



Neurotherapy and Neurofeedback: Brain-Based Treatment for Psychological and Behavioral Problems

By Theodore J. Chapin, Lori A. Russell-Chapin

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The fields of neurobiology and neuropsychology are growing rapidly, and neuroscientists now understand that the human brain has the capability to adapt and develop new living neurons by engaging new tasks and challenges throughout our lives, essentially allowing the brain to rewire itself. In *Neurotherapy and Neurofeedback*, accomplished clinicians and scholars Lori Russell-Chapin and Ted Chapin illustrate the importance of these advances and introduce counselors to the growing body of research demonstrating that the brain can be taught to self-regulate and become more efficient through neurofeedback (NF), a type of biofeedback for the brain. Students and clinicians will come away from this book with a strong sense of how brain dysregulation occurs and what kinds of interventions clinicians can use when counseling and medication prove insufficient for treating behavioral and psychological symptoms.

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Editorial Review

Review

"I am shamelessly impressed by the authors' scholarly and creative work. *Neurotherapy and Neurofeedback* offers both the basics of neurofeedback and, equally importantly, a superb summary of current discoveries on the brain and neuroscience research. It's an ideal text for any field in which human communication and development is central."

?Allen E. Ivey, EdD, ABPP, distinguished university professor emeritus at the University of Massachusetts, Amherst

"Russell-Chapin and Chapin provide a clear, succinct, yet in-depth discussion of the broad and complex field of neurotherapy and its underlying empirical foundations. This book is a must read for clinicians and an essential text for both preparation and practice."

?Jane E. Myers, PhD, LPC, BCIA (EEG), coauthor of *Counseling for Wellness*

"A new generation of clinicians, expert in self-regulation of the neural networks, will return repeatedly to this book for insight and clarification."

?Douglas Dailey, LAc, BCB, BCN, QEEG diplomate, founder of TAG Sync Neurofeedback

"Neurofeedback is a constantly evolving and emerging intervention. With limited academic venues professionals rely on the writings and expertise of their colleagues. Drs. Russell-Chapin and Chapin have provided an accurate yet digestible account of the historical and scientific underpinnings but perhaps more importantly have provided a framework for the professional to integrate neurofeedback into their practice. *Neurotherapy and Neurofeedback* is an excellent resource for both the new and experienced neurotherapist."

?Leslie H. Sherlin, PhD, chief science officer of Neurotopia, Inc.

About the Author

Theodore J. Chapin, PhD, teaches courses on divorce, family mediation, and group therapy. He serves as the president and clinical director of Resource Management Services, Inc., a private business consulting and counseling firm. Dr. Chapin is an expert in custody evaluations and has written widely about neurofeedback, mediation, and clinical supervision, most recently in *Clinical Supervision: Theory and Practice*, which he co-authored with Dr. Russell-Chapin.

Lori A. Russell-Chapin, PhD, is a professor and associate dean of the College of Education and Health Sciences at Bradley University in Peoria, Illinois. She is also the co-director of the Center for Collaborative Brain Research at Bradley University, where she facilitates collaborative research in the areas of cognitive research, brain imaging, and neural feedback. In 2013, she was the recipient of the national Linda Seligman Counselor Educator of the Year Award, and she currently maintains a private counseling practice and is the co-author of six books, including *Clinical Supervision: Theory and Practice*.

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