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### Workshop Presentation

#### The Neuro-Feedback and Treatment of Attention Problems and Anxiety

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#### **Abstract**

There are the different treatments, such as: drugs, psychotherapy, cognitive therapy and behavior therapy, for management of anxiety. But nowadays, an intervention called "Neuro-feedback" which is combination of electronic, behavior, neurology and pharmacology sciences has been innovated in which the neurons can be growth and reinforced and the brain's function will be increased. In this intervention, the electrodes will be attached to the scalp and the ears of the patients and they just receive the information from environment and the therapist can look the brain's waves on the monitor. According to the studies, neuro-feedback can help to treatment of attention-deficiency, anxiety, sleep and learning disorders and etc. It is important to notice that this intervention can be useful beside occupational therapy and can improve the patients' quality of life.

**Keywords:** Neurofeedback, Anxiety, Attention, Brain, Electrodes.

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