

What is Neurofeedback

Neurofeedback training for the brain is similar to physical training for the body. Any person can benefit from it. Much of our compromised mental performance comes from pervasive recurring thoughts and feelings in which our minds become emotionally stranded or cognitively "stuck". As a result, physical and emotional performance are also compromised. NeurOptimal® Neurofeedback brain training prompts the brain to draw from its vast existing capacity and pull itself out of these mental "ruts". The result is a more open and positive mindset in which higher energies are discovered, sharper mental edges are achieved, obstacles are more manageable and problems more resolvable.

In some individuals there are delays or interferences in the thought processes that create cognitive deficits and difficulties with learning. Cognitive performance can be improved by tapping the brain's larger capacities to learn, which can result in higher mental and emotional functioning.

Much like a mirror that reflects performance and promotes self-correction, NeurOptimal®'s propriety neurofeedback brain training program monitors your brain waves and then provides "feedback" to your central nervous system about what it has just done and how it is performing. When the software detects a tremor, reflecting the stuck thinking cycle in your brain wave pattern, it sends an audible signal that encourages the brain to "reset" and self-correct. This self-adjusting and higher cognitive ability eventually becomes the normal operative level for the brain.

Neurofeedback Benefits

- Enhance Athletic Performance
- Reduce Stress
- Enhance Creativity and Awareness
- Brain Injury & Concussion Recovery
- Improve Performance at Work & School
- Expand Memory Capacity
- Get Better Sleep
- Beneficial for ADD/ADHD
- Beneficial for Aspergers & Autism
- Improve Dyslexia & Language Processing
- Relief from Anxiety, Depression, PTSD & More
- Relief from Addiction & Substance Abuse
- Reduce Alzheimer's & Dementia Symptoms
- Migraine Relief
- Stress Reduction
- Facilitate return of veterans into home and work life
- Academic and job enhancement
- Athletic and sports training
- Optimize intelligence with improved brain function
- Preparation for testing: improved focus, attention and retention, reduction of test anxiety
- As part of anti-aging program
- Enhance creativity and awareness
- Personal and spiritual development
- Enriching partner, family, and work relationships
- Group training in retreat settings



NEUROOPTIMAL®
ADVANCED BRAIN TRAINING SYSTEMS
TRANSFORMING LIVES SINCE 2000

CLIENT FRONT SHEET

NAME:

ADDRESS:

DOB:

AGE:

PHONE: Home:

Cell:

EMAIL:

CONTACT PERSON (IF MINOR):

REFERRED BY:

ADDRESS:

PHONE:

OTHER PROFESSIONALS INVOLVED WITH CASE:

1.

2.

NOTES:

MY JOURNAL: CHECKLIST

NAME:

DATE:

PRE/ONGOING/POST:

Please check off any item that represents how you are feeling using the past week as your guide.
Add comments if you wish.

- | | | |
|--|---|--|
| 1. Itchy or irritated nose, sneezing | 37. Difficulty going to the bathroom | 71. Get into trouble at school or work |
| 2. Wheezing | 38. Eat when not hungry, or not feeling hungry | 72. Mix up numbers or letters sometimes |
| 3. Catch cold too often | 39. Trouble eating sweets | 73. Difficult to know how things fit together |
| 4. Run down | 40. Urges to eat sweet things | 74. Difficulty with some subjects |
| 5. Tired | 41. Sensitive to heat or cold | 75. Need to go to the bathroom but hard to start |
| 6. Awake too long when you go to bed | 42. Slowed down or speeded up | 76. Lose your urine sometimes |
| 7. Waking up during the night | 43. Moody at certain times of the month | 77. Difficult to control going to the toilet |
| 8. Waking up before you want to | 44. Hot flashes | 78. Stinging sensations when going to the bathroom |
| 9. Difficult to wake up in the morning | 45. Problems from being of a "certain age" | 79. Drink too much sometimes |
| 10. Bad dreams | 46. Not interested in your partner | 80. Smoke cigarettes |
| 11. Difficulty breathing at night | 47. Too interested in your partner or other people? | 81. Concerns about eating |
| 12. Out of bed but not knowing how you got there | 48. Stiff and sore | 82. Need caffeine to get going |
| 13. Skin difficult to manage | 49. Areas that really hurt when touched | 83. Enjoy marijuana |
| 14. Hair weaker or less lustrous than you'd like | 50. Muscles hurt | 84. Habits that concern you |
| 15. Nails weak, flaking or tearing | 51. Fatigued | 85. Moody |
| 16. Blurry vision at times | 52. Pains in your head | 86. Feeling low or flat |
| 17. Areas where you can't see anything | 53. Going to pass out | 87. Feel sad |
| 18. Spots floating in front of you | 54. Lose consciousness | 88. Concerned about things |
| 19. Difficult to hear | 55. Difficult to remember things | 89. Feel terrified sometimes |
| 20. Ringing in your ears | 56. Difficult to find your words | 90. Mull about things |
| 21. Ears hurt inside | 57. Difficulty reading | 91. Thoughts you'd like to stop but can't |
| 22. Smells seem different or lost | 58. Difficult to speak sometimes | 92. Need to do things over and over |
| 23. Nose gets blocked | 59. Shaky | 93. Eat more food than you can comfortably eat |
| 24. Grinding your teeth | 60. Weak | 94. Careful to never eat too much |
| 25. Things taste different | 61. Too active | 95. Make yourself throw up |
| 26. Voice hoarse or sore | 62. Can't balance on one leg | 96. Difficult to do things you'd like to do |
| 27. Can't get enough air | 63. Moving your head or saying words you don't intend | 97. Others are against you |
| 28. Heart too fast or jumpy | 64. Difficulty paying attention | 98. Get into trouble for your behavior |
| 29. Pulsing or throbbing in your head | 65. Easily distracted | 99. Feeling angry |
| 30. Heart skips a beat | 66. Make a lot of mistakes | 100. Overwhelmed |
| 31. World spinning around you | 67. Disorganized | |
| 32. Might throw up | 68. Difficult to complete tasks | |
| 33. Tummy hurts | 69. Lose your train of thought | |
| 34. Gassy, bloated | 70. Difficult to complete studies or work | |
| 35. Sensitive digestion | | |
| 36. Upset stomach | | |

Note: Any concerns mentioned are intended as examples only and not meant to suggest that NeuroOptimal[®] treats, mitigates, cures, or diagnoses any listed concern. Instead, identified concerns and medication use are one of many ways to measure shifts in brain functioning and perception.

MY JOURNAL: TRACKER

Start your journey here and track as you go.

NAME:

DATE:

SESSION #:

MY QUALITY OF LIFE ON A SCALE OF 0-10 IS:

	ITEM Pick the items that you would most like to see shift	DURATION How long did it last? Do not count when you were sleeping	INTENSITY How strong was it 0-10	FREQUENCY How many times did you feel this way in the past week or how many days out of 7?
1.				
2.				
3.				
4.				
5.				

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