

# How Cereset Differs from Neurofeedback



**Neurofeedback** teaches the client to control their brain by showing the client feedback of their brain activity on a screen or providing feedback via audio tones. When the brain produces the desired activity, the client is given positive feedback to reinforce this response in the brain. This process is repeated until the desired brain activity becomes “conditioned”.

**Cereset** does not teach a client to control their own brain. Instead, Cereset provides the brain real-time information about its activity and performance, and the brain uses the information to reorganize and optimize its own activity and performance. The brain drives the entire process without the client’s active engagement.

## Cereset

**Inside -> Out Process:**  
The brain reorganizes and resets, mitigating symptoms.

The brain drives all change and does not require the client’s engagement, attention, or willpower to achieve results.

48,000 brainwave frequencies addressed.

The brain is never compared to a model and is evaluated as a unique brain with individual needs, goals, strengths, and abilities. The goal of sessions is to optimize the brain’s performance.

# VS

## Neurofeedback

**Outside -> In Process:**  
The client learns to control their brain to cope with symptoms.

Neurofeedback requires the client’s active engagement, attention, and willpower to control the brain and achieve results.

3-7 brainwave frequencies assessed.

The brain is compared to an “average” or normative brain model. The goal of sessions is to make the brain conform to the normative brain model.