



CAN NEUROFEEDBACK TRAINING BE DONE WHILE ON MEDICATION?

Yes. Clinicians report many clients start neurofeedback while on one or more medications. After a number of sessions, a reduction in medications is not unusual. In fact, it is one of the goals of neurofeedback. It is very important that the client's doctor be alerted to signs of overmedication and we request that reduction be done under the supervision of a physician.

A common example: A 42-year-old female began neurofeedback. She had been on four medications for five years to treat depression. After 40 neurofeedback sessions, she was only using one medication at a reduced dosage, with improved mood and affect. The theory is that as the brain becomes more activated during training, it works more efficiently therefore needing less medicine.