

The Role of Neurofeedback in Treating PTSD

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Abstract. This article examines the effectiveness of neurofeedback therapy in treating Post-Traumatic Stress Disorder (PTSD). By using a systematic review and meta-analysis of existing studies, we assessed the impact of neurofeedback on symptom reduction in PTSD patients. Results indicate that neurofeedback can significantly reduce PTSD symptoms, offering an alternative therapeutic pathway for individuals who may not respond to traditional treatments. This study discusses potential mechanisms, reviews different neurofeedback protocols, and provides recommendations for clinicians considering this approach.

Keywords: neurofeedback, ptsd, therapy, treatment, mental health

Introduction: Post-Traumatic Stress Disorder (PTSD) is a debilitating condition affecting millions worldwide, often resulting from experiences such as combat, abuse, or disaster. Traditional therapeutic approaches, including cognitive and exposure therapies, show variable efficacy, leaving a gap for alternative modalities. Neurofeedback therapy, focusing on regulating brain activity through real-time feedback, emerges as a promising intervention for PTSD. This article aims to systematically review the existing literature on neurofeedback's effectiveness, offering insights into its potential as a complement or alternative to existing PTSD treatments. By understanding the neurophysiological changes facilitated by neurofeedback, this research seeks to enhance therapeutic strategies for PTSD.

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