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.

REFERENCES


