



# Headache Program with Biofeedback / Neurofeedback

## → A Non-Pharmacological Treatment for Chronic Headaches

This program offers:

- a medical evaluation
- headache assessment
- 10-session Biofeedback Program

This program is for children, teenagers and adults.

Our use of Biofeedback technology teaches clients how to control and prevent the onset of headaches. All types of headaches respond well to this form of treatment, including tension, migraine, and cluster. Our technology can monitor those body systems causing the headache pain and give this information to the client. With practice, headache sufferers learn to re-regulate these body systems and reduce the need for medication.

This new non-pharmacological program is directed by Dr. Dale Starcher, who has more than 25 years of experience using Biofeedback technology to treat headaches and other stress related disorders. Please visit our website to learn more about Dr. Starcher.



### About Biofeedback/ Neurofeedback

*The term, "biofeedback" simply means "feeding back" activity in the body, such as muscle activity, heart rate, blood flow, and more. "Neurofeedback" is a type of biofeedback, but only measuring brain activity. Through visual and auditory feedback, usually in the form of fun games, a person can learn to regulate and reduce their physical responses, which positively impacts symptoms or performance goals. This form of treatment is non-invasive, painless, and safe.*



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