

## Z score neurofeedback : clinical applications

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### Abstrak

Neurofeedback is utilized by over 10,000 clinicians worldwide with new techniques and uses being found regularly. Z score neurofeedback is a new technique using a normative database to identify and target a specific individual's area of dysregulation allowing for faster and more effective treatment. The book describes how to perform z score neurofeedback, as well as research indicating its effectiveness for a variety of disorders including pain, depression, anxiety, substance abuse, PTSD, ADHD, TBI, headache, frontal lobe disorders, or for cognitive enhancement.