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### Evidence supporting neurofeedback for adult psychiatric disorders

Psychiatric disorders interfere with daily-life activities and treated with psychological and pharmacological treatments. Psychopharmacology and Psychotherapy for their high rates of failure to meaningfully improve outcomes, saying it's time to figure out how to develop "the next generation of interventions." A new route map has been drawn for the diagnosis and treatment of psychiatric diseases. With the National Institute of Mental Health (NIMH)'s call for a more rigorous and evidence-driven approach to mental healthcare, it is time that psychiatry moves away from its present focus on medications and takes a new direction that uses other modalities of care evidence-based psychotherapies. Psychiatry and Psychology are the only specialty that doesn't actually look at the organ it treats. Patients deserves more better. We need to devote our self to efficient evidence based diagnosis of disorders and personalized treatments. New methods of treatment are necessary and Neurofeedback (NF) is one treatment that seems to be effective in psychiatric disorders. I am going to talk about evidence supporting neurofeedback for adult psychiatric disorders.

### Biography

Tanju Surmeli received his Medical Doctor degree from Dokuz Eylül University in 1984 in İzmir, Turkey. He did his residency training in Psychiatry and Neurology at University of Connecticut/Institute of Living, Yale, and University of Texas, San Antonio. He is a board and ECFM certified Psychiatrist. He had completed Harvard Medical School's Global Clinical Scholars Research Training Program and a Research Fellowship in EEG and Psychopharmacology at New York Medical College.

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