

FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES

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QEEG (Brain Map) Process

An individual undergoing a QEEG or brain map will do the following:

- Complete online questionnaires prior to the mapping.
- A sensor cap will be placed on the individual's head and conductive gel will be placed in the holes in the cap. The cap is connected to the computer which will record brain wave patterns.
- The individual will sit still with their eyes open for 6 minutes. Slight movement breaks can be taken at the conclusion of each minute, if needed.
- The individual will then do the same thing with their eyes closed.
- After the recordings are completed, the gel will be towed out of the individual's hair.
- An appointment will be set up for a review of findings after the QEEG has been analyzed.
- The entire process usually takes between 30-60 minutes depending upon individual needs.