

# Connect Clinical Services Highlights the Power of Neurofeedback Therapy in Houston Mental Health Landscape

*Connect Clinical Services in Houston offers Neurofeedback Therapy and talk therapy to support healing from anxiety, ADHD, trauma, and more.*



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-- Connect Clinical Services Showcases [Neurofeedback Therapy](#) as Part of Houston's Mental Health Solutions

Led by Founder Guy Bender, the Houston-Based Practice Integrates Brain-Based and Talk Therapy for Holistic Care

Connect Clinical Services, a therapy practice serving Houston and surrounding neighborhoods, is highlighting the role of Neurofeedback [Therapy in Houston](#) as part of its integrative approach to mental health care.

Founded by licensed therapist Guy Bender, the practice blends traditional talk therapy with brain-based interventions to help clients pursue emotional well-being and resilience. Alongside modalities such as EMDR, Brainspotting, CBT, and QEEG brain mapping, neurofeedback has become a cornerstone of Connect Clinical Services' commitment to delivering personalized, evidence-informed therapy in Houston.

"Many of our clients are seeking approaches that go beyond talk therapy alone," says Bender. "Neurofeedback offers a non-invasive, research-supported way to help individuals better understand their brain activity and support their therapeutic goals."

## What Is Neurofeedback Therapy?

Neurofeedback, also known as EEG biofeedback, is a non-invasive technique that monitors brainwave patterns in real time. Through guided training sessions, individuals may improve self-regulation of brain activity, which research suggests can support progress in areas such as:

Anxiety, panic, and chronic stress

ADHD and attention challenges in children and adults

Sleep difficulties and insomnia

Depression and mood instability

Trauma-related symptoms and PTSD

Treatment often begins with a QEEG brain map, providing a detailed overview of brainwave activity. This data helps inform individualized training protocols designed to support improvements in focus, mood, and emotional resilience.

Recent studies suggest promising outcomes. For example, a 2021 meta-analysis in European Child & Adolescent Psychiatry found neurofeedback demonstrated a medium to large effect size in reducing ADHD symptoms compared to non-active controls. Other research indicates potential benefits for individuals experiencing trauma-related symptoms.

### Why Houston Needs Brain-Based Therapy Options

The need for mental health care in Houston continues to grow:

Nearly 1 in 5 Texas adults experiences a mental illness each year (NAMI Texas, 2023).

50% of people with symptoms never receive treatment.

42% of employees nationwide report burnout-related concerns (APA, 2023).

Youth anxiety and depression rates have risen significantly since 2020.

“Houston is seeing greater demand for therapies that are both personalized and effective,” Bender explains. “Our integrative approach helps clients work through challenges while also learning how their brain and body are connected.”

### The Integrative Advantage: Talk Therapy + Neurofeedback

Connect Clinical Services stands apart through its integrative model, combining psychotherapy with neuroscience-based tools. This dual approach may be especially beneficial for individuals who:

Have experienced trauma or adversity

Have not found relief with therapy or medication alone

Struggle with nervous system dysregulation (fight, flight, or freeze)

Prefer a holistic therapy approach in Houston that does not rely solely on medication

### About Connect Clinical Services

Based in Houston, Connect Clinical Services is a team of trauma-informed therapists serving adults, couples, and professionals. Led by Guy Bender, the team provides evidence-based care with specialties including:

Neurofeedback Therapy and QEEG Brain Mapping

[EMDR Therapy](#)

Brainspotting

CBT and Mindfulness-Based Therapies

Connect Clinical Services supports clients across Houston neighborhoods including River Oaks, The Heights, Montrose, Galleria, and West University, with both in-person and secure virtual therapy options.

Disclaimer: Neurofeedback and other therapies provided by Connect Clinical Services are not a substitute for medical treatment. Outcomes vary by individual. Please consult with a licensed provider to determine if these services are appropriate for your needs.

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