History of Neurofeedback

Milestones in Neurofeedback and creation of BrainTrainUK

- **1950s**
  - Neurofeedback is born. Joe Kamiya demonstrates control of Alpha waves in response to feedback.

- **1960s**
  - Psychology Today article on Alpha feedback.

- **1970s**
  - Barry Sterman shows epileptic seizure suppression using Neurofeedback.

- **1980s**
  - First application of Neurofeedback to Hyperactivity

- **1990s**
  - Science article on Alpha Neurofeedback for anxiety.

- **2000s**
  - ADHD ‘invented’ with publication of DSM-III-R.

- **2010s**
  - ADHD Medication in UK grows from 15 to 700 thousand prescriptions per annum

- **BrainTrainUK launched**