

Different Approaches to Neurofeedback

Different philosophies. Different methods. Different training experiences.



Linear Neurofeedback

Requires assessment or diagnosis

Uses protocols and thresholds

Requires practitioner skill

Focuses on specific training targets

May require active client participation

Most commonly accessible in clinical settings

NEUROPTIMAL®

No diagnosis required

No protocols or thresholds required

Expertise is built into the system

No specific targets required

Allows you to read, write, or simply relax

Accessible in an office or easily used at home