## Introducing NERVANIX Insight,
"It's Like a Fit-Bit for the Brain…"

NERVANIX Insight was an idea initially conceived in an Ashville, North Carolina coffee shop during the summer of 2014. The idea represents a collaboration between two internationally recognized research practitioners, Dr. David Rabiner, a Duke University research professor who specializes in ADHD, and Dr. Ed Hamlin, a leader in the field of neurofeedback. Together, David and Ed would work with senior software engineer Joe Navetta to develop a new neurofeedback application that could address an important limitation of existing approaches.

Dr. Rabiner had long been interested in neurofeedback as a treatment for attention difficulties and was impressed with the research that supported it. However, a concern shared by many research psychologists has been that neurofeedback training is generally provided while users engage in game-like activities, rather than during meaningful educational or work-related tasks. This may limit the extent to which attention gains during training transfer to more important real world contexts. This led David to Ed to discuss a novel approach for integrating neurofeedback into educationally relevant activities such as reading, or other learning tasks that can be performed on a computer. They believed this would be an important advantage with the potential to enhance the transfer of training benefits to activities that really matter.

The **NERVANIX Insight** application they developed is simple and straightforward - users read or perform other educationally relevant tasks on their computer while wearing a wireless headset that measures EEG indices of their attention level. When the user's EEG activity signals a focused, attentive state, the screen brightens and remains bright. As the user's attention drifts, the screen dims. This feedback mechanism enables attention training via neurofeedback to occur during real educational tasks rather than during game-like activities. It also enables training to be easily integrated into routine daily activities, e.g., reading, thus making it easier to sustain training over time.
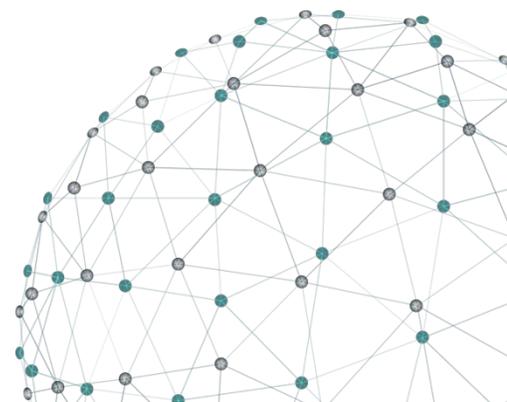
Dr. David Rabiner is a research professor in the Department of Psychology & Neuroscience at Duke University; he has spent several decades researching ADHD, attention difficulties, and novel treatments for children with attention difficulties.

Associate Dean and Research Professor, Dept. of Psychology and Neuroscience

Dr. Ed Hamlin is the founder and clinical director of the Institute for Applied Neuroscience in Asheville, NC where he specializes in the application of neuroscience techniques to address a range of difficulties, including attention problems. He is a recognized leader in the neurofeedback field and has trained thousands of clinicians to use neurofeedback.

Adjunct Professor, Dept. of Psychiatry at the University of North Carolina School of Medicine & Adjunct Clinical Professor, Psychology Dept. at Western Carolina University

Joe Navetta is a technology executive based in the Boston area. He has held leadership positions in several software consulting and product companies; developing real-time, embedded, and large-scale web-based systems for academic, government, and business customers.

Software Consultant

For more information on **Nervanix Insight**, please contact us at info@learnfastgroup.com.au