

NEUROOPTIMAL.
Advanced Brain Training Systems

Module 6- Measuring the Changes



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+ MONITORING CHANGE

NEUROOPTIMAL® NEUROFEEDBACK ISN'T ABOUT THE NUMBERS

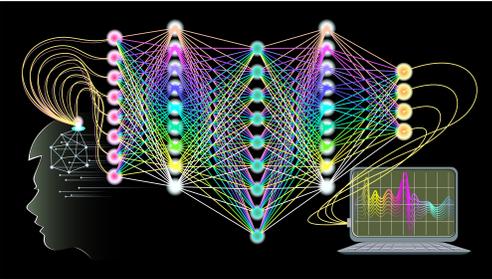


- We do not need nor require 'numbers' from the system to validate our experience during a training Session.

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MONITORING AND MEASURING CHANGE USING NEUROOPTIMAL® DYNAMICAL NEUROFEEDBACK®



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**ANALYSIS & DYNAMICAL
NEUROFEEDBACK®**



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**DOCUMENTING
CHANGE**



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**CREATING GRAPHS FROM YOUR SESSION IS A LINEAR
PROCESS**

- No matter what you see in the 'numbers' or 'colors' that is in the Session training, they do not reveal anything that will cause the Trainer to do anything differently within NeuroOptimal® Sessions.
- So, we do not "tailor" the Sessions predicting a change, nor do we look back on a Session and try to 'justify' what happened in that Session.
- Nothing "doesn't work": it's always (information) or feedback the CNS responds to that change in a unique, personalized way

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'TRACKING TOOLS'

"Analysis Tools" are typically linear. They are used as a method of looking backwards to determine what a Trainer thinks happened and then looking forward and 'predicting' an outcome.

It is confusing when we offer linear 'progress tracking options' for non-linear training process. We do not offer this option in NO3 and highly advise against creating that 'atmosphere' in your location.

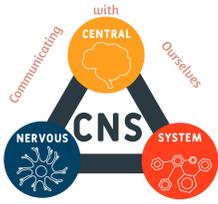


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WHAT SHOULD WE USE?

- My Journal Tracking Tools are a method of keeping track of shifts or changes as we experience them.
- Try using terminology like "the more trained a brain becomes the more flexible you will be" versus "You want to see more of this color, this amplitude or this pattern" (the later implies YOU are in charge of their process, and that YOU know more than their intuitive body knows)



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DR. VAL BROWN~ QUOTES

- "It really is that simple"
- "When in doubt default it out"
- "It's all about the math"
- "A problem is something YOU don't want; a solution is something you do want. What makes it a problem is that you don't want it"
- "A problem in one setting is a solution in another and a solution in one setting is a problem in another- a really good idea to take deep breathe unless you are under water"

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