
Book Review

***Neurotherapy and Neurofeedback: Brain-Based Treatment for Psychological and Behavioral Problems.* By Theodore J. Chapin and Lori A. Russell-Chapin. (Routledge, 2014.)**

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Neurofeedback and Neurotherapy is a very good introductory text to these two elements of modern day biofeedback treatment and its integration into the world of psychotherapy. This fact that the authors explore and explicate both aspects of the book's title makes this book unique in the field. It is not too difficult to find books that delineate the workings of the technique of neurofeedback, nor do you have to look too hard to find texts that highlight the growing body of knowledge of how neurology informs developmental and mental disorders. However, the integration of the technique and practice of Neurotherapy in one small volume is a wonderful addition to the literature. As Allen Ivy states in his foreword to the book:

Neurofeedback *normalizes* dysregulated brains. However, Neurotherapy must be conducted by an ethical and well-trained professional. Sadly, there are many “certification” programs that run through the many complexities of neurofeedback much too quickly. Quality technical equipment that is fully up to date is required. Ethical practice demands that neurotherapists be licensed in their helping profession, seek BCIA certification, and receive supervision from a certified neurotherapist. The Chapins emphasize these points quite well. (p. x)

Chapters 1 through 5 provide the reader with an excellent introduction to the history and development of neurofeedback and Neurotherapy. While some may quibble over their particular delineation of the distinctions in these two concepts, it is both refreshing and important that the distinction be made and discussed. Their discussion is succinct but still relatively complete. In addition, these chapters provide an excellent review or introduction to the basic neuroscience underlying the growing area that we are calling Neurotherapy. They do a commendable job of connecting basic neuroscience to the possible sources of mental and developmental dysfunction and dysregulation. They connect the dots both in regard to neuroanatomy and to the connection of neurological function to human relational development. They include the ideas of important thinkers such as Bowlby and Schore and their conceptualizations related to attachment.

Chapters 6 through 8 are more specifically focused on the technique and workings of neurofeedback. They offer good, in-depth explanations about adequate equipment, appropriate knowledge and skill in application and ability to operate systems, as well as understanding how to make the connection between the technique and the problem. They are well aware that training a brain is more than just sticking some wires on a head and letting the client play games on the screen. They spend a reasonable amount of time discussing assessment, treatment planning and determining if anything good is happening. They also connect the dots by linking treatment protocols and their application to specific cases.

Finally, the authors provide a handy review of neurofeedback efficacy research and answer the question that neurotherapists are often asked, “Does it work?” The list is not comprehensive and it could be improved by also offering some responses to some of the literature and public statements that are made diminishing the efficacy of neurofeedback. For many beginners in neurofeedback, the critics seem to have science behind them and how it could be that there are two such wildly differing opinions is confusing. Recent rebuttals written by some of the leaders in the field (such as that contained in this inaugural issue of *NeuroRegulation*) could significantly help the newcomers to the field spread the word on the effectiveness of neurofeedback. The final chapter of the book looks to the future of Neurotherapy and offers some good reflections and potential directions for where this field might grow and improve in its ability to help the ill to become healthy and others to simply enhance their abilities.

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