

# Journal of Neurotherapy: Investigations in Neuromodulation, Neurofeedback and Applied Neuroscience

## From the Editors

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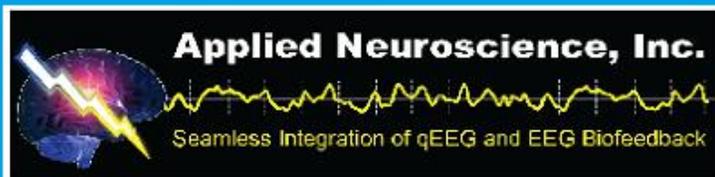
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## EDITORIAL

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### From the Editors

The field of neurofeedback seems to be going through a transitioning phase at the moment. In the past, the literature we encountered were mostly “studies”; now we encounter more “randomized controlled trials” (RCT) or “trials.” Many of us have heard of the large multicenter RCT from Gevensleben, Holl, Albrecht, Vogel, et al. (2009) that demonstrated the effects of neurofeedback in attention deficit hyperactivity disorder (ADHD) in more than 100 individuals. In a second study by Gevensleben, Holl, Albrecht, Schlamp, et al. (2009), it was also demonstrated that there were effects on the postquantitative EEGs that showed that only the neurofeedback group reduced theta, thereby demonstrating the specificity of the intervention. Furthermore, at this moment several large trials are under way. For example Ute Strehl and Martin Holtmann in Germany are conducting a large multisite randomized prospective study investigating the effects of neurofeedback in ADHD. In the Netherlands, Professor Jan Buitelaar is conducting a very large double-blind placebo controlled trial in more than 100 participants investigating neurofeedback in the treatment of ADHD that employs pre- and post-fMRI.

This transitioning phase is also noticeable by the many publications on neurofeedback *outside* this journal, in highly ranked journals such as the *International Journal of Psychophysiology*, *Human Brain Mapping*, *European Radiology*, *Neuroimage*, and *BMC Neuroscience*, to name a few published in 2009.

Given these transitions, the International Society for Neurofeedback and Research

Board of Directors has decided that the *Journal of Neurotherapy* can't be left behind. Better than that, we would like to see the *Journal* develop to become *the ultimate forum* for publishing high-quality neurofeedback research. To achieve this, the *Journal of Neurotherapy* is also undergoing a transitional phase.

We have set ourselves the goal of getting the *Journal of Neurotherapy* Medline indexed within the next 2 years. A listing in Medline is very important in order to disseminate our research more widely into the scientific community. This will be quite a challenge, and to realize this we also ask for your support. To achieve this goal we need content, content, and content. . . . So we invite you to submit good-quality studies in the area of applied neurosciences to the *Journal*. You can help us make a change!

If you have any suggestions or want to support us in any way to achieve this goal, feel free to let us know.

As with all transitions, it involves change. This also led to a change of editorship for the *Journal of Neurotherapy*. The Board of Directors would like to welcome Martijn Arns and Randall Lyle to the Senior Editors' role and hereby would like to take the opportunity to thank David Kaiser and Johanne Lévesque for all their work and dedication of the past years. Their contributions in reaching this transitional stage have not gone unnoticed.

Evidence-based medicine starts with case studies (Level 1) that eventually lead to better controlled studies and finally to multi-site randomized controlled trials to reach

Level 5: Efficacious and Specific. In this issue of the *Journal of Neurotherapy* you will find a special emphasis on case studies that open the way for additional research and development of neurofeedback therapies. In following issues you will discover a series of position papers related to several neurofeedback applications such as ADHD and autism. Together, we hope to be able to increase the quality and diversity of content in order to enhance and advance the field of applied neuroscience further.

*Martijn Arns, MSc*  
*Randall R. Lyle, PhD*  
*Senior Editors*

*Also on behalf of the ISNR Board of  
Directors*

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