

# The NeuroOptimal<sup>®</sup> Session Experience

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Before the first NeuroOptimal<sup>®</sup> session, you will ask your client to fill out a brief questionnaire describing how they are feeling and what they wish to achieve in coming to your training sessions

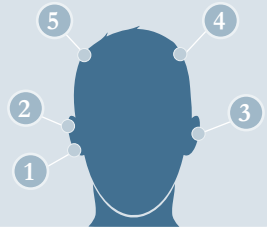


The client will be seated in a comfortable reclining chair facing a computer monitor.

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Two sensors are placed on the scalp and another three are placed on the ears.



Earbuds are then placed in their ears so that they can easily hear the music.

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Once the training begins, they will hear the music with very brief, occasional interrupts and they will be able to watch a random visualization on a monitor if they desire.



Other than this there is nothing else to do.