

Episode 12
Show notes
Exploring The Brain & Music

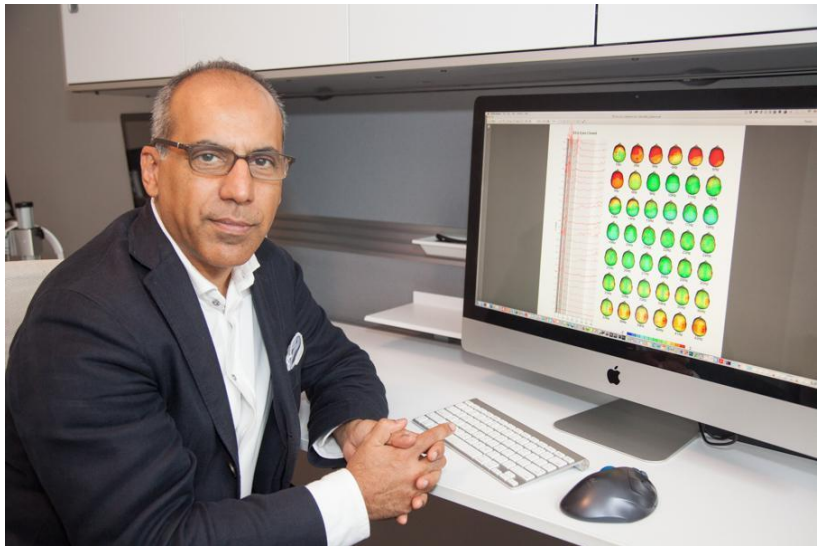
Biographical Sketch - Kamran Fallahpour

Dr. Kamran Fallahpour is a Licensed Clinical Psychologist and Neuroscientist with over 25 years of expertise in neurophysiology, health psychology, and brain health. Known for integrating cutting-edge neuroscience into clinical practice, he focuses on improving self-regulation, mood, and cognitive performance through neurotechnology and neuromodulation techniques like brain mapping and neurofeedback. His work has been featured in esteemed journals and popular media such as Fast Company and National Geographic.



As the founder of **Vital Neuro** and the **Brain Resource Center**, and an instructor at Mt. Sinai West, Dr. Fallahpour is committed to personalized brain health, offering a serene environment in Manhattan for treating conditions like ADHD, anxiety, and depression, or enhancing peak performance. He empowers clients to understand their challenges as rooted in genetics and environment, helping them harness the brain's ability to rewire itself.

In this episode, Dr. Fallahpour shares his journey from a fascination with physics and architecture to a leading role in psychology and neuroscience. He discusses the importance of personalized treatment plans, the role of brain mapping in identifying cognitive strengths and challenges, and the brain's ability to rewire itself for better cognitive function. The conversation also covers the therapeutic potential of music and psychedelics and explores the intersections of consciousness and quantum mechanics, offering listeners a glimpse into future research directions in neuroscience.



Vital Neuro - <https://vitalneuro.com/>

Brain Resource Center - <https://www.brainresourcecenter.com/>