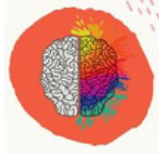


# Neuroscience vs Psychotherapy: Exploring The Right Brain/Left Brain Myth



[www.aneuroevolution.com](http://www.aneuroevolution.com)



[www.neuroscienceandpsychotherapy.com](http://www.neuroscienceandpsychotherapy.com)

## Think Like A Scientist!

### Some 'red flags' when reading research

- Studies are 'suggestions', weak or strong
- Demographics
- Control group
- Numbers
- Experimental design
- Statistical analysis
- Proper citations and understanding of wider context, or cherry picking?
- Explanation of limitations?
- Conflict of interest?
- Journal quality
- Figures and data
- No explanation of the functional relevance or meaning of their data



<https://pubmed.ncbi.nlm.nih.gov>

<https://typeset.io>