



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

## Clinical Corner

D. Corydon Hammond Associate Editor PhD  
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## CLINICAL CORNER

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D. Corydon Hammond, PhD, Associate Editor

*The purpose of the Clinical Corner is to provide responses to clinically oriented questions which may not, in many cases, have been evaluated yet by research. Therefore, the personal opinions expressed in the column are exactly that, the opinions of the individual authors, often based on their clinical experience. The opinions shared belong to the authors and are not necessarily those of SNR or the Journal of Neurotherapy. Nonetheless, it is hoped that the diversity of opinion expressed in this column will stimulate thought and the further exchange of ideas. Readers are invited to send questions for consideration to: D. Corydon Hammond, PhD, University of Utah School of Medicine, PM&R, Salt Lake City, UT 84132. E-mail: D.C.Hammond@utah.edu.*

In the Clinical Corner in this issue, Dr. Thomas Matthews presents his clinical observations concerning overtraining in neurofeedback and the risk factors that he has found that characterize vulnerable patients. It has been known for quite some time that neurofeedback has the potential to cause side effects, and in some cases even more serious adverse reactions (Hammond & Kirk, 2008; Hammond, Stockdale, Hoffman, Ayers, & Nash, 2001; Lubar, Shabsin, & Natelson, 1981; Lubar & Shouse, 1976, 1977; Whitsett, Lubar, Holder, & Natelson, 1982). Dr. Matthews has made a helpful contribution in alerting clinicians to factors that may predispose certain patients to having transient adverse reactions, which may subsequently lead to premature termination of treatment.

For more than a decade Dr. Len Ochs has been an almost solitary voice in raising the issue of possible overtraining effects that may impede progress in neurofeedback and in expressing concerns about some patients

who are highly sensitive or reactive (Ochs, 2006). Therefore, Dr. Ochs has also provided a commentary and expressed his perspective on the issues raised by Dr. Matthews.

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