



MYNEURVA
Brain Centers

Introducing Medical-Grade Neurofeedback™

Medical-grade neurofeedback™ utilizes high-powered **devices** to **monitor and optimize brainwave activity**, ensuring **safety, precision, and efficacy** (unlike consumer-grade brain training apps or wearable devices).



Features of Medical-Grade Neurofeedback™

- Clinical Applications In Mental Health & Wellness
- Advanced Precision & Technology
- Expert Supervision By Medical Professionals
- Personalized Treatment Protocols - Every Brain Is Unique!

Clinical Applications

Medical-grade neurofeedback™ is widely used to support the treatment of neurological and psychological conditions such as **ADHD, PTSD, traumatic brain injury (TBI), depression, anxiety, and more.**

Advanced Precision & Technology

Medical-grade neurofeedback therapy™ leverages modern electroencephalography (EEG) technology to **capture and analyze brainwave activity with exceptional accuracy, allowing for targeted interventions.**

Expert Supervision

Every neurofeedback session is overseen by Myneurva's medical professionals who **customize treatments based on the patient's unique brainwave patterns and clinical history.**

Personalized Treatment Protocols

Through comprehensive brain mapping (quantitative EEG or qEEG), Myneurva specialists create **tailored neurofeedback protocols to address specific conditions or optimize cognitive performance.**

Non-Invasive Drug-free Therapy

Medical-Grade Neurofeedback™ by Myneurva is **non-invasive and drug-free therapy** that can **improve focus, reduce stress** and can assist with alleviating symptoms of **ADHD, PTSD, Anxiety, Sleep Disorders, TBI, Migraines, Stress, Depression, OCD, Chronic Pain** and more!



Medical-Grade Neurofeedback Therapy™



PTSD

Helps rewire neural pathways related to trauma and emotional regulation



ADHD

Can improve focus, impulse control, and executive function by training brain waves



Depression

Can assist in balancing brain activity linked to mood regulation



TBI

Can aid recovery by promoting neuroplasticity and restoring cognitive function



Why Choose Us?

Myneurva specializes in **non-invasive and drug-free medical-grade neurofeedback therapy™** for **mental health, neurological conditions, attention disorders and cognitive performance!**

- ✓ Medical-Grade Neurofeedback™
- ✓ Experts in EEG Analysis
- ✓ Medical Professionals
- ✓ 25+ Years Experience

Contact Us



908-340-6197



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Experts In Medical-Grade Neurofeedback™

Myneurva sets the **gold standard in medical-grade neurofeedback therapy™** by combining **25+ years of experience**, with **modern, high-powered** neurofeedback devices, **proprietary EEG software analysis** and **medical professionals** who are **passionate about your mental health**.



Medical-Grade Neurofeedback Therapy™



Anxiety

Can help regulate brain waves associated with chronic anxiety, promoting relaxation



OCD

Aims to regulate overactive brain circuits involved in compulsive behaviors



Tinnitus

Can improve or completely eliminate symptoms associated with Tinnitus



Stroke Recovery

Can support rehabilitation by improving brain connectivity and neuroplasticity



Memory Disorders

Can improve cognitive function, memory, and mental clarity



Sleep Disorders

Neurofeedback may assist in regulating sleep-wake cycles



Chronic Pain

Can help manage pain perception by modulating brain activity



Migraines

Can reduce frequency and intensity of migraines and headaches in general



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Please Meet Dr. Fred Starr MD, FAACAP

Dr. Freddy Starr, MD, FAACAP, is a **medical doctor, child psychiatrist, a computational neuroscientist, a leading specialist in neurofeedback therapy** and the **founder of Myneurva**.



Dr. Fred Starr, MD, FAACAP - Education

Completed an Adult Psychiatry Residency and Child Psychiatry Fellowship. Chief Fellow/
Vanderbilt University

July 2002 - June 2004: Psychiatry Chief Fellow | Vanderbilt University, Department
of Child and Adolescent Psychiatry. Specific work in diagnosis and treatment of anxiety
disorders, play therapy, early childhood trauma.

July 1999 - June 2002: Boston University Medical Center, Department of Adult
Psychiatry Internship

General Pediatrics Adult Psychiatry Residency. Relevant work includes the National
Center for Post-Traumatic Stress Disorder, Research Supervisor Bessel Van Der Kolk.
M.D.

July 1995 - June 1999: University of Medicine and Dentistry of New Jersey M.D.

June 1992 - May 1993: Columbia University School of Graduate Studies

1989-1992: Syracuse University B.S., Microbiology Awarded, Honors Research
Program



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BEAM Report & QEEG Brain Mapping

A BEAM Report (Brain Electrical Activity Mapping) with QEEG (Quantitative Electroencephalography) Brain Mapping is an advanced neurological assessment tool used by Myneurva to analyze brainwave activity and identify dysregulation in brain function.



BEAM Report & QEEG Features

Brainwave Frequency Analysis

Measures delta, theta, alpha, beta, and gamma waves to assess brain function.

Functional Brain Mapping

Visualizes brain activity through heat maps, highlighting overactive or underactive areas.

Comparative Normative Analysis

Compares the patient's brain activity to a standardized database to detect irregular patterns.

Clinical Insights & Recommendations

Identifies potential correlations with conditions such as ADHD, anxiety, depression, PTSD, and cognitive impairments.

Why is a BEAM Report Important?

Personalized Treatment Planning: Helps create tailored neurofeedback protocols for brain optimization.

Objective Diagnosis Support: Assists clinicians in diagnosing neurological and psychological disorders.

Progress Tracking: Measures improvements in brain function over time with neurofeedback therapy.

By using a BEAM Report with QEEG Brain Mapping, medical professionals gain a precise, non-invasive, and data-driven approach to understanding brain function.



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Medical-Grade Neurofeedback Therapy™ Steps

Medical-grade neurofeedback™ is a **non-invasive, drug-free and painless process** designed to help the brain self-regulate and **function more efficiently** over time.



Neurofeedback Therapy Steps

Step 1 - EEG Acquisition + BEAM Report + QEEG

Your first session is an EEG Acquisition session, which generates your first BEAM Report with QEEG Brain Mapping!

Step 2 - Review Of Findings

Meet with one of Myneurva's neuropsychiatric experts to discuss your BEAM Report and QEEG results and talk about session expectations and any session requirements.

Step 3 - 10 Neurofeedback Sessions + New EEG Acquisition + BEAM Report + QEEG

Take 10 neurofeedback sessions and on your 10th session a new EEG will be acquired and a new BEAM Report with QEEG Brain Mapping will be generated!

Step 4 - Review Of Findings

Meet with one of Myneurva's neuropsychiatric experts to discuss your BEAM Report and QEEG results and talk about session expectations and any session requirements. Compare your first BEAM Report to this BEAM Report!

Step 5 - 10 Neurofeedback Sessions + New EEG Acquisition + BEAM Report + QEEG

Take 10 neurofeedback sessions and on your 10th session a new EEG will be acquired and a new BEAM Report with QEEG Brain Mapping will be generated!

Step 6 - Review Of Findings

Meet with one of Myneurva's neuropsychiatric experts to discuss your BEAM Report and QEEG results and talk about session expectations and any session requirements. Compare your second BEAM Report to this BEAM Report! At this point your therapy may be concluded, or 10 additional neurofeedback sessions may be recommended.

What Happens During Your Neurofeedback Session?

Neuroplasticity is the brain's ability to reorganize itself by **forming new neural connections** in response to experiences, learning, and neurofeedback training!



Your 30 Minute Neurofeedback Session

Initial Assessment & Preparation

The session begins with a **review of the patient's medical history** and **treatment goals**. The clinician explains the neurofeedback process and answers any questions.

Electrode Placement

A specialized cap with 19 EEG sensors is placed on the patient's scalp. These **highly sensitive sensors detect and record brainwave activity in real time**.

Baseline Brainwave Recording

The patient sits comfortably while the system records their natural brainwave activity. This data serves as a baseline for creating a customized training protocol.

Neurofeedback Training Begins

The patient engages with a visual or auditory feedback system, such as watching a video or listening to sounds. **When brainwave activity moves toward an optimal pattern, the system provides positive reinforcement** (e.g., clearer images, pleasant sounds).

Real-Time Adjustments

The system **continuously monitors brain activity** and adapts the feedback to encourage desired changes. **A medical professional oversees the session** to ensure the protocol is followed correctly.

Session Completion & Data Analysis

After 24 minutes, the session concludes, and **the collected data is analyzed**. The clinician reviews progress and makes **adjustments for future sessions** if needed.

Post-Session Review

The patient receives feedback on their session and may discuss any sensations or experiences.



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Medical-Grade Neurofeedback™ FAQs

Medical-grade neurofeedback therapy™ encourages your brain to naturally rewire itself through neuroplasticity, which can lead to long-term improvements in focus, emotional regulation, and overall brain function.



Learn About Neurofeedback Therapy

What Is Neurofeedback Therapy?

Neurofeedback is a **non-invasive, drug-free therapy** that helps train your brain to function more efficiently.

How Does Neurofeedback Therapy Work?

During a session, small sensors are placed on your scalp to **measure your brainwave activity** while you **watch a video or listen to sounds**. Advanced software analyzes your brainwave data and **provides instant feedback by subtly adjusting the video brightness or sound clarity**. When your brain reaches the **desired activity patterns**, the video becomes clearer or the sound more defined, reinforcing positive changes.

This process is **repeated throughout the session**, encouraging your brain to naturally rewire itself through neuroplasticity, which can lead to **long-term improvements in focus, emotional regulation, and overall brain function.**

Is Medical-Grade Neurofeedback Therapy™ Safe?

Yes, neurofeedback is completely safe. It is **non-invasive, painless, and has no known negative side effects**. It simply teaches your brain to function more efficiently, much like exercise for your body.

How Many Sessions Will I Need?

The number of sessions varies depending on individual needs and goals. Most patients experience noticeable improvements within 10-20 sessions. **A full course of treatment may range from 20 to 40 sessions.**

How Long Does A Neurofeedback Session Last?

A typical neurofeedback session with Myneurva lasts **30 minutes.**

Does Neurofeedback Therapy Hurt?

No, neurofeedback is **completely painless**. The sensors placed on your scalp only read brain activity and do not transmit any electrical signals into your body.

Is Neurofeedback Covered By Insurance?

At Myneurva **we accept some insurance plans** for neurofeedback in New Jersey. **Please contact Myneurva to learn more.**



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Medical-Grade Neurofeedback™ Pricing

Myneurva specializes in **non-invasive and drug-free medical-grade neurofeedback therapy™** for mental health, neurological conditions, attention disorders and cognitive performance!



Talk With Myneurva Today

Whether you're struggling with symptoms of conditions like **Anxiety, ADHD, PTSD, Migraines, Sleep Disorders, TBI**, or simply want to **enhance your memory and cognitive performance**, neurofeedback therapy by **Myneurva may be right for you!** Talk with Myneurva today!



908-340-6197



20 Sessions

\$5499

Inclusive

- ✓ 20 Neurofeedback Sessions
- ✓ 3 BEAM+QEEGs
- ✓ 3 Medical Reviews
- ✓ Ongoing Patient Monitoring



30 Sessions

\$6999

Inclusive

- ✓ 30 Neurofeedback Sessions
- ✓ 4 BEAM+QEEGs
- ✓ 4 Medical Reviews
- ✓ Ongoing Patient Monitoring



BEAM+QEEG Only

\$799

Inclusive

- ✓ EEG Acquisition
- ✓ CNS Vitals Testing
- ✓ Complete BEAM Report
- ✓ QEEG Brain Mapping