

BRAIN BUILDER

a review by John F. Gilbert, Ph.D.

When I was in private practice as a neurotherapist, I used Brain Builder as the main focus during my neurotherapy sessions. My clients were placed in front of a computer with full access to the keyboard, speakers and monitor. The Brain Builder software was loaded and ready to go. I took my clients through a progressive relaxation exercise while I placed the electrodes on their head and ears. When they were sufficiently relaxed, we started the session.

During the session, my clients engaged in the Brain Builder exercises while I monitored their progress. At a forty-five degree angle to my clients, and on their hand-dominant side, was placed the biofeedback monitor. This screen was well within my clients' range of vision, so they could monitor that as they worked through the digit-span exercises.

For those of you unfamiliar with digit-span exercises, clients are given three numbers. After a suitable time lapse, they are asked to recall those three numbers by typing them out on the keyboard. As the clients improve, more and more numbers are added to the sequence, the time intervals vary more and more and the difficulty increases. It's an excellent exercise to increase memory span and other cognitive skills. The cost is very reasonable for a single user or a classroom. It's also available over the Internet.

While this is not a biofeedback device, per se, it does provide feedback pertaining to mental operations and it has proven to be an effective tool in the biofeedback clinic.

CEU CREDIT FOR SELF-LEARNING

Because this system is easy to learn how to use, and because you really need to experience it in order to supervise your clients, the NTCB Board will award you to earn up to ten (10) CEU, at the rate of one (1) CEU for every hour of practice, for learning how to use this digit-span program. This is entirely a self-study program. The manual is short and to the point. You can learn how to use this program without attending a workshop.