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Intrigued by the science of the brain, Dr. Bonnstetter has published extensively on the role of emotions in decision-making. His love of teaching and ability to explain these complex brain pathways to the public has allowed him to present his research in 16 countries and in all fifty States. His interpersonal neurobiology research was honored with the 2019-2020 Joe Kamiya First-Person Science Award during the annual conference of the International Society of Neurofeedback and Research (ISNR). His gamma asymmetry EEG research has resulted in two patents with two more patents pending.

In his spare time, Dr. Bonnstetter has combined his neurology background with his love of music by pursuing certification in clinical therapeutic music. The certification program entails the application of sound therapy using native American style flutes and the haunting sounds of the aboriginal didgeridoo.