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Seizures & Neurofeedback

Research has found that about one-third of people with epilepsy do not benefit from medical treatment. The adverse effects of uncontrolled seizures can include:

- ❖ brain injury such as nerve cell death
- ❖ impairments in cognition such as with memory and attention
- ❖ quality of life difficulties such as lower social interaction, and reduced marriage & employment rates
- ❖ interference with school, work, and driving
- ❖ much higher rate of injuries
- ❖ and a death rate 4-7 times higher

Consequently, controlling seizures ideally to the point they do not occur whatsoever, or at least greatly reducing them is important.

One approach to treating such uncontrolled seizures is through neurofeedback. A meta-analysis was done that looked at every study utilizing neurofeedback and seizures between 1970-2005 that provided information on how much seizure frequency changed in response to such treatment.

Sixty-three studies had been published at the time of this meta-analysis, with ten offering enough outcome information to be included. All of the studies involved seizures not having been controlled by medical approaches.

All of the studies reported an overall decrease in mean seizure frequency following such treatment. Seventy-four percent of patients reported fewer weekly seizures in response to neurofeedback, which is especially notable given that they had uncontrolled seizures previously.

Therefore if you or someone you know is having problems with intractable seizures neurofeedback may be an option to consider.