



Opinion

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Is there **ADHD** among you, readers?

ADHD is a deficiency in the ability to control the degree of attention, impulsiveness and hyperactivity.

Deficiency in the "**ability**"... precisely, the objective of the biofeedback and neurofeedback **training** is to help control certain brain functions and thus develop the **ability** to control one's thoughts and emotions.

Once developed, these skills are acquired for life. Like the **bicycle**, remember?

ADHD is one of the most common neurological disorders in children and teenagers affecting about 5% of them.

But contrary to popular belief, this dysfunction is not strictly reserved to children and teenagers.

Over the past decade, several studies have been conducted and the researchers indicate that ADHD is hereditary. In 50% to 70% of cases, the dysfunction persists into adulthood. Only 10% of adults with ADHD are treated.

This means that those who suffer do not usually know. And those who do know often find out when their children are diagnosed.

Although adults tend to better control their hyperactivity over time, it is harder for them to control their level of inattention and impulsiveness.

By presenting some symptoms, we hope our Opinion will demystify ADHD. We will also see how neurofeedback is used in the treatment of ADHD.

We would like to hear from you, so do not hesitate to send us your questions or comments.

Happy reading!

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Remember when you first started cycling.

Perhaps the hand of a parent supported? Maybe it was the small wheels that let you stay balanced?

After that, well you kept falling. More often than not, if you're like me. But once you learned how to keep your balance, it was very easy, wasn't it?

Even if you stop cycling for 5 or 10 years, I bet that given the opportunity you will regain your balance and pedal merrily.

When a new skill is developed through biofeedback and neurofeedback training, it remains.

Just like learning to bike...



Definition and symptoms of ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurological condition.

It is not caused by mental deficiency, sensory deficits, social problems, lack of will or lack of motivation of the person who has it.

Here are some symptoms characterizing ADHD prevalent in children and teenagers:

- difficulty staying in one place, internal unrest (rumination)
- Low self-esteem
- forgetfulness

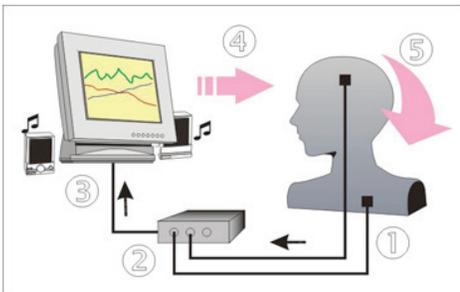
- low concentration
- impulsiveness
- emotional hypersensitivity
- intolerance of routine
- difficulty in starting and completing tasks
- difficulty in paying attention to detail
- procrastination
- trouble making friends
- disorganization, trouble managing time

In adults, we can add the following symptoms:

- tend to change jobs more often than average
- difficulty in developing and maintaining long term relationships
- difficulty in achieving their full potential

More than half of adults with ADHD will develop other problems: mood disorder, anxiety, alcoholism, drug addiction, etc.. It is often one of these problems that causes the adult to seek help.

ADHD and neurofeedback



visual representation of their own brain activity and see the progress made.

Used in the treatment of ADHD with children and adults, this technology is noninvasive and, unlike medication, has no side effects. In addition, the training produces permanent changes in learning new behaviors.

Neurofeedback is an application of biofeedback. It is used to measure brain activity applying sensors on the scalp.

This technology is focused on learning self-regulation of various body functions.

The sensors are connected to a computer. They allow participants to see in real time a

With the training techniques, the participant learns to control certain brain functions through the imagery provided. The participant will by himself find practical ways to alter his brain activity.

For example, the training will improve focus on daily tasks. This will increase self-esteem and will inevitably lead towards achieving full potential.

To learn more

- on our services: www.matteic.com
- reading suggestion: *My Brain Still Needs Glasses*, Dre Annick Vincent



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