activity rewards a calmer, more organized pattern
- Non-invasive, drug-free
- ~20-100+ sessions
- Benefits are cumulative and persistent

• Why NFB works

- The brain repeats what is rewarded
- Brain is designed for homeostasis
- NFB recovers the pathway to balance
- Self-regulation is a trainable capacity
- Durable change through neuroplasticity
- NFB reaches kids who can't make use of talk-based care

What the Evidence Says



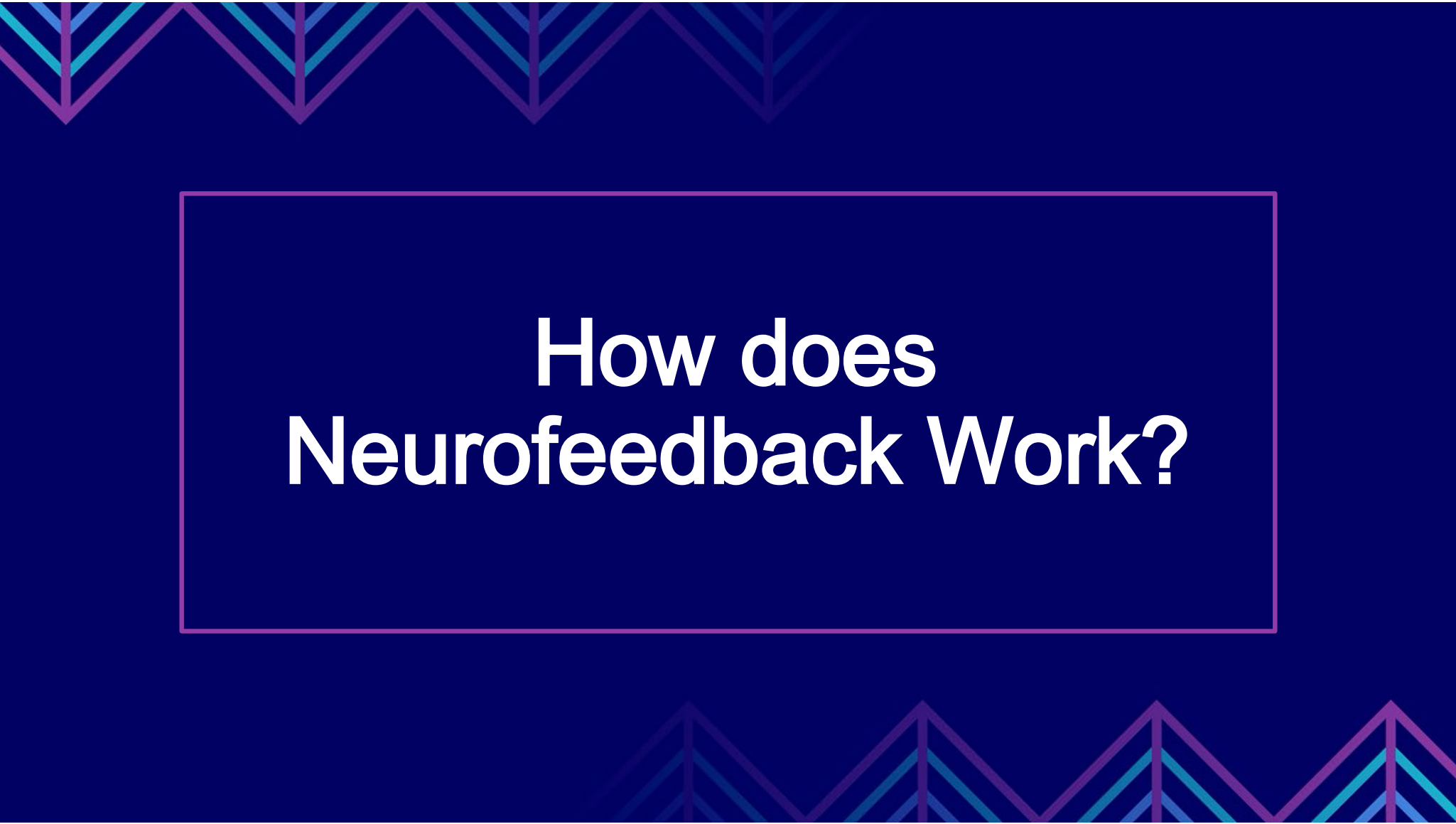
- NFB has demonstrated efficacy for many conditions characterized by underlying neuroautonomic dysregulation (NAD), including:
 - ADHD
 - Anxiety
 - Autism
 - Other complex behavioral, cognitive, and emotional conditions

NFB and other forms of neurotherapy are most effective as part of an integrated, relationship-based approach.

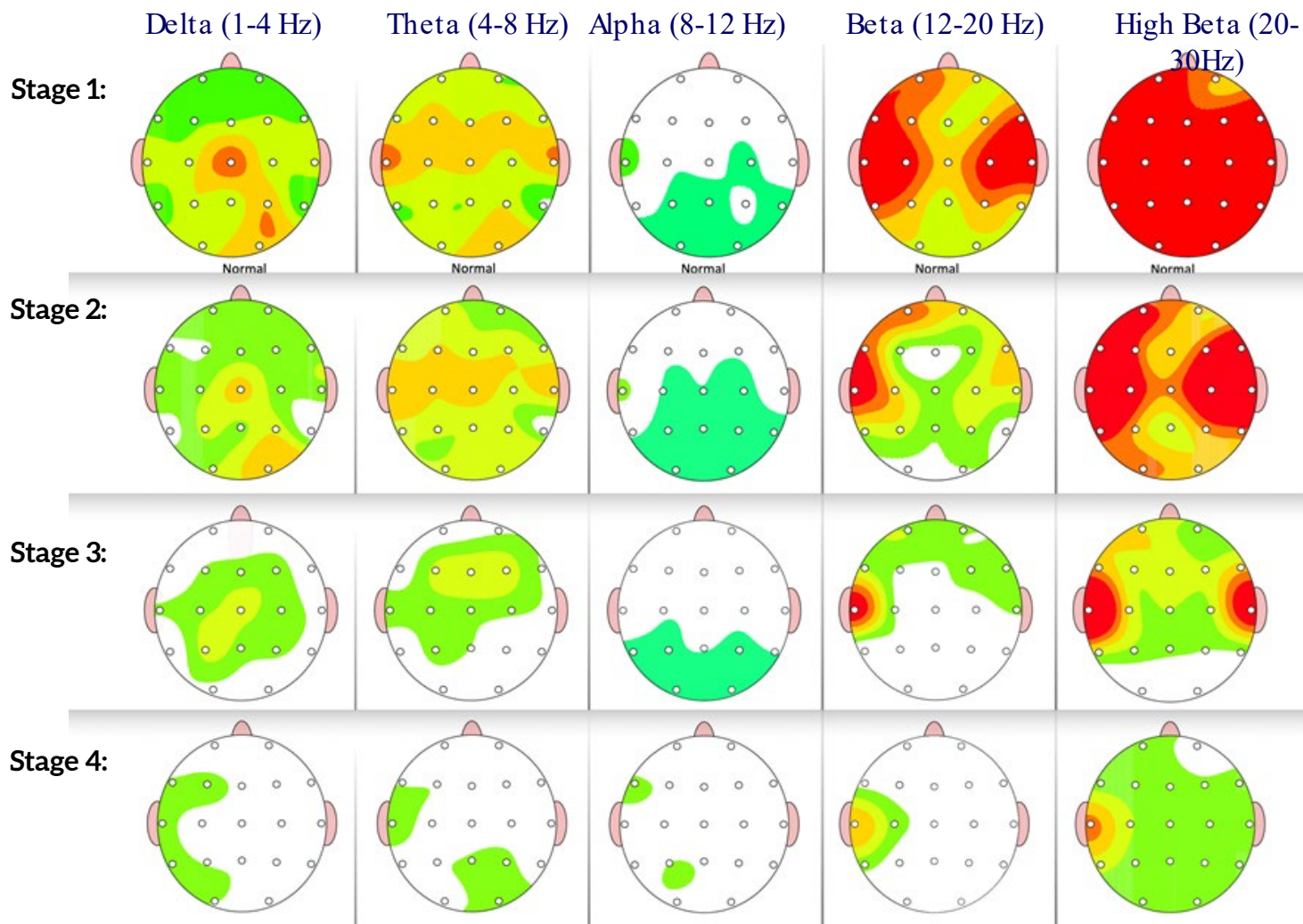
Summary—What to Take Away



- Neuroanatomic dysregulation is a shared driver across severely impaired populations
- Self-regulation can be trained
- NFB is a non-invasive way to re-wire a calmer brain
- Well-established for ADHD, anxiety, autism, and other complex conditions
- NFB works best inside a relationship-based package
- NFB is not a cure or standalone solution; however it can add an essential element to a caregiving toolbox



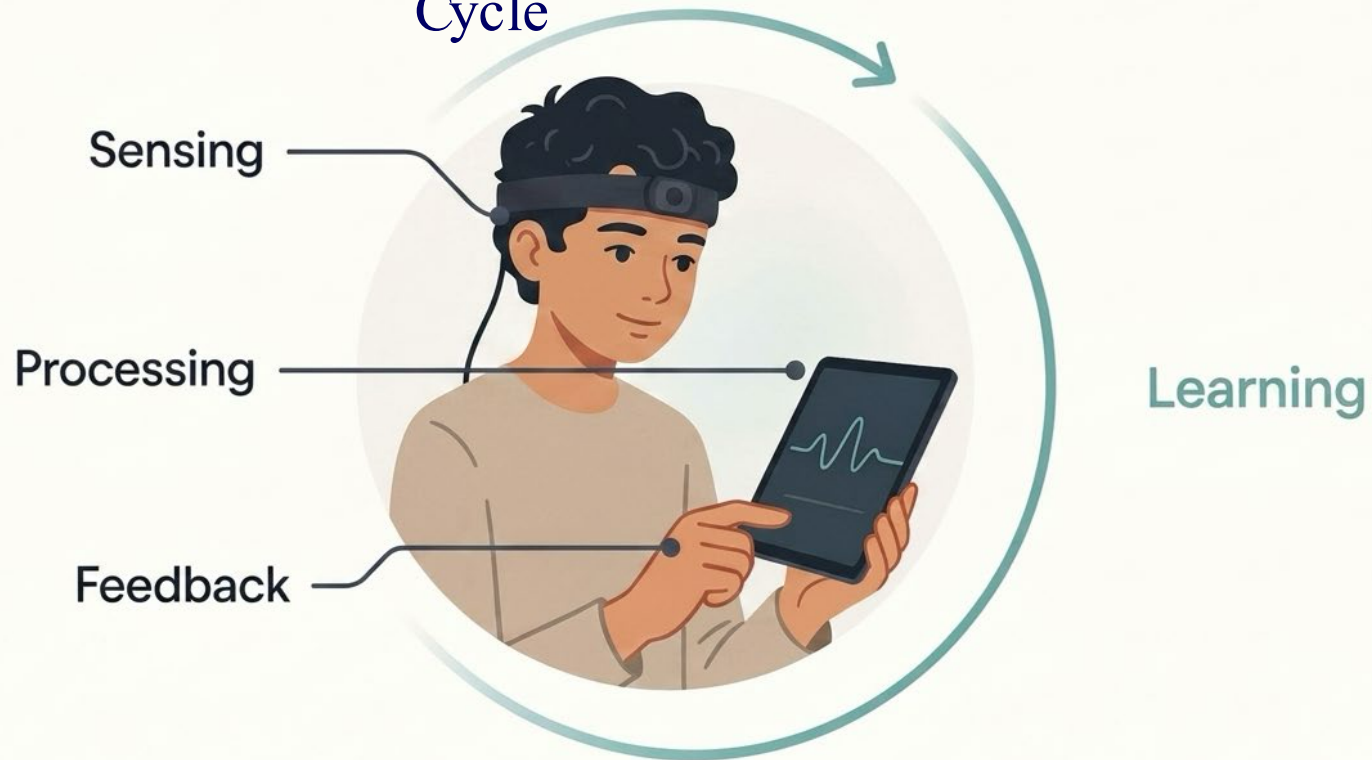
How does Neurofeedback Work?



NFB always begins with an assessment

And a clear understanding of parents' goals

The Neurofeedback Cycle



Stories from our FosterAll Families: Lou





Implementing Neurofeedback at Scale

Implementation and Costs



- Equipment
- Staff training
- Family support
- Administrative
- Aftercare support



If you are interested in a free initial consultation
with FosterAll and TrueBearing
on scaling up NFB in your program
Contact:

Lou Moore, FosterAll
lmoores@fosterall.org
818.649.8003





Discussion | Q&A

References



- Arns, M., de Ridder, S., Strehl, U., Breteler, M., & Coenen, A. (2009). Efficacy of neurofeedback treatment in ADHD: The effects on inattention, impulsivity and hyperactivity: A meta-analysis. *Clinical EEG and Neuroscience*, 40(3), 180-189.
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- Khazan, I., Shaffer, F., Moss, D., Lyle, R. R., & Rosenthal, S. (Eds.). (2023). *Evidence-based practice in biofeedback and neurofeedback* (4th ed.). Association for Applied Psychophysiology and Biofeedback.

State Break Out Discussions



- How can you establish, sustain, or grow Neurofeedback in your state?
- What services are already being provided?
- Where are the gaps?

State Break Out Discussions



- Reflections from breakout discussions
- 3 teams willing to share something that stood out from their discussions or share something that might resonate with other state teams

Interim Survey



We are required to evaluate our services to maintain funding and hope you will assist us.

Please complete the following brief (less than 10 minutes) anonymous feedback form so we can make our services better.

<https://www.cmhisupport.org/groups/cross-system-strategies-to-support-children-with-complex-behavioral-health-conditions-interim-survey/>



SCAN ME

Upcoming Sessions



Treatment and Support Strategies that work:

July 31, 2026

- Understand the benefits of Equine Assisted Therapy for children with complex conditions, including trauma.
- Learn about somatic/body-based practices to reduce trauma that can be implemented as part of the children's routines.
- Explore application and adoption in state programs.
- Presenter: Hela Baer, LCSW, E-RYT, PATH Intl. Equine Specialist in Mental Health and Learning: Masterson Method Equine Specialist

How to fund services and provider capacity development:

Aug. 7, 2026

- Learn how various federal funding streams can support providing a "Place that is Safe, Treatments to Heal and Opportunities to Grow."
- State successes and challenges: An opportunity for participating states to present their efforts and challenges and to exchange strategies.

State implementation successes and challenges:

Aug. 21, 2026

- An opportunity for participating states to present their efforts and challenges, to bring questions and to exchange strategies.
- Facilitator: Gabriella Imbriano, CMHIS