

## **How Did Dr. Baker Become Involved in Neurofeedback???**

### **A Tale of Confronting Skepticism**

I will admit that in the past I was skeptical about the benefits of neurofeedback and qEEG assessment. My skepticism was not related to any specific research findings, but was instead related to a general skepticism about neurofeedback from traditionalists in neuropsychology. When people discussed the benefits of neurofeedback, my first thought was that this was a "placebo" effect (yet I tried to hold back on admitting this to avoid upsetting clinicians I perceived as overly optimistic!). Therefore, I never recommended neurofeedback to clients or parents unless they had not benefited from medication or other interventions. When clients told me they knew of others who had benefited from neurofeedback, my common response was: "Ok, but will they need to receive neurofeedback for the rest of their lives for it to remain helpful?" I have since learned that research findings have found that the vast majority of clients maintain the gains from neurofeedback well after the treatment has ended, with some studies showing these benefit to last 9+ years beyond the last neurofeedback session!

At a professional conference in San Diego, I met up with an esteemed and highly respected colleague and friend from graduate school. He had been on staff as a pediatric neuropsychologist at the Stanford University School of Medicine, and he told me about the tremendous gains his clients had been receiving as a result of neurofeedback. The effects were so dramatic that he decided to refocus his clinical practice on neurofeedback and qEEG assessment, and he and his team were seeing 50+ clients per week for neurofeedback. He, too, admitted he had always discounted neurofeedback without scientific reason, yet he pointed me toward the extensive research supporting neurofeedback. Hesitantly, I reviewed the literature and I was simply amazed at the consistent findings suggestive of strong efficacy. I was particularly impressed that "Level 5" efficacy (which is difficult to achieve) was found in controlled studies for numerous conditions, including ADHD. As a result, I completed certification training in neurofeedback and qEEG assessment

from STENS-Biofeedback in San Francisco, a highly respected training program. Similar to my colleague, I have been amazed at how quickly children and adults begin noticing the benefits of qEEG-guided neurofeedback, which teaches clients to change and control their own brain wave activity through operant conditioning procedures via a computer interface. In particular, the more recent development of 19-Channel Z-Score Training (which is only possible through the advanced technologies now available with newer computers) has greatly expanded the utility and treatment efficacy of neurofeedback interventions. See the other sections of my website for additional information about how qEEG assessment and neurofeedback work, including research findings supportive of these interventions with a wide variety of conditions.