

# TACTICAL BRAIN TRAINING

## Peak Performance & Trauma Resiliency

Non-invasive, research-based neurofeedback (EEG biofeedback) for:

- Better accuracy, precision, & clarity
- Resiliency under stressful conditions
- Improved decision making, relaxed focus

Affordable, Effective, Customized Training Programs



Biobalance Integrated Wellness™

Train Your Brain, Clear Your Mind, Enjoy Your Life!

## Neurofeedback Benefits for Law Enforcement & First Responders

### Concerns

- Loss of composure under pressure
- High stress environment
- Repeated trauma exposure
- Symptoms of post-trauma affect job performance
- Barriers to care including silence and stigma

### Solution

Neurofeedback Peak Performance training used by athletes, coaches, Special Forces, surgeons, executives, and more, resulting in:

- Fewer errors; better accuracy and efficiency.
- Improved decision making.
- Better precision and timing for surgeons.
- Improved focus, concentration, confidence, and less anxiety under pressure.
- In a deployed unit in Afghanistan, active duty military reported better impulse control.
- Neurofeedback helps re-educate the brain to relax, function efficiently, and to repeat the learned brainwave patterns.
- Brain imaging (fMRI) research demonstrates stabilization of deep brain structures associated with a stable, relaxed state of mind.
- Research has shown decreased release of beta endorphins after neurofeedback.
- In a deployed unit in Afghanistan, active duty military reported less inappropriate anger, fewer medications, better job performance and teamwork, and less likelihood of developing PTSD.
- In the same unit, medical providers reported increased resiliency in spite of repeated trauma exposure.
- Two studies with Vietnam veterans resulted in 100% no longer meeting criteria for PTSD diagnosis – long term.
- Among 819 people who self-identified with PTSD, 89% reported their symptoms were better or resolved by the 20th session of BrainPaint® neurofeedback.
- There is no need for “diagnosis” or “treatment” for the training to be effective; no need to talk in order to maximize training benefits.
- Our approach is based on strength and skill building, conducted in the same manner as physical training, delivered in the workplace.

# Neurofeedback Benefits for Law Enforcement & First Responders

## Concerns

- **Shift-work sleep issues**
- **Suicides and family violence**
- **Head injuries**  
Injuries from multiple sources (including playing sports) can develop into unwanted symptoms such as slower processing, impulsive actions, mood swings, rage, and personality changes —years after the actual injuries.

### Addictions:

- **Adrenaline**
- **Alcohol, prescriptions**
- **Behavioral addictions**

### Any combination of the above conditions

## Solution

- Sleep patterns of getting to sleep, staying asleep, or both, are often the first symptoms to improve in the course of neurofeedback training.
- Neurofeedback helps the brain to integrate unprocessed emotions that, when left unchecked, are likely to be expressed inappropriately.
- Subjects in multiple studies reported improvements in quality of life such as mood stability, feeling satisfied and more agreeable, and a sense of well-being.
- Neurofeedback rebalances brainwave activity. The rebalanced state is stabilized by neuroplasticity, which allows the brain to create new pathways and strengthen existing ones.
- Head injuries are difficult to research due to diffuse symptoms; however, research on neurofeedback shows that it is more effective than behavioral interventions for traumatic brain injuries (TBI).
- BrainPaint® providers report that people with head injuries improve more quickly than most other neurological conditions.
- BrainPaint® uses protocols from a large study that showed a 77% recovery rate for neurofeedback trainees as compared to a 44% recovery rate in the control group.
- Many people with substance difficulties develop flu-like symptoms when engaging with their substance after starting neurofeedback.
- Privacy is maintained, and details of substance use do not need to be disclosed.
- BrainPaint® software determines the best training program on an individual basis. It is not “one size fits all.”
- Our approach is non-invasive, self-empowering, skill building, research based, and effective.

## INVEST IN YOUR UNIT

- Peak job performance, better decisions, best outcomes
- Fewer mistakes, injuries, and disability claims
- Destigmatize symptoms—offer brain training as equal to physical training

## CUSTOMIZED PROGRAMS

- BrainPaint® system lease and technical support
- Training of trainers, and ongoing supervision
- On-location workplace brain training sessions

Neurofeedback has a reputation for being costly and not often covered by insurance. The special features of the BrainPaint® system make it possible for us to work with you to put together reasonably priced programs that fit your budget. BrainPaint® software eliminates the need for diagnosis and expensive ‘brain maps’ by incorporating research-validated techniques for determining optimal individualized neurofeedback protocols. The system is user-friendly, and as the exclusive authorized provider of BrainPaint® software for home use, we are proficient in supervising trainees remotely to produce rapid, predictable results.