



We offer Dynamical Neurofeedback® at IPA because it helps manage a variety of issues and promotes overall wellness. Here are some FAQ...

**What is NeuroOptimal®?**

It is training for your brain. You retrain your brain to self-regulate, adapt, and be flexible to changes in the environment. It helps your brain to communicate with the Central Nervous System and improve overall functioning.

**How often should I do sessions?** Frequency may depend on your schedule, what you can afford, or how quickly you want to see results. We empower clients to make this decision.

**Who can use Dynamical Neurofeedback®?**

NeuroOptimal® is a non-invasive, safe, and natural way to train your brain. There are no known side effects. Anyone can use NeuroOptimal® and it is designated by the FDA as a wellness device.

**How much does it cost?**

You have a few options depending on what fits your schedule and budget, and how quickly you want to see results. You can schedule sessions with us at \$75-95 per session (1st is \$125), rent a system to use at home, or purchase your own system.

**How many total sessions do I need?** This is up to you and what you want. Everyone responds differently and has unique training speeds. We offer packages of 15 or 30 sessions at reduced rates to help you reach your goals.

**Do the results last?** Yes, When you feel better, you can stop doing sessions. Then when 'life happens' you may find it helpful to do a few sessions to find that flexibility again. You can stop sessions at any time and pick back up when it is right for you. Your brain will retain what it has learned but some people benefit from maintenance.

**How does a session look?** You will have clips on your ears, two small sensors on the sides of your head, and be wearing earbuds. The ear clips and sensors show the cortical activity of your brain. You then sit comfortably and relax, and can even close your eyes, read or check emails, while listening to music. Some people even fall asleep! Your brain will do all the work automatically.

**Can I use my health insurance or HSA/FSA for neurofeedback?**

Unfortunately, we do not bill insurance because most do not reimburse for neurofeedback and NeuroOptimal® specifically is not considered a medical treatment. It is designated by the FDA as a wellness device. You can usually submit an invoice or receipt to a Health Savings Account (HSA) or Flexible Spending Account (FSA). Please check with your benefit directly to confirm eligibility.

For more questions about neurofeedback at IPA, visit [www.IPA-KC.com/neurofeedback](http://www.IPA-KC.com/neurofeedback) or call 816-569-1043. On our website, we have additional information including research studies, videos of client stories, general info about NeuroOptimal®, and more.