



# **Clinical Neurotherapy: Chapter Three. Neurofeedback and Psychopharmacology: Designing Effective Treatment Based on Cognitive and EEG Effects of Medications**

*Lukasz M. Konopka, Elizabeth M. Zimmerman*

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Neurofeedback involves EEG frequencies that are unique to each patient and influenced by the introduction of psychotropic medication. This requires the neurofeedback provider to understand the behavioral correlates of EEG frequencies and the effects introduced by psychotropics. This chapter is designed to provide an overview of broad classes of medications related to cognitive and EEG effects, as well as to offer implications for the neurofeedback provider in incorporating these effects to optimize treatment design. The chapter provides an overview of the acute and long-term impact of medication classes on cognitive function and EEG patterns. Medication-related EEG shifts in absolute frequency bands (delta, theta, alpha beta) are explored across anxiolytics, stimulants, antidepressants and antipsychotics. It is intended to highlight major trends in medication-related changes affecting cognition and EEG relevant to neurofeedback design. Each section contains summaries of potential cognitive/behavioral and EEG effects and recommendations for neurofeedback providers, with emphasis on individualized, repeated assessment.

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