



# TRAIN YOUR BRAIN

 385-503-8398

 [info@nativation.org](mailto:info@nativation.org)

 [www.nativation.org](http://www.nativation.org)



Nativation™

## TRAIN YOUR BRAIN: A Family's Guide to Neurofeedback and qEEG Brain Mapping

*A Service of NATIVation Neurofeedback*

---

### You Are Not Failing

Families often arrive exhausted—parents worn down by nightly homework meltdowns, teenagers overwhelmed by anxiety, adults feeling like their own minds are working against them. It's not a lack of effort or love. It's not failure.

Brains sometimes get stuck in patterns that make life harder than it needs to be. Neurofeedback offers a medication-free way to help the brain find balance again. It begins with a qEEG brain map—a scientific look at how the brain's rhythms are firing, so training can be tailored to what each brain truly needs.

---

### Table of Contents

1. Your Brain Runs on Rhythms
  2. When the Rhythm Is Off
  3. The qEEG Brain Map
  4. How Neurofeedback Training Works
  5. What a Session Looks Like
  6. Realistic Expectations & Timelines
  7. Fits with Therapy and Medication
  8. 7 Questions to Ask Any Provider
- 

### Chapter 1: Your Brain Runs on Rhythms

The brain is like an orchestra—billions of cells firing in patterns, creating rhythms that guide every thought, emotion, and action. These rhythms, called brainwaves, shift speeds depending on what the brain is doing.

Gear Speed	What It Feels Like	Best Used For	When It Causes Trouble
Slow Waves (Idle Mode)	Calm, dreamy, relaxed	Rest, creativity, sleep	Too much = foggy, unmotivated, hard to focus
Middle Waves (Cruising Speed)	Alert, steady, balanced	Learning, working, socializing	Too little = distractible or anxious
Fast Waves (Focus Gears)	Sharp, intense, driven	Problem-solving, quick thinking	Too much = tension, worry, racing thoughts

Self-regulation—the ability to shift smoothly between these gears—is a brain skill, not a personality trait. Neurofeedback helps strengthen that skill so the brain can move fluidly between calm, focus, and rest.

## Chapter 2: When the Rhythm Is Off

### It's Not a Character Problem. It's a Gear Problem.

When brain rhythms fall out of sync, life can feel harder than it should. Common struggles include:

- Focus and attention (ADHD/ADD)
- Anxiety and panic
- Autism-related challenges
- Depression and low mood
- Trauma and PTSD
- Sleep struggles
- Emotional dysregulation
- Peak performance optimization

These challenges are not signs of weakness—they're signs the brain's gears need tuning.

## Chapter 3: The qEEG Brain Map

### A Picture Instead of Guesswork

A qEEG brain map provides a visual snapshot of how the brain's rhythms are functioning.

#### The appointment process:

1. A cap with sensors is placed on the head.
2. The sensors listen to brainwave activity—no electricity goes in.
3. The client sits quietly for several minutes.
4. The data is processed into a color-coded map showing patterns of activity.

The map shows how different areas of the brain are communicating and whether certain rhythms are overactive or underactive. It does **not** diagnose conditions or label people—it simply provides data to guide training.

---

## Chapter 4: How Neurofeedback Training Works

### The Brain Is Always Learning. Neurofeedback Just Gives It a Mirror.

Neurofeedback uses real-time feedback to help the brain learn new patterns.

#### The feedback loop:

- Sensors listen to brain activity.
- A computer monitors patterns.
- The screen responds instantly—through visuals or sounds—when the brain moves toward a balanced state.

There is no zapping, no stimulation, and no willpower required. The brain learns through feedback, just as it learns to ride a bike or play an instrument.

---

## Chapter 5: What a Session Looks Like

### From the Comfiest Chair in the Room

A typical session lasts about 30 minutes. The client relaxes in a comfortable chair while watching a movie or animation that responds to their brain activity. When the brain moves toward balance, the screen brightens or the sound improves—subtle rewards that guide learning.

Training is available in-office at **St. Charles, Missouri**, and through at-home systems across **Utah, Missouri, and Arizona**.

---

## Chapter 6: Realistic Expectations & Timelines

### The Honest Chapter

Neurofeedback is a process, not a quick fix. The brain learns gradually, and consistency matters.

#### Program options:

- **30 sessions:** Foundational training
- **48 sessions:** Extended program
- **68 sessions:** Comprehensive program

Progress is tracked through re-mapping around session 20 and again at the end of the program. Each brain's timeline is unique, but most families begin noticing changes within the first few weeks.

---

## Chapter 7: Fits with Therapy and Medication

### “And,” Not “Instead Of”

Neurofeedback complements therapy and medication. It supports the brain's ability to regulate, making other treatments more effective. NATIVation coordinates care with existing providers to ensure a cohesive approach.

---

## Chapter 8: 7 Questions to Ask Any Provider

### Checklist:

1. Do you start with a qEEG brain map?
  2. Who reviews the map, and what are their credentials?
  3. How will we measure progress?
  4. How did you decide how many sessions to recommend?
  5. What results do you promise?
  6. How will this coordinate with our doctor or therapist?
  7. What happens if it isn't working?
- 

## Your Path, Step by Step

**Step 1:** Book Your Map – [nativation.org](https://nativation.org) or call **385-503-8398**

**Step 2:** Your Mapping Session

**Step 3:** Your Brain Map Review with **Brandi Sweet, LCSW**

**Step 4:** Start Training (if it's right for you)

---

## About NATIVation Neurofeedback

**NATIVation Neurofeedback** is a Native American woman-owned therapy practice dedicated to helping families and individuals reconnect with their natural capacity for balance and healing.

### Team:

- **Brandi Sweet, LCSW, ACHT** – Founder
- **Octavia Bartmess, CSW, LMSW** – Neurofeedback Director

### Contact:

Phone: (385) 503-8398

Website: [nativation.org](https://nativation.org)

**St. Charles Office:** 1060 Country Club Rd, Suite 101

---

**Disclaimer:** For educational purposes only. Not medical advice. If in crisis, call or text **988**.

© NATIVation Counseling. All rights reserved.