Is re-origin a type of therapy?

Conditions and Effectiveness · https://www.re-origin.com/support/is-re-origin-a-type-of-therapy-2

No, re-origin is not a type of therapy.

re-origin is a neuroplasticity-based program designed to help retrain the brain and nervous system. It uses a combination of brain retraining techniques, somatic practices, and structured tools to support changes in how your body responds to stress and symptoms.

While therapy often focuses on working through thoughts, emotions, or past experiences, re-origin focuses on helping the brain learn new patterns through repetition, practice, and nervous system regulation.

Many people choose to use re-origin alongside therapy or other forms of support, rather than instead of them.

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Can I do re-origin alongside therapy?

Yes. Many members use re-origin alongside therapy, as the approaches can complement each other.

Is re-origin a medical or clinical treatment?

No. Re-origin is not a medical or clinical treatment. It is a self-directed program focused on brain retraining and nervous system support.