

# Mind Matters 2025: Advances in Psychiatry and Mental Health Care

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## How Music and Neurofeedback Can Supplement Your Psychotherapy

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Neurofeedback is a method of bio feedback where our brain waves are monitored using an EEG machine. Music with certain pattern stimulates brain injury such a way that it helps to stabilise the brain and helps synchronisation. I am hereby sharing my experience of what happens and my rationale for how and why we can use music and neurofeedback to help people to enhance their cognitive and emotional skills. Also, I would discuss the various methods that can help stimulate your cognition. We will discuss the impact of music in brain and how can we train our brain to synchronise so that it can regulate emotions.