# Q&A about qEEG Brain Mapping and Neurofeedback Training

*A Painless, Data-Driven Approach to Resetting Your Nervous System*

**What is the purpose of the assessment?**
The qEEG brain map shows where brainwave activity is functioning efficiently and where it may be stuck in patterns of dysregulation. This information guides next steps, including the neurofeedback protocols used during brain training.

**What specific concerns or questions is it intended to address?**
The goal is to understand whether brainwave dysregulation may be contributing to concerns such as anxiety, difficulty focusing, trouble with emotional regulation, sleep problems, or disruptive thought patterns.

**What information would it provide that is not already available through clinical evaluation?**
A clinical evaluation looks at symptoms, history, behavior, and day-to-day functioning. A qEEG brain map adds an objective measurement of brainwave activity. It does not replace a clinical evaluation or provide a mental health diagnosis, but it offers another view of how the brain is functioning.

**How would the results influence treatment recommendations?**
The results can identify areas of brainwave dysregulation that may be associated with the symptoms being reported. We use that information to decide which areas to focus on and which neurofeedback protocols to use during training.

**What evidence supports its use for anxiety-related concerns?**
Emerging research suggests that qEEG and neurofeedback can help identify and address brainwave patterns associated with anxiety. Results are promising, though the evidence is still developing. The brain map does not diagnose anxiety, but it can identify patterns that may correlate with the symptoms being reported.
(Anxiety-Related Symptoms Research)

**How are the sessions conducted?**
During neurofeedback, sensors are placed on the scalp to monitor brainwave activity. The individual typically watches a movie or video while the software responds to changes in brain activity in real time. Nothing is sent into the brain. The system only reads brainwave activity and gives feedback that helps the brain practice more regulated patterns over time.
To prepare for your brain map appointment, see the qEEG Brain Mapping: Pre-Appointment Guidelines.

**What costs should we anticipate beyond what insurance covers?**
Neurofeedback and qEEG brain mapping are often private-pay services, and insurance coverage varies by plan. Before you begin, we'll share the full program cost so you know what to expect. You can then check with your insurance company about any reimbursement that may be available.

**Additional Resources**

- qEEG Brain Mapping: Information & Preparation Flyer
- Feel Hopeful and Thrive: Brainwave Regulation Explained
- Neurofeedback at ECC, Exton, PA
- Anxiety-Related Symptoms Research
- qEEG in Clinical Practice (Frontiers in Neuroscience, 2026) (update the sharing setting first)
- Optional: Theta Neurofeedback and Cognitive Training (Human Brain Mapping, 2025)