



Can Neurotherapy be used if I am on medication or seeing a therapist?

Neurofeedback training is not intended to be a substitute for either medication or psychotherapy, but works well as an adjunct alongside either one or both. There are no medication interactions with Neurofeedback, however, some medications that impact brain function may cause brain training to progress more slowly. Counselling is complemented and supported by Neurofeedback training and performance optimizing is sometimes done purely with NFB alone.