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Automated neuro feedback brain-training as a primary mental health intervention

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Neuro feedback brain-training (NFBT) has a significant presence in the literature for its efficacy in alleviating the symptoms and behavioral manifestations of a broad spectrum of mental health disorders, with no enduring negative side-effects. NFBT is a behavioral intervention in that it teaches the brain to better manage its own brain-wave activity. Barriers to implementation in clinical and subclinical settings include cost of equipment, lengthy in-depth training requirements, and a lack of clear guidance in developing and implementing brain-training protocols specific to each individual's brain-phenotype. Automated NFBT systems demonstrate equal efficacy as clinician-guided EEG Systems. Further, advancement in these systems provides scalable affordability, reduce the training requirements for brain-trainers, and significantly increase the effectiveness of all other behavioral and therapeutic interventions. We propose that automated brain-training can be implemented in a wide variety of clinical and subclinical settings by person's qualified persons qualified by their understanding of behavioral training.