



NEUROOPTIMAL™
POWERED BY NEUROCARE®

SURVEY

REPORT ON THE USE OF ZENGAR
NEUROPTIMAL™ (PREVIOUSLY NEUROCARE®)

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REPORT ON THE USE OF ZENGAR INSTITUTE NEUROPTIMAL™

IN-DEPTH SURVEY OF USERS
CONDUCTED DEC 2008

RESEARCH INDEPENDENTLY SUPERVISED AND REVIEWED BY
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PREAMBLE

Hundreds of trainers have used NeurOptimal™ (previously known under the name of NeuroCARE®) over thousands of hours of direct client experience. This survey was conducted to evaluate these trainers' experiences in their practices and to assess their perceived efficacy of NeurOptimal™ across multiple client issues. To date and to our knowledge, this survey is the most ambitious project of its kind in the history of neurofeedback.

SAMPLE

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DEMOGRAPHICS OF PRACTICE

SAMPLE

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DEMOGRAPHICS OF PRACTICE

HOURS OF EXPERIENCE WITH NEUROOPTIMAL™

The NeurOptimal™ trainers surveyed have training experience ranging from fewer than 100 hours (mostly home users) to well over 10,000 hours (trainers with busy client practices). It is estimated from this survey that NeurOptimal™ has nearly **1.2 million hours** of usage worldwide at the time of writing. This estimate is probably conservative as the number of home users was over-represented in this survey.

REASONS CLIENTS SEEK TRAINING

Although NeurOptimal™ is diagnostically agnostic (meaning nothing is done differently for different complaints-- it is not a treatment for disorders), half the trainers said over 90% of their clients seek NeurOptimal™ for relief from symptoms. The remaining clients come for each of peak performance training, personal or spiritual growth and maintenance of personal wellness and/or anti-aging.

TYPE OF PRACTICE

Trainers operate primarily within the following types of practices:

TYPE OF PRACTICE	% OF TRAINERS IN THIS PRACTICE
Solely Neurofeedback	55%
Mental Health	34%
Coaching	14%
Alternative Healing	11%
Medical Practice	6%
Chiropractic	1%
Homeopathy	1%

NUMBER OF SESSIONS

The chart on the right summarizes the average number of sessions trainers complete with their clients (numbers across top are sessions, in boxes are % trainers reporting).

# OF SESSIONS	7-10	11-15	16-20	21-30	> 30
% of Trainers	14%	14%	30%	28%	6%

HOW CLIENTS FIND A TRAINER

Source of Client Referral (numbers in boxes are % trainers reporting, across top % clients)

	0%	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	90% +
Referral from a health-care provider	21.2	23.5	15.2	7.6	7.6	6.8	5.3	3.8	3.0	3.8	2.3
Client recommendation	5.0	13.8	17.6	9.4	10.7	10.1	3.8	6.3	4.4	6.9	11.9
Advertising	44.1	29.4	11.8	4.9	2.0	1.0	2.0	1.0	0.0	3.9	24.1
Website or internet presence	24.1	28.4	9.5	6.0	8.6	7.8	2.6	2.6	2.6	4.3	3.4
Presentations	29.2	39.6	13.2	4.7	2.8	3.8	1.9	0.9	0.0	0.0	3.8
Zengar website	53.3	37.8	4.4	2.2	2.2	0.0	0.0	0.0	0.0	0.0	0.0

SAMPLE

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EFFICACY OF NEUROPTIMAL™ TRAINING

SAMPLE

EFFICACY OF NEUROOPTIMAL™ TRAINING

CLIENTS SHOWING SIGNIFICANT IMPROVEMENT

One third of trainers reported that the majority of their clients (over 60%) showed 100% improvement. Most clients (over 60%) can expect significant (60% or better) improvement, while fewer than 20% can anticipate 59% improvement or less.

This degree of reported efficacy would be considered in the realm of the miraculous in a traditional medical model world, confirming the high quality of training offered by NeurOptimal™. In fact, Neuroptimal™ users frequently see changes that are considered impossible within traditional practice models.

For example, the following table compares the effectiveness of NeurOptimal™ with Prozac for clients reporting Obsessive Compulsive Disorder and with Ritalin for Attention Deficit Disorder. Both drugs carry the risk of negative side effects that are not a concern with NeurOptimal™. The reported efficacy in both instances is notably higher for NeurOptimal™.

EFFECTIVENESS OF NEUROPTIMAL™ VS. PROZAC & RITALIN

OUTCOME	OBSESSIVE COMPULSIVE DISORDER		ATTENTION DEFICIT DISORDER	
	NeurOptimal ¹	Prozac ²	NeurOptimal ¹	Ritalin ³
No Change	0%	29%	0%	26.9% ⁴
Minimal Improvement	21.5%	24%	11.7%	N/A
Much Improvement	39.3%	28%	16.2	44.9%
Very Much Improvement	39.2%	19%	71.9%	

¹ Results for clients who had 20 or more sessions.

² See <http://www.druglib.com/druginfo/prozac/pharmacology/>.

³ Wolraich, et al., 2001, Randomized, controlled trial of OROS methylphenidate once a day in children with attention-deficit/hyperactivity disorder, *Pediatrics*, 108:4, 883-892.

⁴ Barboresi, et al., 2006. Long-term stimulant medication treatment of attention-deficit/hyperactivity disorder: results from a population-based study. *J. Dev. Behav. Pediatr.* 27:1, 1-10.

EFFICACY OF NEUROPTIMAL™ ACROSS REASONS FOR TRAINING

We present next the efficacy results for each reason that clients seek training following 5, 10, 15 or 20+ sessions. But first, we will use the peak performance table to illustrate how to read these tables.

The percentages along the top of the chart are the estimated degree of improvement in the presenting issue, while the percentages in the cells are those trainers reporting this degree of change after 5, 10, 15 and 20 or more sessions. **Green** denotes the highest

percentage, **yellow** is the next highest. If there are two or more boxes with equally high % (green), then we have not added any other (yellow) boxes. The column on the right is a summary column showing % trainers reporting 40% and better improvement. This number was selected as being the best result that can be expected from many drugs for many of the complaints evaluated.

PEAK PERFORMANCE	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	% REPORTING 40% OR BETTER IMPROVEMENT
5 Sessions	8.5%	25.5%	29.8%	8.5%	10.6%	6.4%	2.1%	4.3%	0.0%	2.1%	2.1%	17.0%
10 Sessions	4.3%	2.1%	19.1%	17.0%	10.6%	6.4%	21.3%	8.5%	4.3%	2.1%	4.3%	46.9%
15 Sessions	5.0%	0.0%	7.5%	15.0%	7.5%	7.5%	17.5%	7.5%	10.0%	12.5%	10.0%	65.0%
20 sessions	5.4%	2.7%	0.0%	2.7%	10.8%	5.4%	5.4%	10.8%	27.0%	5.4%	24.3%	78.3%

The complete set of Efficacy Tables Follows.

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
ADDICTION												
5 sessions	27.6%	31.0%	20.7%	3.4%	6.9%	0.0%	0.0%	6.9%	3.4%	0.0%	0.0%	10.3%
10 sessions	6.5%	19.4%	25.8%	16.1%	9.7%	0.0%	3.2%	3.2%	9.7%	0.0%	6.5%	22.6%
15 sessions	4.0%	4.0%	20.0%	12.0%	24.0%	8.0%	4.0%	12.0%	0.0%	4.0%	8.0%	36.0%
20+ sessions	3.3%	3.3%	0.0%	6.7%	6.7%	3.3%	16.7%	23.3%	16.7%	0.0%	20.0%	80.0%
ADD/ADHD OR HYPERACTIVITY												
5 sessions	10.9%	34.4%	26.6%	14.1%	3.1%	3.1%	1.6%	4.7%	0.0%	0.0%	1.6%	11.0%
10 sessions	1.5%	4.6%	23.1%	18.5%	24.6%	15.4%	3.1%	3.1%	3.1%	1.5%	1.5%	27.7%
15 sessions	0.0%	5.0%	5.0%	8.3%	18.3%	25.0%	16.7%	8.3%	6.7%	3.3%	3.3%	63.3%
20+ sessions	0.0%	2.9%	4.4%	4.4%	4.4%	4.4%	7.4%	23.5%	17.6%	17.6%	13.2%	83.7%
ALLERGIES												
5 sessions	44.4%	44.4%	11.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	30.0%	0.0%	10.0%	30.0%	10.0%	0.0%	10.0%	10.0%	0.0%	0.0%	0.0%	20.0%
15 sessions	20.0%	20.0%	0.0%	0.0%	20.0%	10.0%	20.0%	10.0%	0.0%	0.0%	0.0%	40.0%
20+ sessions	20.0%	20.0%	10.0%	0.0%	0.0%	10.0%	20.0%	0.0%	10.0%	0.0%	10.0%	50.0%
ANGER												
5 sessions	10.9%	30.4%	28.3%	6.5%	6.5%	2.2%	4.3%	4.3%	2.2%	0.0%	4.3%	17.3%
10 sessions	4.2%	4.2%	20.8%	22.9%	16.7%	10.4%	8.3%	0.0%	12.5%	0.0%	0.0%	31.2%
15 sessions	0.0%	7.5%	2.5%	12.5%	17.5%	10.0%	17.5%	17.5%	5.0%	7.5%	2.5%	60.0%
20+ sessions	0.0%	2.3%	2.3%	7.0%	7.0%	9.3%	14.0%	11.6%	9.3%	18.6%	18.6%	81.4%
ANXIETY/PANIC DISORDER/PHOBIAS												
5 sessions	3.6%	21.4%	32.1%	17.9%	12.5%	3.6%	1.8%	3.6%	1.8%	1.8%	0.0%	12.6%
10 sessions	0.0%	1.6%	17.7%	16.1%	24.2%	12.9%	9.7%	4.8%	4.8%	6.5%	0.0%	38.7%
15 sessions	0.0%	3.6%	5.4%	8.9%	17.9%	14.3%	16.1%	12.5%	10.7%	5.4%	5.4%	64.4%
20+ sessions	3.4%	3.4%	0.0%	6.8%	1.7%	8.5%	11.9%	10.2%	22.0%	18.6%	13.6%	84.8%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
ASPERGER'S SYNDROME												
5 sessions	26.1%	34.8%	26.1%	4.3%	4.3%	4.3%	0.0%	0.0%	0.0%	0.0%	0.0%	4.3%
10 sessions	8.3%	16.7%	29.2%	16.7%	12.5%	4.2%	8.3%	0.0%	4.2%	0.0%	0.0%	16.7%
15 sessions	0.0%	8.7%	13.0%	13.0%	8.7%	30.4%	8.7%	4.3%	8.7%	4.3%	0.0%	56.4%
20+ sessions	0.0%	0.0%	10.0%	0.0%	10.0%	16.7%	10.0%	16.7%	26.7%	3.3%	6.7%	80.1%
ASTHMA												
5 sessions	33.3%	0.0%	33.3%	33.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	0.0%	0.0%	25.0%	25.0%	25.0%	25.0%	0.0%	0.0%	0.0%	0.0%	50.0%
15 sessions	0.0%	0.0%	0.0%	0.0%	50.0%	0.0%	25.0%	0.0%	0.0%	25.0%	0.0%	50.0%
20+ sessions	0.0%	33.3%	0.0%	0.0%	0.0%	0.0%	33.3%	33.3%	0.0%	0.0%	0.0%	66.6%
AUTISM OR AUTISTIC SPECTRUM DISORDERS												
5 sessions	22.7%	45.5%	13.6%	13.6%	0.0%	0.0%	4.5%	0.0%	0.0%	0.0%	0.0%	4.5%
10 sessions	8.3%	16.7%	29.2%	20.8%	12.5%	4.2%	4.2%	4.2%	0.0%	0.0%	0.0%	12.6%
15 sessions	0.0%	13.6%	13.6%	13.6%	13.6%	27.3%	0.0%	9.1%	9.1%	0.0%	0.0%	45.5%
20+ sessions	0.0%	2.9%	22.9%	11.4%	8.6%	5.7%	11.4%	2.9%	20.0%	8.6%	5.7%	54.3%
BI-POLAR DISORDER												
5 sessions	16.7%	27.8%	44.4%	11.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	11.8%	5.9%	11.8%	41.2%	17.6%	5.9%	5.9%	0.0%	0.0%	0.0%	0.0%	11.8%
15 sessions	5.6%	11.1%	11.1%	5.6%	33.3%	11.1%	5.6%	5.6%	11.1%	0.0%	0.0%	33.4%
20+ sessions	5.0%	0.0%	15.0%	5.0%	5.0%	0.0%	15.0%	15.0%	20.0%	10.0%	10.0%	70.0%
BRAIN INJURY												
5 sessions	26.9%	23.1%	26.9%	3.8%	3.8%	3.8%	0.0%	3.8%	0.0%	3.8%	3.8%	15.2%
10 sessions	16.7%	20.8%	4.2%	20.8%	8.3%	8.3%	4.2%	4.2%	4.2%	0.0%	8.3%	29.2%
15 sessions	5.0%	10.0%	15.0%	5.0%	15.0%	15.0%	10.0%	15.0%	5.0%	0.0%	5.0%	50.0%
20+ sessions	0.0%	0.0%	8.0%	12.0%	8.0%	16.0%	16.0%	12.0%	8.0%	4.0%	16.0%	72.0%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
CEREBRAL PALSY												
5 sessions	0.0%	50.0%	25.0%	0.0%	0.0%	0.0%	25.0%	0.0%	0.0%	0.0%	0.0%	25.0%
10 sessions	20.0%	20.0%	20.0%	0.0%	0.0%	20.0%	0.0%	20.0%	0.0%	0.0%	0.0%	40.0%
15 sessions	0.0%	0.0%	0.0%	25.0%	0.0%	25.0%	0.0%	25.0%	25.0%	0.0%	0.0%	75.0%
20+ sessions	0.0%	0.0%	25.0%	0.0%	0.0%	25.0%	0.0%	0.0%	0.0%	50.0%	0.0%	75.0%
CHRONIC FATIGUE SYNDROME (CFIDS)												
5 sessions	29.4%	52.9%	17.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	5.6%	33.3%	22.2%	22.2%	5.6%	5.6%	0.0%	0.0%	0.0%	0.0%	5.6%	11.2%
15 sessions	0.0%	10.5%	21.1%	21.1%	10.5%	10.5%	15.8%	5.3%	0.0%	5.3%	0.0%	36.9%
20+ sessions	0.0%	5.0%	5.0%	5.0%	20.0%	20.0%	0.0%	15.0%	15.0%	10.0%	5.0%	65.0%
COGNITIVE FUNCTIONING												
5 sessions	2.6%	28.9%	28.9%	2.6%	7.9%	10.5%	2.6%	5.3%	5.3%	5.3%	0.0%	29.0%
10 sessions	0.0%	6.1%	21.2%	27.3%	15.2%	9.1%	6.1%	3.0%	6.1%	3.0%	3.0%	30.3%
15 sessions	0.0%	2.9%	0.0%	14.7%	23.5%	17.6%	11.8%	5.9%	2.9%	11.8%	8.8%	58.8%
20+ sessions	3.4%	0.0%	0.0%	3.4%	10.3%	13.8%	17.2%	20.7%	13.8%	10.3%	6.9%	82.7%
COUNSELING/EXECUTIVE COACHING												
5 sessions	5.0%	5.0%	30.0%	20.0%	10.0%	5.0%	15.0%	0.0%	0.0%	5.0%	5.0%	30.0%
10 sessions	6.3%	6.3%	12.5%	6.3%	12.5%	18.8%	18.8%	6.3%	6.3%	0.0%	6.3%	56.5%
15 sessions	0.0%	0.0%	16.7%	8.3%	25.0%	8.3%	8.3%	16.7%	8.3%	0.0%	8.3%	49.9%
20+ sessions	0.0%	7.7%	0.0%	7.7%	7.7%	0.0%	0.0%	15.4%	30.8%	23.1%	7.7%	77.0%
DEPRESSION												
5 sessions	13.8%	29.3%	22.4%	15.5%	6.9%	1.7%	1.7%	0.0%	1.7%	3.4%	3.4%	11.9%
10 sessions	0.0%	13.1%	14.8%	19.7%	13.1%	23.0%	1.6%	6.6%	1.6%	3.3%	3.3%	39.4%
15 sessions	0.0%	0.0%	13.5%	11.5%	1.9%	17.3%	25.0%	19.2%	5.8%	0.0%	5.8%	73.1%
20+ sessions	0.0%	1.8%	3.6%	3.6%	7.3%	5.5%	3.6%	9.1%	36.4%	16.4%	12.7%	83.7%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
DEVELOPMENTAL DELAY												
5 sessions	28.6%	42.9%	21.4%	0.0%	0.0%	7.1%	0.0%	0.0%	0.0%	0.0%	0.0%	7.1%
10 sessions	0.0%	38.5%	23.1%	15.4%	15.4%	0.0%	7.7%	0.0%	0.0%	0.0%	0.0%	7.7%
15 sessions	0.0%	7.7%	38.5%	7.7%	15.4%	7.7%	0.0%	15.4%	0.0%	7.7%	0.0%	30.8%
20+ sessions	0.0%	5.6%	5.6%	11.1%	27.8%	11.1%	0.0%	22.2%	5.6%	5.6%	5.6%	50.1%
DIABETES												
5 sessions	28.6%	28.6%	42.9%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	28.6%	14.3%	28.6%	14.3%	14.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
15 sessions	0.0%	40.0%	20.0%	0.0%	0.0%	20.0%	20.0%	0.0%	0.0%	0.0%	0.0%	40.0%
20+ sessions	0.0%	0.0%	0.0%	40.0%	0.0%	20.0%	20.0%	0.0%	20.0%	0.0%	0.0%	60.0%
DIFFICULTY SWALLOWING												
5 sessions	0.0%	0.0%	25.0%	25.0%	0.0%	25.0%	0.0%	0.0%	0.0%	0.0%	25.0%	50.0%
10 sessions	0.0%	0.0%	0.0%	20.0%	0.0%	20.0%	40.0%	0.0%	20.0%	0.0%	0.0%	80.0%
15 sessions	0.0%	0.0%	20.0%	0.0%	0.0%	0.0%	20.0%	20.0%	0.0%	0.0%	40.0%	80.0%
20+ sessions	0.0%	0.0%	33.3%	0.0%	0.0%	0.0%	0.0%	0.0%	66.7%	0.0%	0.0%	66.7%
DIZZINESS OR FAINTING												
5 sessions	0.0%	0.0%	55.6%	33.3%	0.0%	11.1%	0.0%	0.0%	0.0%	0.0%	0.0%	11.1%
10 sessions	0.0%	0.0%	18.2%	9.1%	27.3%	18.2%	9.1%	0.0%	9.1%	9.1%	0.0%	45.5%
15 sessions	0.0%	11.1%	11.1%	0.0%	0.0%	0.0%	22.2%	0.0%	33.3%	22.2%	0.0%	77.7%
20+ sessions	0.0%	28.6%	14.3%	0.0%	0.0%	0.0%	0.0%	14.3%	14.3%	0.0%	28.6%	57.2%
EAR PROBLEMS (INCLUDING TINNITUS)												
5 sessions	50.0%	33.3%	0.0%	5.6%	5.6%	0.0%	5.6%	0.0%	0.0%	0.0%	0.0%	5.6%
10 sessions	16.7%	16.7%	33.3%	5.6%	11.1%	0.0%	0.0%	11.1%	0.0%	5.6%	0.0%	16.7%
15 sessions	11.1%	11.1%	5.6%	16.7%	11.1%	22.2%	5.6%	5.6%	0.0%	11.1%	0.0%	44.5%
20+ sessions	0.0%	0.0%	50.0%	0.0%	0.0%	0.0%	0.0%	25.0%	25.0%	0.0%	0.0%	50.0%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
EATING DISORDERS AND OVEREATING												
5 sessions	22.2%	50.0%	11.1%	5.6%	0.0%	0.0%	0.0%	0.0%	0.0%	5.6%	5.6%	11.2%
10 sessions	15.8%	15.8%	26.3%	21.1%	5.3%	0.0%	0.0%	0.0%	5.3%	0.0%	10.5%	15.8%
15 sessions	0.0%	38.9%	0.0%	5.6%	0.0%	22.2%	16.7%	5.6%	11.1%	0.0%	0.0%	55.6%
20+ sessions	4.8%	19.0%	9.5%	4.8%	4.8%	4.8%	14.3%	9.5%	14.3%	14.3%	0.0%	57.2%
ELECTRO-SMOG												
5 sessions	25.0%	0.0%	25.0%	50.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	0.0%	0.0%	0.0%	0.0%	50.0%	25.0%	0.0%	0.0%	25.0%	0.0%	100.0%
15 sessions	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	33.3%	66.7%	0.0%	0.0%	0.0%	100.0%
20+ sessions	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	66.7%	0.0%	33.3%	100.0%
EPILEPSY/SEIZURES												
5 sessions	12.5%	31.3%	18.8%	18.8%	12.5%	6.3%	0.0%	0.0%	0.0%	0.0%	0.0%	6.3%
10 sessions	6.3%	12.5%	25.0%	25.0%	6.3%	0.0%	18.8%	0.0%	0.0%	0.0%	6.3%	25.1%
15 sessions	0.0%	7.7%	15.4%	15.4%	15.4%	23.1%	0.0%	15.4%	7.7%	0.0%	0.0%	46.2%
20+ sessions	0.0%	0.0%	0.0%	6.7%	13.3%	13.3%	13.3%	13.3%	6.7%	13.3%	20.0%	79.9%
FAILURE/SCHOOL FAILURE												
5 sessions	13.3%	36.7%	23.3%	13.3%	3.3%	3.3%	3.3%	0.0%	0.0%	0.0%	3.3%	9.9%
10 sessions	0.0%	13.3%	20.0%	13.3%	33.3%	6.7%	3.3%	6.7%	3.3%	0.0%	0.0%	20.0%
15 sessions	0.0%	3.7%	11.1%	7.4%	11.1%	14.8%	22.2%	11.1%	11.1%	7.4%	0.0%	66.6%
20+ sessions	2.7%	2.7%	2.7%	2.7%	2.7%	8.1%	8.1%	8.1%	29.7%	18.9%	13.5%	86.4%
FATIGUE												
5 sessions	7.9%	34.2%	18.4%	15.8%	5.3%	2.6%	2.6%	2.6%	5.3%	2.6%	2.6%	18.3%
10 sessions	0.0%	7.3%	19.5%	24.4%	19.5%	7.3%	4.9%	7.3%	0.0%	7.3%	2.4%	29.2%
15 sessions	0.0%	0.0%	11.8%	11.8%	17.6%	14.7%	5.9%	17.6%	0.0%	14.7%	5.9%	58.8%
20+ sessions	0.0%	2.9%	5.7%	5.7%	8.6%	8.6%	14.3%	14.3%	11.4%	11.4%	17.1%	77.1%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
FIBROMYALGIA												
5 sessions	24.0%	20.0%	48.0%	8.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	8.0%	12.0%	20.0%	24.0%	28.0%	8.0%	0.0%	0.0%	0.0%	0.0%	0.0%	8.0%
15 sessions	0.0%	17.4%	17.4%	8.7%	17.4%	8.7%	13.0%	17.4%	0.0%	0.0%	0.0%	39.1%
20+ sessions	0.0%	4.3%	4.3%	8.7%	8.7%	17.4%	4.3%	13.0%	17.4%	13.0%	8.7%	73.8%
FOCUS, CONCENTRATION & ALERTNESS												
5 Sessions	2.2%	20.2%	30.3%	18.0%	3.4%	6.7%	6.7%	3.4%	2.2%	3.4%	3.4%	25.8%
10 Sessions	1.1%	2.2%	12.9%	20.4%	14.0%	19.4%	9.7%	10.8%	5.4%	3.2%	1.1%	49.6%
15 sessions	0.0%	2.7%	4.1%	11.0%	11.0%	13.7%	16.4%	12.3%	13.7%	9.6%	5.5%	71.2%
20+ sessions	1.5%	3.1%	0.0%	6.2%	3.1%	7.7%	4.6%	15.4%	24.6%	20.0%	13.8%	86.1%
FREQUENT URINATION												
5 sessions	14.3%	42.9%	14.3%	14.3%	0.0%	0.0%	0.0%	0.0%	14.3%	0.0%	0.0%	14.3%
10 sessions	12.5%	0.0%	25.0%	0.0%	0.0%	12.5%	12.5%	12.5%	0.0%	0.0%	25.0%	62.5%
15 sessions	14.3%	0.0%	28.6%	0.0%	0.0%	0.0%	14.3%	0.0%	0.0%	14.3%	28.6%	57.2%
20+ sessions	0.0%	14.3%	14.3%	14.3%	0.0%	0.0%	14.3%	14.3%	0.0%	14.3%	14.3%	57.2%
GASTROINTESTINAL PROBLEMS (IRRITABLE BOWEL, NAUSEA, DIARRHEA, ETC.)												
5 sessions	15.4%	30.8%	30.8%	7.7%	7.7%	0.0%	0.0%	7.7%	0.0%	0.0%	0.0%	7.7%
10 sessions	6.7%	6.7%	6.7%	26.7%	6.7%	13.3%	13.3%	6.7%	0.0%	6.7%	6.7%	46.7%
15 sessions	0.0%	8.3%	16.7%	0.0%	8.3%	16.7%	8.3%	0.0%	25.0%	16.7%	0.0%	66.7%
20+ sessions	0.0%	10.0%	10.0%	0.0%	0.0%	10.0%	10.0%	10.0%	10.0%	10.0%	30.0%	80.0%
HEADACHES/ MIGRAINES												
5 sessions	8.9%	31.1%	22.2%	11.1%	8.9%	11.1%	2.2%	0.0%	0.0%	4.4%	0.0%	17.7%
10 sessions	2.3%	6.8%	22.7%	13.6%	4.5%	13.6%	11.4%	4.5%	6.8%	2.3%	11.4%	50.0%
15 sessions	0.0%	4.9%	7.3%	12.2%	14.6%	9.8%	2.4%	17.1%	19.5%	0.0%	12.2%	61.0%
20+ sessions	2.6%	0.0%	5.1%	2.6%	2.6%	15.4%	7.7%	10.3%	12.8%	15.4%	25.6%	87.2%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
HEART CONDITIONS												
5 sessions	25.0%	50.0%	25.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	50.0%	0.0%	25.0%	25.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
15 sessions	20.0%	0.0%	20.0%	0.0%	20.0%	20.0%	0.0%	0.0%	20.0%	0.0%	0.0%	40.0%
20+ sessions	0.0%	25.0%	25.0%	0.0%	0.0%	0.0%	25.0%	0.0%	25.0%	0.0%	0.0%	50.0%
HYPER/HYPOGLYCEMIA												
5 sessions	20.0%	40.0%	40.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	20.0%	0.0%	20.0%	20.0%	20.0%	20.0%	0.0%	0.0%	0.0%	0.0%	0.0%	20.0%
15 sessions	0.0%	14.3%	0.0%	14.3%	0.0%	14.3%	14.3%	14.3%	14.3%	14.3%	0.0%	71.5%
20+ sessions	0.0%	0.0%	50.0%	0.0%	0.0%	0.0%	0.0%	25.0%	25.0%	0.0%	0.0%	50.0%
HYPER/HYPOTENSION												
5 sessions	27.3%	45.5%	9.1%	9.1%	0.0%	9.1%	0.0%	0.0%	0.0%	0.0%	0.0%	9.1%
10 sessions	0.0%	18.2%	45.5%	9.1%	18.2%	0.0%	0.0%	0.0%	9.1%	0.0%	0.0%	9.1%
15 sessions	0.0%	9.1%	9.1%	27.3%	9.1%	9.1%	9.1%	9.1%	0.0%	9.1%	9.1%	45.5%
20+ sessions	0.0%	14.3%	0.0%	0.0%	14.3%	14.3%	0.0%	0.0%	28.6%	28.6%	0.0%	71.5%
IMMUNE FUNCTIONING												
5 sessions	45.5%	9.1%	27.3%	9.1%	9.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	27.3%	9.1%	36.4%	9.1%	9.1%	0.0%	0.0%	0.0%	9.1%	0.0%	18.2%
15 sessions	0.0%	0.0%	18.2%	18.2%	9.1%	18.2%	18.2%	0.0%	18.2%	0.0%	0.0%	54.6%
20+ sessions	0.0%	0.0%	0.0%	10.0%	0.0%	10.0%	20.0%	10.0%	10.0%	10.0%	30.0%	90.0%
LEARNING DISORDER												
5 sessions	37.9%	27.6%	10.3%	3.4%	6.9%	6.9%	0.0%	3.4%	0.0%	0.0%	3.4%	13.7%
10 sessions	11.1%	14.8%	29.6%	18.5%	7.4%	7.4%	7.4%	0.0%	0.0%	0.0%	3.7%	18.5%
15 sessions	3.8%	3.8%	11.5%	11.5%	19.2%	19.2%	7.7%	11.5%	3.8%	3.8%	3.8%	49.8%
20+ sessions	5.7%	0.0%	2.9%	8.6%	0.0%	2.9%	20.0%	17.1%	11.4%	22.9%	8.6%	82.9%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
LYME DISEASE												
5 sessions	27.3%	54.5%	9.1%	9.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	33.3%	8.3%	25.0%	8.3%	16.7%	8.3%	0.0%	0.0%	0.0%	0.0%	0.0%	8.3%
15 sessions	16.7%	8.3%	0.0%	16.7%	16.7%	16.7%	16.7%	0.0%	8.3%	0.0%	0.0%	41.7%
20+ sessions	10.0%	0.0%	0.0%	0.0%	10.0%	20.0%	10.0%	20.0%	10.0%	10.0%	10.0%	80.0%
MEMORY												
5 Sessions	13.3%	31.1%	24.4%	11.1%	4.4%	2.2%	2.2%	2.2%	4.4%	0.0%	4.4%	15.4%
10 sessions	2.0%	13.7%	29.4%	17.6%	7.8%	11.8%	9.8%	2.0%	3.9%	0.0%	2.0%	29.5%
15 sessions	0.0%	6.8%	11.4%	20.5%	9.1%	13.6%	9.1%	4.5%	11.4%	6.8%	6.8%	52.2%
20+ sessions	0.0%	5.3%	2.6%	13.2%	2.6%	15.8%	21.1%	7.9%	21.1%	2.6%	7.9%	76.4%
MULTIPLE PERSONALITY DISORDER												
5 sessions	20.0%	40.0%	20.0%	0.0%	20.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	50.0%	0.0%	25.0%	25.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
15 sessions	0.0%	16.7%	0.0%	33.3%	16.7%	0.0%	16.7%	0.0%	16.7%	0.0%	0.0%	33.4%
20+ sessions	0.0%	0.0%	0.0%	0.0%	33.3%	0.0%	0.0%	33.3%	0.0%	33.3%	0.0%	66.6%
OBSESSIVE COMPULSIVE DISORDER												
5 sessions	27.3%	36.4%	27.3%	4.5%	0.0%	0.0%	4.5%	0.0%	0.0%	0.0%	0.0%	4.5%
10 sessions	13.0%	8.7%	30.4%	26.1%	8.7%	8.7%	0.0%	0.0%	0.0%	4.3%	0.0%	13.0%
15 sessions	4.0%	4.0%	12.0%	28.0%	20.0%	8.0%	8.0%	8.0%				24.0%
20+ sessions	0.0%	14.3%	3.6%	3.6%	14.3%	21.4%	3.6%	14.3%	7.1%	10.7%	7.1%	64.2%
OPPOSITIONAL DEFIANT DISORDER												
5 sessions	14.3%	14.3%	28.6%	42.9%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	28.6%	0.0%	28.6%	0.0%	28.6%	0.0%	0.0%	0.0%	0.0%	14.3%	42.9%
15 sessions	0.0%	33.3%	0.0%	0.0%	33.3%	0.0%	16.7%	16.7%	0.0%	0.0%	0.0%	33.4%
20+ sessions	12.5%	0.0%	0.0%	0.0%	0.0%	12.5%	0.0%	12.5%	12.5%	37.5%	12.5%	87.5%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
PAIN												
5 sessions	18.9%	27.0%	16.2%	16.2%	5.4%	2.7%	5.4%	0.0%	0.0%	2.7%	5.4%	16.2%
10 sessions	3.1%	9.4%	21.9%	31.3%	3.1%	6.3%	12.5%	9.4%	0.0%	0.0%	3.1%	31.3%
15 sessions	0.0%	3.6%	17.9%	10.7%	14.3%	17.9%	0.0%	21.4%	10.7%	0.0%	3.6%	53.6%
20+ sessions	3.2%	3.2%	9.7%	0.0%	3.2%	29.0%	12.9%	3.2%	12.9%	9.7%	12.9%	80.6%
PEAK PERFORMANCE												
5 Sessions	8.5%	25.5%	29.8%	8.5%	10.6%	6.4%	2.1%	4.3%	0.0%	2.1%	2.1%	17.0%
10 Sessions	4.3%	2.1%	19.1%	17.0%	10.6%	6.4%	21.3%	8.5%	4.3%	2.1%	4.3%	46.9%
15 Sessions	5.0%	0.0%	7.5%	15.0%	7.5%	7.5%	17.5%	7.5%	10.0%	12.5%	10.0%	65.0%
20+ sessions	5.4%	2.7%	0.0%	2.7%	10.8%	5.4%	5.4%	10.8%	27.0%	5.4%	24.3%	78.3%
POST TRAUMATIC STRESS DISORDER												
5 sessions	7.3%	29.3%	22.0%	12.2%	7.3%	4.9%	2.4%	4.9%	4.9%	4.9%	0.0%	22.0%
10 sessions	0.0%	12.2%	17.1%	19.5%	12.2%	12.2%	12.2%	2.4%	2.4%	4.9%	4.9%	39.0%
15 sessions	0.0%	0.0%	11.4%	11.4%	17.1%	11.4%	14.3%	17.1%	8.6%	0.0%	8.6%	60.0%
20+ sessions	0.0%	2.6%	2.6%	10.5%	2.6%	2.6%	10.5%	18.4%	21.1%	7.9%	21.1%	81.6%
RELAXATION & STRESS MANAGEMENT												
5 sessions	1.2%	10.6%	15.3%	22.4%	11.8%	8.2%	4.7%	5.9%	9.4%	2.4%	8.2%	38.8%
10 sessions	0.0%	1.3%	6.3%	3.8%	13.8%	20.0%	11.3%	16.3%	10.0%	7.5%	10.0%	75.1%
15 sessions	0.0%	3.4%	3.4%	3.4%	3.4%	11.9%	11.9%	23.7%	13.6%	16.9%	8.5%	86.5%
20+ sessions	0.0%	3.4%	1.7%	5.2%	1.7%	0.0%	3.4%	13.8%	13.8%	27.6%	29.3%	87.9%
SCHIZOPHRENIA												
5 sessions	20.0%	40.0%	0.0%	20.0%	20.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	0.0%	20.0%	20.0%	20.0%	20.0%	0.0%	20.0%	0.0%	0.0%	0.0%	0.0%	20.0%
15 sessions	0.0%	0.0%	33.3%	16.7%	0.0%	16.7%	33.3%	0.0%	0.0%	0.0%	0.0%	50.0%
20+ sessions	0.0%	0.0%	20.0%	40.0%	0.0%	0.0%	0.0%	20.0%	20.0%	0.0%	0.0%	40.0%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
SHYNESS/SOCIAL ANXIETY												
5 sessions	7.9%	34.2%	31.6%	0.0%	7.9%	2.6%	2.6%	5.3%	2.6%	0.0%	5.3%	18.4%
10 sessions	0.0%	7.3%	14.6%	24.4%	14.6%	7.3%	9.8%	9.8%	2.4%	2.4%	7.3%	39.0%
15 sessions	0.0%	2.9%	11.8%	8.8%	20.6%	14.7%	8.8%	14.7%	8.8%	0.0%	8.8%	55.8%
20+ sessions	0.0%	3.1%	6.3%	9.4%	0.0%	12.5%	3.1%	9.4%	34.4%	12.5%	9.4%	81.3%
SLEEP PROBLEMS (E.G., SNORING; INSOMNIA; APNEA ETC.)												
5 sessions	1.6%	23.8%	20.6%	17.5%	4.8%	6.3%	3.2%	6.3%	6.3%	6.3%	3.2%	31.6%
10 sessions	0.0%	4.8%	11.1%	14.3%	17.5%	14.3%	6.3%	11.1%	11.1%	3.2%	6.3%	52.3%
15 sessions	0.0%	0.0%	2.2%	13.0%	8.7%	19.6%	6.5%	6.5%	15.2%	17.4%	10.9%	76.1%
20+ sessions	2.1%	2.1%	2.1%	2.1%	8.3%	10.4%	8.3%	12.5%	16.7%	14.6%	20.8%	83.3%
STROKE												
5 sessions	35.7%	42.9%	7.1%	7.1%	7.1%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
10 sessions	23.1%	7.7%	15.4%	30.8%	15.4%	7.7%	0.0%	0.0%	0.0%	0.0%	0.0%	7.7%
15 sessions	7.7%	7.7%	15.4%	15.4%	7.7%	15.4%	0.0%	23.1%	7.7%	0.0%	0.0%	46.2%
20+ sessions	0.0%	0.0%	6.7%	20.0%	13.3%	13.3%	0.0%	26.7%	0.0%	6.7%	13.3%	60.0%
TOURETTE'S SYNDROME												
5 sessions	36.4%	27.3%	18.2%	9.1%	0.0%	0.0%	9.1%	0.0%	0.0%	0.0%	0.0%	9.1%
10 sessions	0.0%	27.3%	9.1%	36.4%	9.1%	9.1%	0.0%	0.0%	0.0%	9.1%	0.0%	18.2%
15 sessions	0.0%	0.0%	27.3%	27.3%	9.1%	18.2%	9.1%	9.1%	0.0%	0.0%	0.0%	36.4%
20+ sessions	0.0%	7.1%	14.3%	14.3%	0.0%	14.3%	7.1%	0.0%	28.6%	14.3%	0.0%	64.3%
VISION PROBLEMS												
5 sessions	14.3%	14.3%	28.6%	14.3%	0.0%	0.0%	14.3%	14.3%	0.0%	0.0%	0.0%	28.6%
10 sessions	0.0%	33.3%	16.7%	16.7%	16.7%	0.0%	16.7%	0.0%	0.0%	0.0%	0.0%	16.7%
15 sessions	0.0%	0.0%	50.0%	0.0%	0.0%	0.0%	50.0%	0.0%	0.0%	0.0%	0.0%	50.0%
20+ sessions	0.0%	0.0%	50.0%	0.0%	0.0%	0.0%	0.0%	25.0%	25.0%	0.0%	0.0%	50.0%

ISSUES FOR WHICH NEUROPTIMAL™ IS PARTICULARLY EFFECTIVE

Trainers were asked to volunteer which issues they found to respond particularly well to training with NeuroOptimal™. Their responses are grouped in order of frequency of votes starting with the highest. Within each grouping there is no significance to the order.

1	<ul style="list-style-type: none"> Anxiety, hypervigilance
2	<ul style="list-style-type: none"> Stress, stress-related issues, relaxation, tension, feeling overwhelmed, over-reactivity Sleep
3	<ul style="list-style-type: none"> Depression ADD ADHD, Hyperactivity
4	<ul style="list-style-type: none"> Headaches and Migraines Focus
5	<ul style="list-style-type: none"> Concentration PTSD, abuse, trauma Anger, irritability, bad temper, road rage, violence, aggression Performance enhancement, all kinds Being present, centering, quiet mind, clear thinking, awareness (self, others, spiritual), owning emotions, feeling time pressured, wider perspective
6	<ul style="list-style-type: none"> Head/Brain Injury/TBI, Coma Autism Panic Attacks Fatigue

7

- Attention
- Learning Disorders

8

- Self-Esteem, self-confidence, self-image, body image
- Memory
- Phobias
- Seizures/Epilepsy
- Sense of wellbeing, peacefulness, ability to cope
- Pain
- Releasing past limitations, changing chronic behavior, undoing "stuckness", changing mental patterns/attitudes, making transitions, inflexibility,

9

- OCD
- Cognitive functioning

10

- Fears
- Eating Disorders
- Social difficulties
- Burnout
- Bi-polar
- Pervasive Developmental Disorder, Developmental Delays
- Personality Disorders, Borderline, personality instability
- Depression, mood disorders
- Personal/spiritual growth

11

- Meditation, rebalancing
- Addiction
- Night terrors, nightmares
- Relationships, communication
- Dysphoria, bad mood
- Fibromyalgia
- Aspergers
- Motivation
- Alertness
- Academic performance, school performance
- Foggy-head, mental clarity

ISSUES FOR WHICH NEUROPTIMAL™
IS PARTICULARLY EFFECTIVE **CONTINUED**

12

- Car sickness
- Lyme Disease
- Negative habits, attitudes
- Managing transitions between psychiatric medications
- Boundaries for highly sensitive people
- Managing medical treatments like cancer drugs
- Impulsive Behavior
- Reducing need for medications
- Ability to plan
- Studying
- Positive thinking
- Cerebral lesions
- Cravings (of any sort)
- Hysterical conversion
- Congenital Brain Damage
- Self regulation of behavior
- Psychosis
- Dyslexia
- Coordination
- Excellent with non-verbal clients
- Argumentativeness
- Energy
- Increased resilience in face of change
- Improved Immune response
- Down's Syndrome
- Self-mutilation
- Any chronic issue where nothing else has helped

NUMBER OF SESSIONS
TO SEE EFFECTS

41% of trainers said they expected to see shifts in 1-5 sessions, and 47% said by 6-10 sessions. Significant positive change was expected by sessions 11-20 for 45% of trainers, while 36% expected it earlier – by 6-10 sessions. 32% said they felt comfortable that the change was both significant and lasting by sessions 11-20, and 37% said by sessions 21-30.

BOOSTER SESSIONS

A percentage of clients continue with neurofeedback longer term and so become “regulars” and some return for booster sessions.

Proportion of Trainers who Indicated Clients Became Long-term Regulars

Percentage of Clients becoming Regulars	0	<10%	11-30%	31-80%	80-100%
Proportion of Trainers experiencing this	5%	39%	24%	26%	6%

The booster sessions were felt to be either **very effective** (45%) or **extremely effective** (21%). The majority of trainers commented upon the increased speed and efficiency of training with a client who has had previous training. One trainer identified in detail what they see in their clients who return:

- Feelings of contentment and joy in life.
- Being able to listen to others more intently.
- Dramatic increases in musical, artistic and sports performance.
- Prolonged states of calmness and relaxation.
- Increases in motivation and ability to concentrate on tasks.
- Feeling more aligned with, or finding a purpose in, life.

WHEN TRAINING IS LESS EFFECTIVE

Many trainers volunteered that they have never found a time when training wasn't effective. The frequency of issues mentioned in the "issues not responding effectively" was 9 times lower than the "issues for which NeurOptimal™ is found to be particularly effective" question. Most trainers have a small handful of seeming non-responders or less-than-expected responders. Let us examine the reasons for these.

There are conditions that are considered challenging to work with by health care practitioners in general, and some of these were mentioned as presenting challenges for NeurOptimal™ trainers. These included severe OCD, possibly tinnitus (depending), some sleep disorders (depending), severe depression, addictions, autism, borderline personality disorder, Parkinsons, allergies and chronic fatigue.

There are some issues mentioned that may be idiosyncratic to a particular trainer. For example, severe OCD cropped up as challenging with surprising

frequency given its low rate of occurrence in the population. It is generally considered in the medical world to be challenging to manage. However, OCD was also nominated to the "particularly effective" list by other trainers. ADHD children were also included in the "less effective list" while simultaneously topping the "greatest efficacy" list. It does seem to be the case that trainers tend to be less comfortable with some types of clients (e.g. children, or clients with medical problems) and more comfortable with others (maybe clients seeking Peak Performance).

Many of the idiosyncratic cases of less effective training can also be accounted for by external circumstances interfering with effective training. In fact a full 83% of trainers thought that such extrinsic constraints could account for client non-response.

A related issue worth mentioning here, is the seamlessness with which change can occur with NeurOptimal™, such that a client themselves may miss the change even though it is apparent to those around them. It relies upon the skill of the trainer to elicit clear information early on as to how they and the client will know if training is helping, and to monitor progress on-goingly

CIRCUMSTANCES REPORTED TO INTERFERE WITH AN EFFECTIVE TRAINING EXPERIENCE

Client doesn't notice a seamless shift or attributes it to something else, even though it may be clear to others.

Clients who can't mobilize themselves to get to sessions (e.g. schizophrenia, addictions).

Any case requiring strong medical support and maybe hospitalization (e.g. severe anorexia, psychosis).

Other family members who are not in training have problems which hold client back (can be particularly true for children if parents have unresolved issues)

Person with presenting complaint is not the client ("fix him/her"), so e.g. spouse or teen child will drop out due to lack of motivation.

Lack of adequate therapeutic support for a client when working with complex situations, such as addictions.

Clients who are unwilling to continue beyond a few sessions.

Hormonal shifts (may need to come on for more training)

Severe hearing impairment (can't hear feedback).

Clients highly medicated, or with extreme food sensitivities or heavy metal toxicities.

Longer training being needed than client will commit to (e.g. severe depression, chronic fatigue, Lyme disease, traumatic brain injury, addictions).

Collateral interventions (e.g. diet, nutraceuticals, medication) which make results uncertain.

Positive change that occurs may go unnoticed when a hoped-for change does not occur as desired.

Undiagnosed and untreated medical problems affecting body's ability to "hold" training, e.g. diabetes

UNWANTED EFFECTS

A full 45% of trainers said they do not see any unwanted side effects. Those who did said these effects were most likely to appear within the first couple of sessions. It is important to note that the majority said that their clients had experienced these particular symptoms before, with over half of the clients seeking training for these very same effects. An illustrative example would be a client who comes for help with anxiety, feeling anxious during a session.

Of those reporting some unwanted effects, 72% said they resolved, 11% said no and 17% said "other" (because the client stopped training, or it was too early to tell, or they had a new increased awareness which could be uncomfortable in their current environment and so forth). When side effects do arise, over half the trainers reporting them said they drop away by session three. The other half volunteered various versions of "5-10 minutes later, by later that day, 1-2 sessions after they appeared and so on, indicating their transitory nature.

The table of unwanted effects is grouped in terms of decreasing frequency of occurrence, ending with a list of single-report effects.

UNWANTED EFFECTS OF TRAINING

Headache (Some reported this was with earlier versions of the software, not current)
Anxiety, nervousness: Includes throat tightness, tightness in chest, heart beating faster; mostly seen in clients with anxiety
Sleep disturbance (most commonly following session, early in training)
Restlessness, agitation, irritability, wired, "over-amped" hyperactive, too alert in evening
Fatigue or tiredness (Usually immediately after session)
Pain increase: Increase in body aches as if NeurOptimal™ were "bumping" into the places where there is a problem
Increased awareness of feelings; body; fears; effects of others on them
Violent, aggressive, belligerent, impulsive (usually complained of in children)
Dizziness
Sleepy during session
Getting more sleep (sleeping too soundly, so a child wet the bed)
Wobble: oscillating from one extreme to another e.g. feeling very good to feeling very bad (more common with past versions)
Feelings of panic

Spaciness

Symptoms recurred after booster session, or resurfacing of symptoms (relieved as did more training)

Anxious specifically about the neurofeedback process (reduced by second session)

Mood changes (not specified)

Nightmares

Ear noises

Overly relaxed

Desire to eat chocolate

Spasms

Scared by decreasing hypervigilance

Sensations in/on head

Medication over-effects later in sessions

Unwanted behavior (parents noted more "back talking" because of increase in self esteem)

Finger biting

Suicidality (trainer reports emerged during training then she "saw her every day for a few minutes until she came out of it, then she has taken huge leaps forward in her life.

The reported effects occurring during or immediately following the session are usually very transient in nature (minutes or a few hours at most). Outside of the session, they will usually show later in the day or that night, and these responses to training resolve as training progresses. Effects that arise later in training may indicate that medication needs to be reduced by the physician. In these instances, as the client improves they may experience side effects from the medication, which can mimic the reason for which the medication was given in the first place.

In nearly all reported incidences (and remember, 45% of trainers say they have seen none), these effects seem to be the appearance of one of the complaints the client comes in with. The nervous system's instabilities can manifest as it is being challenged, but as it becomes more able to cope with the information these instabilities (and the symptoms that accompany them) drop away.

SAMPLE

CLIENT STORIES:

In this section a cross-section of real-life stories is presented in the clients' own words (for some English is a foreign language). One of the reasons for including these stories is to assist the reader in understanding that while clients may get the assistance they seek in a particular area, the results extend naturally to all aspects of the client's life. After all, it is the whole person who is doing the training.

PEAK PERFORMANCE STORIES

This section represents client narratives, verbatim, from trainers who have worked with clients looking for peak performance in their field.

One of the **musicians** spoke about being more precise in his playing and also having more definition of sound -- he could discriminate between perfect sounds, and sounds that were "not quite right" more easily. An **artist** talked of being able to paint more expressively. A **mediator** spoke of having more patience with both sides of the mediation process, and that he was more impartial to the "sides."

On myself, for "mediating" new ideas and insights, great for **personal work** and **spiritual issues**, not to mention **business ideas** (I'm a coach).

Musicians have come for performance anxiety. In the course of doing NeurOptimal™ many issues come to light that contribute to the anxiety. Often people are able to clarify what/ whose voices they are responding to on the stage, for example. Of course, greater physiological stability and better control of fight or flight response are enormously helpful also.

Business people. Multi-tasking memory, focus and mood seemed to greatly improve.

I have found NeurOptimal™ training very valuable for peak performance work with **professional and amateur athletes of basketball, golf, auto racing, and baseball.** Focus has been on present centering & resting into the zone (anxiety & stress reduction) as well as focus and concentration.

Performance anxiety in **musicians**, which gets into improved performance generally

I have used NeuroOptimal™ with two **business owners** for stress management, which then continued on for peak performance via intermittent booster sessions. After the presenting problems of sleep and anxiety were resolved, both continued because of the sharpness of thinking, ease of problem solving and decision making, and inner calmness they experienced as a consequence of attending a session. One of the two enjoyed a number of deep insights involving the resolution of technical engineering design problems during two sessions.

I had one good story about a 35 year old man. He came for peak performance. As a **business owner**, he wants to increase his focus, his capacity to organize activities, and completing tasks. He had a brain injury and an addiction to caffeine (2 liters a day). He has few employees and a large family (5 children). He was under a great amount of stress, feeling worried, overwhelmed. He did 52 sessions of NeuroOptimal™, first he lost his addiction to caffeine. Then felt able to start a new project for his business. He became patient again, and then very patient at home (He has 5 kids between 10 and 2 months old). He is able to handle difficult negotiation communication. To finish tasks he let on the side before forever. Feels like he has a clear mind. Here is part of his testimonial: "NeuroOptimal™ has been an incredible journey. The process has exceeded my expectations, improving my patience & creativity. " T.D. 36 years old, male, CA, U.S.A

Jewish Spirituality. NEUROOPTIMAL™ training greatly enhances learning and behavior.

I have lots of high functioning types: **partners in law firms, consultants, entrepreneurs**, etc. who just feel better, more focused, more creative etc. Many who were feeling anxious having/running a practice or business relaxed, were better able to delegate, etc. The **artists**, mostly **musicians**, felt that the music came more freely, could relax into it (for **vocalists**, this equated to a few years of voice training, they tell me), had more flow and resonance.

Had good experience with **college runner**. Responded in approximately 20 sessions but initially came in for stuttering and then was helped in a lot of other areas later identified as anxiety.

I have used NeurOptimal™ training to work with **soccer players**. The best results were noticed by the goalie, who stated that he was **better able to focus** on the ball coming towards him. His mother (who is also a psychologist) stated that she could tell an **improvement** as well.

I had one high-ranked young **tennis** player who improved his ability to restrain himself from swearing at and cursing coaches for calls he regarded as unfair.

Performance for **musician, violin-player**. During training she listened to her own performance on CD, reading the **score**. After 10 sessions she lost her fear of performing, after the 17th session she had to perform her concert. I went to listen to her: she played wonderfully beautiful, no fear, just her and the music!

I train top sports people with NeurOptimal™ with **peak performance**. With very good results. E.g. **tennis, table tennis, handball**

I 'hooked-up' my sister, an **electric jazz violinist**, and ask her to play written music (although, we had quite a bit of motor artifact), she displayed mostly left sided activity and when I asked her to improvise, it was mostly right sided activity. It was very cool! She always says her 'bow-arm' is much smoother after using NC and her left 'fingering' hand seems much **more precise**.

Increased **focus** and improved **concentration**.

Excellent results, including the **total absence of stage fright** and an enhanced musical performance. (I am a **professional musician**). Also achieved good results with other musicians.

After my 6th session I beat the pants off a guy in **world team tennis**. 6-0 7-5. He was 20 years younger and NOT happy...7-5 score only due to me being hungry! Test trained 8 couples in various degrees of **relationship conflict**. 2 of which were days away from filing for divorce. One woman had caught her husband in a ten year affair with a family friend. I also included a grief recovery process to the mix to release unresolved negative energy clots connect to past trauma. All are still together. Really need stories and feedback on how tandem and immersive training has affected **relationships** of all stripes.

In **Music**. It has allowed me personally to compose and work with less mental distraction as well as feel as if the "channel" is clearer and open for creativity to flow much more easily. Technical skills whether they be **playing my instrument** or **Mixing and engineering** have shown to be more in "flow" without struggling with obstacles or limitations normally encountered along the way. Access to higher-level intuitive responses to creative challenges has been significant. I have reduced the time it can take to "discover" the right and perfect ideas. They reveal themselves to me in more immediate fashion.

Business leaders - able to stay 'quiet' under pressure, increased ability to take in more info, make quicker better decisions, able to remain calm under pressure, able to better negotiate with others who are less rational or more reactive than they, others respect them more as they are able to stay strong and supportive in crisis, they are the quiet center of their business, someone others can count on for stability and rational behavior in crisis situations as well as day to day running of the business. **Sales** - less fear for themselves leads to more availability, attention and compassion for clients, clients like them more, less concern over their day to day mood which is more likely to be upbeat, better ability to think on the fly and come up with creative solutions to problems. **Movie business (composing, acting, directing)** - increased focus and concentration, better ability to remain calm under pressure, better ability to memorize lines, more stable mood so mood doesn't interfere with performance or production. **Director** said "I got everything I wanted out of this and more"

Working with a **hockey player** - who found herself making much more intelligent and creative decisions in terms of moves and passes as well as pulling off goals and shots that she said she would simply not have thought of.

Using it with player who had developed a lip tremor. Had seen a hypnotherapist in years past with long lasting effect. Recurrence after years found no such relief a second time around. Within 3 sessions symptoms had resolved, at least temporarily. Unfortunately, client quit.

i do not have many of these clients, but all those whom i have worked with profit really fast from training with NeurOptimal™. Somewhere between 12 - 16 sessions is all they need to have a long lasting increase in their performance. If such a client has a performance of 90% and wants to get up to 95% then every further increase of performance takes much more effort than in the very early beginnings of the training. But for such a client an improvement of only 2 or 3 % can make the difference between "winning or losing" in a contest! And this is the area where in my opinion such clients can really profit of a training – NeurOptimal™ makes it easier to get into the zone of our potential "optimal performance"!

GENERAL CLIENT STORIES

This section records stories of clients seeking help with a wide variety of issues

One of my favorite client stories is of a man who is a **lawyer** -- he has taught law for many years. One day after a session, he went to his class, gave a "seamless" lecture and received a standing ovation from his class. Another fellow who I worked with struggled with very strong anger issues. At one point, he was out with some friends and a fight started. One of his friends later told me that he was shocked to see my client, not participating in the fight as was expected, but pulling people apart and trying to break up the fight.

I used NeurOptimal™ to help my children with their **learning disabilities**. I coupled this with cognitive rehabilitation training outlined by Dr. D. There was marked improvement in their auditory processing issues, memory, focusing, and processing speed. Although they are still classified, their overall level of academic performance improved considerably. This, in turn, had a positive influence on how they perceived themselves as students.

I have done a fair amount of **anger management** and increasing ability for **presence in relationships**. One client stands out, as a wife-beater with little control once he became angered. He said he flashed from anger to unconscious striking in a split second, followed by great shame and remorse. After 5 sessions, he came in one day quite astonished that on the day before he had become very angry in the middle of a fight with his wife and he felt time slow down to where he felt his muscles begin to go into striking pattern and he had a split second where he interrupted the pattern. He felt befuddled and proud of himself. Little by little over the next 10-15 sessions or so the "split second" of awareness moved earlier in time and he was able to eventually stop and be present before he even became angry. Feelings about himself, but also toward and from his wife improved enormously. Later contact after he terminated treatment indicated he had not reverted to his earlier behavior.

In French: Une enfant qui présente des lésions cérébrales y a trouvé apaisement; plus de grognements et d'agitation incontrôlée.

Young woman of 35. Borderline with **anxiety** and **evasive disorder**. Abused (in all ways possible) as a child and young woman. Has been institutionalized before the trainings. Has had a psychosis. In her family there are incidences of addiction, murder, suicide. She is very instable, aggressive, fearing, and insecure. **Addicted** to soft drugs. Also great interest in **personal growth** and **spirituality**. After a few sessions her brother and her mother noticed some difference in her: she has more clarity, is looking good and healthy. Gradually she finds herself more in control of her emotions, like her anger. Normally when she was in bad shape she withdrew, now it was very typical that she reached out for help. "People react differently towards me", she says. And "Nice things happen in the area of social contacts". She takes more initiative, and receives more invitations. It is a major step for her to engage more in social activities. She is redefining and healing to some extent her (rather unhealthy) relationships with her mother and step-father. It does make her **anxious** that things are going so well. Over a period of time her environment becomes healthier: furniture and household equipment stay in one piece (usually they fall apart, and this still happens when she has a relapse), her relationships become more healthy and loving, and (after 12 sessions) she moves to a new home - the house and the environment are healthier. She feels grateful for NeurOptimal™; she experiences the benefits very well. She feels more and more stability in herself. And experiences that the quality of her life has improved. Over a period of 60 trainings she makes minor and major shifts in personal growth. Her relapses diminish in frequency, duration and intensity. Also she handles them better. Relapses are almost always followed by steps in her development. For as long as she remembers she has lived off welfare. Now she is starting to make plans and taking steps for making work out of hobbies. She has some artistic skills and she starts with massages of family and friends. She had a hard time letting go of marihuana use. Friends and family also use (marihuana, alcohol, sometimes hard drugs). Different stages pass by. Using less, using more, quitting, and using more. Gradually it is becoming an issue. She has paid the trainings with financial aid that can be obtained for the mentally and physically impaired (it is your own choice how to spend this allowance). But she also gets payment from social welfare as well as coaching support from social welfare to reintegrate in employment. At a certain point it became possible to finance the trainings with money from social welfare. What happened is that - mostly in her own eyes/beliefs - the pressure of reintegrating in society as well as making her own living increased. Her marihuana use increased as well as her evasive behavior. She quit trainings a few weeks ago -car broke down, migraines and illness that all 'prevented' her from coming... I'm keeping doors open here, she knows this, so maybe the story will be continued.

I had a patient who went through Hurricane Andrew in 1992. She developed **PTSD** and **Fibromyalgia**. Her rheumatologist gave her a hand full of pain pills and said there was nothing more he could do for her. Using NeurOptimal™ Pro, we were able to alleviate most of her pain symptoms as well as all the PTSD. She is married to a Vietnam Vet with PTSD, which is a major extrinsic factor. For the most part she is pain free, sleeps well, has no depression or irritable bowel symptoms, and enjoys life.

A previously known professional acquaintance presented with **severe depression** and **OCD**. His appearance was that of someone who is uncared for (as if homeless) - long messy unkempt hair, untidy clothes, stooped etc. He began with 20 sessions and noticed only minor change but wanted to continue. He had tried several antidepressants and was currently on Resperidone. After 40 sessions and only apparent small changes I suggested he see a psychologist (rather than his GP) to help him try to reduce his medication and to see if neurofeedback had helped. He was able to initiate obtaining help with a psychologist and after 4 months and being drug free and increasing his water intake he can back to tell me about his progress. He is now well groomed, upright, and working part time. He felt that the neurofeedback gave him the ability initiate help and have confidence to go off the drugs. He feels very happy and positive. I felt the fact that he kept turning up for his appointments (up to 40) regularly that he must have subconsciously known changes were occurring (even though I was seeing the change).

Girl, 13 years old, came for **carsickness**. After 5 sessions the sickness disappeared and her concentration had improved quite well. In total she had 13 sessions. After 1 1/2 year, the carsickness is still gone. Girl, 16 years old, wanted to get rid of her **migraine**. After 20 sessions, the frequency of her headache attacks had been reduced drastically. Boy, 7 years old, had **concentration problems**. After only 5 sessions his concentration had improved quite a lot. Boy 14 years old stated that he was feeling much happier after 5 sessions. Woman, 37 years old. Diagnosed **depression, multiple personality disorder** with and has had clouds (smog in her head for years. After 3 sessions, the smog was gone. After 29 sessions the depression had resolved. She forgot to take her antidepressant medication resulting in the fact that she did not need to take any anymore. The multiple personality disorder had also resolved for the greatest part.

Since 4 years I am working with a 30 years old client who had a bad ski accident 9 years ago. From that he has a **brain injury**. He was in coma for almost 3 weeks and for 8 months in hospital. When his mother took him home, he could not sit and eat alone. Communication was not possible and for walking he needed 2 persons, because he was paralyzed on the right side. Apart of other therapies he has, I am doing once to twice a week neurofeedback with him. Since then a lot changed in his life. He started to understand and to repeat several words. With time he could differentiate the extremes. When I said cold, he said hot etc. The same time his brain improved, the motor capacity improved too. He started to walk much better. Resilience and concentration increased. Today he almost understands everything and he started to make spontaneous sentences. It was wonderful to see how his brain started to organize itself and how neurofeedback can support and help in that process.

We had a lot of children and adults with **AD(HD)**. Their lives changed to better performance, it is great we can give that to people.

One significant point; a client who felt a **division between "the mind and the gut"** realized after about 11 trainings that this constant feeling was no longer a problem.

I have been impressed with how quickly NeurOptimal™ moderates the symptoms of **PTSD with Vietnam Veterans**. The extreme reactivity, expressed as angry criticism and/or verbal abuse of family members moderates after three or four sessions, as do the sleep problems and hyper-vigilance. One veteran who had suffered these symptoms for the last 39 years recounted (after about 18 sessions) how he had gone to bed at around 10:30pm and gone to sleep within 10 minutes, and was not even disturbed by his daughter ringing the house at 1am with a minor crisis. His wife told him the next morning about the phone call. Previously, the slightest noise would disturb him, and he would then be awake for hours afterwards. The same man had been so **hyper-vigilant** and **hyper-reactive** that when he was engrossed working on his computer in the home office and his wife came in to ask whether he wanted a cup of tea, he would loudly abuse her for her intrusion. This behaviour stopped completely as well. 2. The most moving experience using NeurOptimal™, is one I have witnessed frequently and it involves **Aspergers** and **Autistic children** (one was a 12yo boy). Very frequently after the second or third session, the child will get up out of the reclining chair and walk over to Mum sitting behind and to the side, put their arms around Mum's neck, give her a kiss, and tell her that they love her. And Mum then cries in pleasure (and perhaps disbelief!). And a number of boys with **ADHD** who after five to eight sessions report feeling "normal" - that they can now control their reactions "just like the other kids can". They feel like they are now the same as others and that they fit in with the rest of the group. Recently a 15yo boy (13 sessions so far) told me about recommending NeurOptimal™ to his 15 year old mate who he usually spent time in detention with after getting into trouble at school. My client reported that he now would tell his mate to "forget it" when he suggested that they get into mischief, and was now quite intolerant of his mate's attitudes and behaviours, and was spending less and less time hanging around with him.

I have an 5 year old boy **autistic** and **ADHD**, and he started to talk after the first session, he started to focus on my eyes very well, the hyperkinesia diminished. His doctor and parents were satisfied. I am waiting for another group of 20 session. 31 year old women with **phobia** an fear for anything(elevator, big malls etc) after 25 sessions and 5 of coaching she is now pregnant, and a happy young family.

I'm quite impressed with the speed at which I see improvement in the kids with **ADD**. I first started NF with my 10 year old son three years ago and saw amaZing results after just five sessions. He enjoyed watching the movies and we completed 20 sessions. His grades showed a definite improvement, at last he could concentrate enough to read a book and he felt much calmer and more confident in school. He recently came to ME and asked for a tune up!

She had 42 sessions. When she came she said that she feels she is in control with herself until she is stressed and overwhelmed (Past experience of **panic attacks**, did a lot on personal work and counseling sessions). She is a Business owner and came to free herself from **past traumas**, and get rid of her overwhelming feeling from her job. She feels results as soon as the second session (I always follow the progressive steps recommended by Sue). Better sleep, more calm, lost **weight**, no more menopausal symptoms, more confident, no more headaches, no more hot flashes...all along her sessions she saw improvement. "NeuroOptimal™ has been phenomenal. It has totally helped me to my life in a different plus better direction." D.C. 53 years old woman, Encinitas, CA, U.S.A This women came to do NeuroOptimal™ because she had been in **depression** for 2 years, did not want to take medicine, try alternative medicine with no result. She did 57 NeuroOptimal™. (Regular sessions most of the time, we did few 33 and 45 minutes too). Start in May 2008 stop November 2008. Did three times a week May through October then 2 times and once a week. She had incredible results... She is very happy about her NeuroOptimal™ experience and do not show any more depression symptoms. Here's what she writes to me: "Seeking an alternative to anti-depressants NeuroOptimal™ has allowed me to be the person I was meant to be. Family members plus friends alike has noticed an improvement in my overall demeanor. I am happier, more easy going plus less stressed. It has allowed me to see and make choices in the way that I think, eliminating old negative patterns. Thank you, Thank you, thank you. S.M. San Marcos, CA, U.S.A "With NeuroOptimal™, life is so much easier... and better. Thanks!" J.K. 41 years old, male She did 33 sessions, she was pregnant and came after a big emotional shock. She had been **abused** many times in her young years. She was in **depression**. Did not find the strength to get over the difficulties any more. Did not stand her husband, did not take care of herself anymore. She first shared a feeling of lightness and release. Then she was able to take actions and organize her life again, understand and found compassion in her heart for her husband. "NeuroOptimal™ with ML has been a blessing. I initially started the session to 'reprogram' the negative thinking that had been taking a toll on my marriage. But the session worked much deeper than I had imagined. We discovered and were able to work on the deep trauma that affected all aspects of my life. Now my marriage is moving towards harmony and better communication. NeuroOptimal™ has eliminated these deep issues that keep me stuck in the same patterns. The added benefit is my overall clarity, I not only perform better in my relationship, but I handle the stress of work and motherhood with remarkable ease these days." M.W. 32 years old, female, CA, U.S.A

NEUROPTIMAL™ training eliminated most **seizures** and pseudo-seizures in woman with a history of **brain damage** and **severe sexual abuse** that neurologists had given up on. A 6 year old with symptoms of concussion already in training. NEUROPTIMAL™ within three hours eliminated these symptoms by end of one session, training response back to usual by end of second session.

My son Antonio **severe cerebral palsy**. After a few sessions he was calmer and his vision had improved. He was more aware and his fits had lessened. As for me, after a few sessions, I managed to cope more easily with stress.

A 14 year old boy who was institutionalized secondary to his mother's **physical abuse** as an infant and her later **abandonment**. He was out of control, inappropriate, and terrific at getting himself scape-goated among peers. Through some kind of grace, I had known his child psychiatrist for many years, and he was willing to reduce or hold doses some of the many medications before the boy came in for training. The boy and I hit it off, and so did his caretaker, his grandmother, and I. She was determined to get him off all medications and to bring him home. After 4 months of weekly training he was off all medications, probably the only ct. in the institution, and after about 5 .5 months he was discharged home. Now, 17 months later, he is experiencing enormous academic success in his special school and his teachers are discussing transferring him to a "normal" school. His depression is gone, so is all inappropriate behaviour except for normal 15 year old behavior; he is helpful, friendly but still hasn't made any close friends. The middle-aged woman, who had had **panic attacks** for decades, did some talk therapy for perhaps 10 sessions and had 3 NF sessions and has never had another panic attack. The 42 year old survivor of **child sexual abuse** who is a recovering alcoholic, had **uncontrollable rages**, was **promiscuous**, and very **depressed** and weepy. After 10 sessions many of her symptoms abated; after 30 she says she is a completely different person, happy, focused, having also done a great deal of talk therapy about her life as well as family of origin visits and definition of self. The **Iraq war vet** who subsequently sustained an industrial accident (burn) and came to me sleeping 2 hours a night, easily enraged, poor cognitive functioning, severe memory impairment who has had 15 sessions so far (usually 3 times a week) his sleep improved substantially almost immediately, has begun to exercise and plan for the future as well as deal with the complex array of emotions and memories of both traumas. The **alcoholic** who after a binge and a day in the ER, had 5 sessions in 2 days, slept better right away, the DTs lessened, she was able to keep food and liquids down, and actually started cleaning her house and paying bills on day number 2. The woman whose 19 year old **son was brutally murdered** and corpse set on fire. I had worked with them 3 years before (using NCP with both, perhaps 25 sessions each) the murder and reached out to her when I heard about it; she has done about 20 NF sessions and 8 talk sessions and is starting to sleep and function better; it is going to be a very long haul but having NEUROPTIMAL™ to offer her makes it so much easier for her to figure out how to do this and as a mother of sons myself, makes it easier for me to bear witness and walk with her through this. My own sweet self who has trained regularly over the last 5 years-my physical health is better, my overall functioning is better, I handle all sorts of craziness well, and I am often creative in problem solving, clinically, and my sense of humor, such as it is, has returned for good.

My favorite client was an old lady with starting **Alzheimer disease**. The first ten sessions nothing happened. Then she started to relax and often she sleeps half of the session. After the session nothing seems to change. My client keeps taking sessions and a while the sessions ended with a lot of joyfulness. Also she slept better after a session. It is pity her weak memory did not recover. The external constraints seem much too strong. Still I feel she was happy and more relaxed after the training.

While I am constantly impressed with the impact of NeurOptimal™ on people, my favorite episode deals with a 45 year old man who came for **psychotherapy**, stating that he had trusted a friend and wound up carelessly doing some illegal things that he feared would cost him his professional license and all his investments. He said he could not eat or sleep. He was clearly overwrought. I stated that NeurOptimal™ might address his sleeping and inability to eat better than anything we could discuss. He was willing so we had our first training session. He stood up after it ended saying I never thought I would feel this good again. He subsequently said that he was very aware of the silver lining in his predicament and would use it as an opportunity to reorganize his life. He did so in the course of the next 3 months

For example a woman, in her 50's had been **raped** when she was young. She has always been scared if she saw young men standing somewhere together. After 5-6 sessions she saw a group of young man waiting for the bus and she realized when she was home, that she only saw the man, and did not feel the fear to get raped again!!! That was an enormously big difference for her, not to be scared of every man she sees!!! Another story is from my first client, an **autistic** boy of 8 years old, hiding directly under the table and everywhere possible. After 10 sessions he was so happy to see me that he run to me and hugged me!!! I had tears in my eyes!!!

With multiple symptoms including **depression, fatigue and lack of concentration**, my daughter was on many medications including Cymbalta, Prozac and Adderal. After the first Neurotherapy appointment she dropped 1 Cymbalta pill (1/2 dose), the next day she had another "training" and dropped the other Cymbalta pill (no more Cymbalta) with no side effects. The next week she dropped her Prozac with no side effects. The third week she dropped Adderal with slight side effects for 2 days. She had been on these and similar meds for 5 years to address her symptoms, without getting results. With the NeurOptimal™ sessions she is free from the symptoms of depression, fatigue and lack of concentration and is no longer taking the medications. I have a sister-in-law who sometimes struggles with depression. After doing a training session with her, she said she felt better than she had in a long time. Later, her husband came up to me and said, "thank you for whatever you did with my wife, can you do it again?" Now when she visits, which may be only a couple times a year, we always make time for training.

An eight year old **autistic** male who was very anxious around people and who would cling to his mother and not enter a room if other people were in the room. He now runs up to the secretaries and hugs everyone. He recently wrote a booklet about what "bad food" does to your body and passed it out at a Green Festival. He and his siblings, whom I also see, are recovered from autism. They also have been treated with biomedical approach.

I had this young client, a boy, 10 years old; Parents divorced, very difficult for him. A "tic" with is eyes every 30 seconds. Could not say what was happening at his father's house. No concentration at school. After 1 session! No more "tic"(rolling his eyes) at all, only a few times a week, when very stressed. After 2 sessions, he told his Mum (didn't talk about it at his psychologist for more than a year) what was going on at his Dad, abuse from his step-sister. He felt so good after having said it. Good self-confidence, said his Mum. After 7 sessions, congratulations from his teacher/ football trainer! Good concentration. The mother and the child are very happy. Her son is like a little sun now. He has had 10 sessions. Continuing to come. Still has sleeping problems (but I think he shouldn't play that much with is Play station in the evening and not sleeping with is Mum).

One woman, wracked with the **anxiety** of a high-powered job in the White House, and a lifetime with an anxious mother and of poor coping skills, came in talking mostly about the concerns she had about her 3 children, whirling dervishes like herself. Only 4 sessions in, the "kids" were so much better and "things were less stressful at work", so she felt much better. It took a few more weeks for her to figure out the children changed in response to her calming down, and being calmer made work go smoother.) A man was dragged into couples' therapy by his wife, who then forced on him some individual sessions or she'd leave him. We agreed to meet a couple of times "just to see", and he just couldn't open up about himself. I hooked him up with NeurOptimal™, and he was able to do so (the not looking at me, and thinking of it as "might as well talk" played a big part), while it really helped reduce his **anxiety** and **constant anger**. He never believed NeurOptimal™ helped at all (but he also thought I was very nice and smart and all, but not really at all helpful, even if he did send his best friend to see me!), but I think the combo saved his marriage, and got him the promotion he'd been passed over for many other times;) Ironically, 2 neuroscientist clients and a psychologist in the neurophysiology field wouldn't do it, due to no research, or "inadequate" research even including the other programs' stuff.

Our eldest son -13 years old - was **emotionally totally blocked**. He didn't want to get people to close to him. There was a lot of anger in him. At school they were as much worried as we where and they wanted to admit him in a special care team. But we had started already with NeurOptimal™. After 30 sessions or so we saw him gradually change. More to himself. More interested in people around him. Finally he could talk about very emotional subjects like funerals and loving people. Before it was not done to talk about it and he could say: don't talk about it. And on his face you could see that he couldn't handle that. We didn't tell school about the neurofeedback. After 3 months (about 50 sessions) at school they noticed the change and they submitted him on the list for the care team. Now he can do it on it's own. The first 15 sessions he always was obstinate of doing the neurofeedback. But then he found out by himself that it became more quiet in his head and he felt more relaxed. Now he likes to go. We finished some 60 sessions and we want to find out if there is even more improvement possible.

One client had a surprising experience (for both of us). He came in because his wife was experiencing profound relief and movement past her "lifelong" **PTSD**. The first couple of sessions he found himself experiencing improved focus and emotional detachment, which greatly helped with his stock market work. Then one day his "right brain" suddenly decided to step in and have its say after decades of being silenced. He felt his brain had been hijacked, and he had a rocky few weeks as he got introduced to his emotions, and had to learn to allow them and ride her on them at the same time. We actually switched to another method to quiet things down a bit, as it was challenging the marriage. He'd had 20 plus years of meditation and was very comfortable with the process, but this awakening rocked his world. When he got another fun story was a 60+ woman who came in convinced she had **ADHD**. When she announced after a couple of weeks that she was sleeping for 2 hours and then waking up, I was horrified, but simply asked her if this was a change. Despite an extensive history and interview, she'd said nothing about any sleep problems. She said she hadn't slept for more than an hour at a time for over 40 years! This was major progress! Soon it was 3, then 4 hours before wake up. At this point she wouldn't settle for less than 4 hours - she'd call it a bad sleep. Around this time she mentioned how she'd been keeping a journal for the last 2 weeks, something she'd tried to do repeatedly throughout her life and could never seem to do for more than a day or two. When she stopped coming, she was easily sleeping 8 hours a night, and, with a discussion of sleep deprivation issues early on, was pretty sure she didn't have ADHD after all!

My grandmother started doing sessions with **NeuroOptimal™** to give me company, and now she feels so good with **NeuroOptimal™** that she asks me frequently to do a booster session to her.

I had a Vietnam veteran with **PTSD** who also had an **opioid addiction**. He was taking multiple antidepressants and benzodiazepines and smoking marijuana. He was taking 3 blood pressure medications. He had been involved in a significant amount of psychotherapy over 2 to 3 decades, but still not functioning very well. We worked together about 2 to 3 years. He resolved many traumatic memories about Vietnam in a short period of time. He stopped taking all antidepressants, benzodiazepines, and blood pressure medication. He still smokes some marijuana, but even that is reduced. He took some type of pain reliever to have dental work done, and did not feel good on it. He was amazed that this was the case given his past addictions. He has been unemployed for many years, but is now researching going back to school at 63. I had a 47-year-old adult client more balance and discipline with the "right brain," we returned to **NeuroOptimal™** to continue the overall work, which included the "peak performance" aspects, as well as heightened benefits from meditation and a deeper state, which allowed relief from **marital strain**. His surprising response underscored for me yet again the power inherent in **NeuroOptimal™**, especially for those who welcome the process and allow themselves to "fully engage by letting go." with very **severe ADHD**. Most of her scores on the TOVA never surpassed much more than 2-3 standard deviations above the mean even when she had multiple trials of stimulant medications. She also had **migraine headaches**. After 30 sessions of neurofeedback, she no problems with migraines and all of her TOVA scores normalized.

As someone who is working without a health-related license, I don't advertise much and make no health claims. So it was interesting several months ago when I got a phone message asking me about NEUROPTIMAL™. After several additional conversations with a young guy who was headed for navy boot camp, he brought a man who'd had **major brain surgery** two years ago, followed by a **seizure**. R's life has been quite limited in the interim. He committed to 5 sessions at first, then did two additional sessions. When Ron arrived for the sixth session, he wondered if I could read that the pain in his left leg had disappeared. As the seventh session began he revealed that his balance had improved significantly. After the session when I asked about scheduling the next appointment, his wife came from the waiting room to announce that there would be no more sessions. They were ordering their own system. They'd hoped his brain would be working better, but they were quite happy with the "different" improvements. (I had never previously met the woman, and she'd never heard any of my explanations).

I have been a part of numerous success stories, but the one that immediately comes to mind is of a gentleman with medication and talk therapy resistant **depression**. After about ten, long sessions, he started to report feeling better. By twenty sessions he reported that he was feeling the best he ever had.

Some of my favorite client stories involve young adults. I worked with one young woman who came in at age 18. She was living with her parents, working at a minimum wage job which she was bored by and unhappy with, and not leaving the house except to go to work. She was very bright but was afraid of the fast approaching day when she would go off to college. She was sure she wouldn't make friends or do well. She'd been in treatment for two years for **attention problems** and **depression**. Her relationships with her family members were difficult and she stated that she had no social life. A family member escorted her to her first few sessions because she was afraid of navigating the subway system on her own. Getting more than a one-word response from her was difficult. 30 sessions later she had done very well in her first semester at a challenging university and was looking forward to the second. She had moved into a dorm room, made friends, and was participating in group sports. She reported that she had no problems with focus (and was taking no medications). Her mood was upbeat, she was very verbal -- and a lot of fun to talk with. In fact, she was having a lot of fun in life. The therapist who had referred her for NeurOptimal™ said to me, "I can't believe my eyes!" It's wonderful to see someone who is just starting her adult life start out in such a very different way than what might have been.

I went to a social event which would usually make me feel overwhelmed and I noticed that I was calm and un-phased by the environment. Also at times that I would usually tense up I found myself calm.

A girl with **autistic** signs opened her mind after about 7 trainings. At first she was just staring at the monitor, no reactions when the film was funny. I showed her. At the end of her trainings she was giggling and showing reactions and started talking to me.

One teenage girl had been missing school for many months due to a long, continuous **migraine headache**. Her doctor had already begun increasing her dose of antidepressant medications when we began, but after the fourth or fifth session, she began reporting drops in headache intensity after each session. Over about four more sessions, her pain started staying down and she returned to school. A family member of another young client had disappeared and, presumably, been murdered in a civil war. Five or six years later, after returning home from a visit to her family's country--and home--of origin, she began awakening screaming from horrible **nightmares** in which she was helpless to protect her late relative, with difficulty returning to sleep. Other nights, she would have **difficulty falling asleep**. Over the course of perhaps ten sessions, the nightmares decreased in frequency from weekly to every few weeks, and when they did occur, she would just turn over and go back to sleep without waking other family members. Now, she hasn't had either insomnia or a nightmare in over six weeks. We will continue until it's been a few months or insurance stops covering it. A young man in his 20s had had **seizures**, severely painful ("10") **migraines**, and daytime **cognitive sluggishness**, resulting from a congenital physical disorder requiring (but not much helped by) a shunt to relieve intracranial pressure, for many years. His continual seizures left him virtually completely disabled: unable to attend school or participate much in family life, though he could eat, talk--though he appeared inattentive with little to say--and walk up stairs, albeit awkwardly. After the first session, his increase in alertness was striking, initiating saying "goodbye" at end of session and with visibly more alert demeanor. After the second session, his family was celebrating his improved social interactions. By the third session, the number of seizures per day started to decline, and he began to report lower or 0 headache intensity. Anti-seizure medication dose was increased, but family reported seizures had decreased in frequency before the change. After an unfortunate 3-week break in treatment, severe headaches returned. Family plans to continue treatment asap.

I will give you one report representing people who have worked to change their functioning for long time and then add NeurOptimal™. The second is an example of how some people can change very fast. Third I refer you to a write up on work in my own family, which is on my web site. <http://ideastoaction.wordpress.com/family-emotional-process-and-the-big-picture/> and published Family Emotional Process and the Big Picture Reprinted from Family Systems Forum, a publication of the Center for the Study of Natural Systems and the Family, Volume 9, Number 3, Fall 2007

Some clients come with **physical or mental problems** and then appear to be actually peak performance clients. They are highly sensitive and exactly can tell what happens in their brains during and from the 1st session on. They usually only need 10 sessions at the most. It is very joyful working with them.

Patient was a 16 yr old boy who was struck by a car and has **severe brain damage**. The right hemisphere had to be partially removed because of swelling. His mother brought him and stayed while we did the session. The second session he told his mother that he was going to keep his promise. I thought his promise was if he was good he didn't have to come anymore. I asked what the promise was? He said when he gets better he is going to beat up the guy that ran into him. His mother replied by telling him he needs to forgive. I mentioned that it is totally normal to feel angry when someone has changed your life in such a dramatic way. He kept at the issue for about ten minutes. Guess what? No music! As he moved through his **anger** the music began to play. After I could show he and his mom on the graphics what was going on mentally. After 16 sessions and the end of his school year he received most compassionate student and most improved in mathematics. (This of course was a school for special brain damaged children)

My favorite story? A deeply, deeply introverted, highly **socially anxious**, young (38) man who was **actively suicidal** when I began to work with him and had for about two years twice a week, mostly to keep him alive. I was probably the only person, other than the drug-addicted brother he lives with and supports, that he saw most weeks. I truly was a "paid friend", not triggering much change but in my opinion, better than nothing. Before NeurOptimal™, I referred him for medication which alleviated some symptoms. About a year and a half ago, I began my own training and saw the changes in MY life and I began referring MY clients to the same Zengar Trainers where I was receiving my own training. Soon...I began to believe that I, too, could be trained to use the equipment (even though I went into debt to do so, the overall gain seemed worth it) and I was losing my clients because they were benefiting so much from the training. (It was one of those things that once I knew about it, I had to tell my clients.) In any case, I referred this man to my colleagues and he continued to see me for therapy and "them" for Training. After about a year, he brought his brother in for therapy with me and began telling jokes and revealing a sense of humor, although reporting little "significant" change in his life. About 8 months ago he asked to begin seeing me once a week, continuing training. About two months ago, he asked to see me every other week and to do training with me and also continues to do training with my colleague, as he has also developed an attachment. This at the same time as beginning to look at his "dream" rural properties and put his house on the market. The same house he brought for his now deceased father and didn't think he would ever leave. He is not at all an experienced self-observer and doesn't actually report a lot of "subjective" change in his "internal" condition, but his life and energy ARE changing. I find it nothing short of miraculous!

One of my clients, a young woman, was having troubles with **low blood pressure** since years. She was tired all the time, having difficulties to recover, without any energy. After only 3 sessions she recovered her normal blood pressure and since is ok all the day along. In many cases, women coming for a quite different problem, have recovered their period after few sessions, it seems to be a collateral effect of the training.

War-terror-trauma: male, 52 years, 15 years of trauma-memories. Had to leave his country otherwise he would have been killed. He was one of the most important Soefi-leaders in an Islamic country. His friends and wife were killed in front of his eyes. His punishment was that he had to live with that memory. After 12 sessions (he felt really worse before he started to feel better) the demons, as he said, left him. He now has the memory of the horrible times in his life, but now his emotions are not attached to the memory anymore. He feels free, is communicative with his new wife (also from the same country) is raising 3 sons (21, 17 years old, from his 1st wife, 6 years, from his 2nd wife). He is going to school to learn Dutch and wants to find a job. Child, 8 years old. **ADHD** and **Autism**, beside that high IQ of 145. In my opinion, the last item was the real problem that caused behavior similar to ADHD and Autism (highly gifted people, high IQ and behavior is one of my specialties in my practice). After 24 sessions the boy was able to express why his behavior was the way it was. He was totally not understood by the world. Of course not: he is 45 % smarter than his peers in the classroom, and of course smarter than the teacher!!! He felt heartbreakingly lonely. When he was able to express this, the mother told me that she had noticed that, during the time of neurofeedback training, all the tough-layers disappeared on her son and that she got back the pure child she had missed so much (this story still gives me shivers and tears!). The boy came back yesterday for a follow-up session, just because he likes to train and his parent find it nice to give him this present every now and then. Woman, 15 years of **bad sleep-pattern**. Sleeping 3 hours a day, waking up at 2.00 at night and not being able to sleep again. After 7 sessions she started to sleep 7 hours, non-stop. All symptoms disappeared gradually: **depression, suicidal feelings, dizziness**, etc. No meds anymore, still stable (training was 4 years ago).

My research project with a school specializing in LD kids trained six **ADD/LD** kids 3xs a week for 40 sessions. Four out of five began reducing their medications early on, within first 12 sessions, and by 20 sessions had stabilized at 10mgs reduction. One did not have to go on meds when she was expected to need to. All exceeded in their academics, test scores, and at least half mainstreamed back into regular high school the following year. Four years, I've been in contact with at least half the kids and they are doing really well, even honors in mainstream high school. Also, I trained an **epileptic** 17 yr old who stopped taking his meds without his mother knowing it, didn't seizure since then, and now has a driver's license. He only trained 20 sessions.

I was training a young woman with both **writer's block** and **severe chronic insomnia** secondary to **anxiety** that had not been managed very well in the past. After about 25 sessions and much improvement in her sleep and other symptoms, she mentioned that something strange was occurring with her anxiety. She could stand apart from it and actually observe some place inside herself where the anxiety resided. She then expressed a remarkable insight. She then remarked, more as a statement of fact than as a question, "Wow, I guess I shouldn't go there, should I?", and we both laughed and agreed that she didn't "need" to go there anymore. She returned for about 5 more sessions and declared herself "cured", reported "perfect" sleep now, no anxiety worthy of discussion and was finishing her book with flair!

I had one man who had lost a string of sales jobs (6 I believe) and his wife was very angry about his being out of work again. He was very **shy, introverted** and **uptight** (his son had Aspergers and possibly he did also but it wasn't diagnosed). He wanted to stay in the insurance sales business as he understood all about the insurance business and felt he had more information than other sales people but clients would not listen to him and didn't like him. After the first 6 sessions (earlier version) I noticed that his body language was more expressive, he was smiling **easily**, he looked more **confident**. He was better able to engage me and get me interested in insurance. He also had been hired again by a **new company**. I think it was 6 months to a year later that he was coming just because he enjoyed it and was doing very well in his new job. He told me that he got the new salesman of the year award. He found that now he was not so stuck on convincing clients to buy the insurance he wanted them to buy, he was listening to them more, talking less, since he was fully available to them at that moment he was free to come up with interesting solutions which met their specific needs. He was able to use his extensive knowledge, increased social abilities and presence to land the sale almost every time.

In dutch: Topsporter handbal. "Ik zit tijdens zo'n NFB training **rustig** in een stoel en de rest gaat **blijkbaar** vanzelf, ik snap er niks van, maar ik heb zoveel meer zelfvertrouwen gekregen, In mijn hoofd is het veel rustiger hierdoor kan ik veel betere beslissingen nemen tijdens de wedstrijden. Mijn scoringspercentage is enorm toegenomen Topsporter tafeltennis. "Ik vond het **geweldig** om met mijn eigen beelden te kunnen werken, ik was gewoon aan het trainen. Ik had niet eens in de gaten dat ik ook mijn hersenen **aan het trainen** was, dat merkte ik **wel** tijdens de wedstrijden. Ik keek vroeger veel te lang terug naar een fout, nu lukt het me om direct om te schakelen naar een volgende bal en mijn tactiek daarop te richten. Ook de coaching op mijn verbale en non-verbale emoties kan ik mezelf nu beter richten op de tegenstander, het heeft mij gewoon compleet sterker gemaakt." Directeur MKB en tevens voorzitter van 2 verenigingen in de topsport. "Mijn hoofd is leeg, ik kan de hele wereld **wel aan**. Voor ik **startte** met de NFB trainingen had ik bij een bepaalde klant al klotsende oksels als hij binnenkwam, na een aantal NFB trainingen ontvang ik hem nu lachend en ontspannen en tijdens het gesprek blijft dat ook zo. Ook al heb ik een enorme stress week op de zaak, in mijn hoofd **blijft het rustig**." Directeur Sportopleiding en coach topsportteam. "Ik kan me zelf veel beter focussen tijdens gesprekken en houdt mijn concentratie daar **veel beter in vast**, hierdoor heb ik meer overzicht gekregen en innerlijke rust. Bij een heel drukke week waarbij er van buitenaf forse pressie gelegd wordt op mijn resultaten **blijft mijn hoofd rustig** en ontspannen. Ik kan zaken veel makkelijker loslaten."

A girl, 13 years old, was falling into **panic** as soon as her father or mother went to work, went out at night...she was afraid they could die. She was afraid of exams, too. She called her mother several times a day when she was at work. After 13 sessions of NF she still si afraid from time to time, but she can handle without too big problems. When her mother is at work, the girl often forgets to call the mother or does not feel like it.

One client, in my early days of NeurOptimal™, came to see me about a **bad concussion**. She was a friend of mine and trained in my house, before I was set up professionally. She complained that she could do very little in her house and her husband had to do almost everything, all the cooking, cleaning, and driving for themselves and their two kids. She had frequent severe headaches, slept 18 hours a day, and spoke very slowly with dull affect. She said she was like a zombie in her house. After training for a few, maybe 7, minutes, the first session, she said she was uncomfortable, and very tired, so we stopped. While I was unhooking her and debriefing a bit, she became herself again. That is, she spoke with a normal cadence, had her normal enthusiastic affect, and a sparkle in her eyes. It was so natural to see her that way that it took me a minute to recognize that she had broken out of her described symptoms. I said, hey, "look at you!" and she was surprised, as well, because the transition was so gentle and natural, to realize that she was sharp, clear, and energized. The dullness crept back a few hours later. She returned for two more brief sessions, and then I didn't hear from her again. I feared that, despite the apparent successes, something had gone wrong. When I finally caught up with her, she explained that she was so busy maintaining her household and driving her kids around, that she forgot to contact me. Another client described herself as having had **severe depression** for over forty years. She gave a list of symptoms she had brought on a written list, so she wouldn't forget any of them. Later she confided that she left out some of the more embarrassing symptoms. After her first session, her **digestive problems** began to ease up, in addition to a reduction of stressful ruminations. A few sessions later, she began to describe her gratitude and appreciation for several things in her life. Again, the transition was so seamless, I had to point out the difference between the woman I now saw and the woman who had first come in two weeks before. After a total of 15 sessions, she departed training radically changed, saying that now she only needed to change some of the externals in her life to continue her new way of being.

I had been working with a family from Washington, DC. The daughter was 9 and had a rather severe case of **Autism, no language, awful physical tantrums**, beating her Mother 'til she was bruised. They had to lock her in her bedroom at night so she didn't wonder through the house (they learned that after they found her playing with knives and had the stove turned up at 3:00am). She also wet the bed and watched the same Disney movie over and over again (not knowing how to turn the movie on, so she would throw a fit when it stopped and no one was there to immediately rerun the movie). Sarah came to me and we did intense therapy for a month usually seeing each other 2 times a day. She left me speaking in 5-word sentences, no more tantrums at all, potty trained, and watching more than one movie (changing her own videos). These were enormous changes for this family! Sarah's behavior was so much better, she was sleeping through the night and feeling happy during the day. Her cognitive abilities changed drastically at home and at school.

An art therapist, very creative but **not very focused**, did about 6 sessions in preparation for a critical, 4-hour licensure exam. She told me that she was totally focused throughout the exam. She was delighted; focus is not her usual mode.

People are not sure what causes them to function better. It takes a long time to alter a relationships system, but for those people who are trying to change self not to change others, NeurOptimal™ makes a difference. Apparently they are less caught by the reactivity in them to the reactivity in others. When the change takes place in self, first then there is less anxiety automatically pass around. The anxiety will always get passed to someone who is unprepared for it.

1) My son and daughter-in-law remarked to me this Thanksgiving that I was much more relaxed than usual. My daughter-in-law wondered if it was because my Dad wasn't here. And then she asked if I had done any neurofeedback recently. I too was aware that I just wasn't as zizzed as usual in the prep days before Thursday as when I'm having a houseful of live-in guests and 15 for dinner. 2) The amazing cases: significant changes in 3 sessions. Mother comes in concerned that her 6 year old daughter could be bi-polar. Specific complaints sound to be more sensory integration problems: the child does not like the feel of socks, cannot get dressed to go to school etc. Plus then the mother reacts to the child and gets fearful making extreme adaptations, like allowing the child to get dressed in the car on the way to school. **Fear** seems to be the biggest problem. The great grandmother, whom the mother was closest to, died 3 months ago from injuries sustained in a bloody fall which was seen by the child. What the mother could do after her first NeurOptimal™ session: The mother was able to change the way she was dealing with her daughter. For the next session she brought in the daughter. I suggested she demonstrate how the NeurOptimal™ worked for her as the daughter did not want to do it. While the mother was relaxing the daughter drew a picture of her great grandmother as an angel. She also wrote "I love you. Do you love me? We were able to talk about both of these issues after the session and the daughter tried out NeurOptimal™ for 6 minutes. She did not want to do it again but likes to come and watch her Mom and has the idea that its important for her Mom to stay calm and the death of her grandmother has made everyone in the family more up tight and fearful. The child has been able to get dressed and go to school and the mother has asked the school to participate in becoming more aware of sensory integrations programs such as brain gym.

Non Verbal learning disability. My son has NLD and had first 40 sessions with a NCP practitioner in Belgium. We saw a positive change and decided to stop the training since we believed that 40 sessions were sufficient for a sustainable effect. After 4 months, school results went down significantly. I decided to follow the NCP course myself. During the training I learnt that longer training sessions especially under ZeN2 should give better results. After 20 sessions we see now significant improvements. School teachers asked us what did happen to our son since he had changed so much for the better. My son is much more alert to things, is able to concentrate better at school and needs less special attention from the teachers. All problems are not settled yet but there are significant improvements. So I will continue his training and see how it will evolve.

Another client with **depression** since early adulthood was able to start tapering visits to her psychologist and psychiatrist within 3 months of starting with this training. Six months after completing the training her psychiatrist is slowly decreasing the dose of her medications.

I have seen the greatest difference in work with 2 people who have more than average **brain problems**. One, age 24, had a brain injury at birth that left him impaired socially and cognitively. After one session he was able to pass a golf cart driving test he had failed previously & landed a job at the golf course. By the 3rd session, he and his mother were able to carry on a personal conversation. (Instead of a ranting kind of non-conversation.) Mother cried. He has been able to manage at home alone while his parents took a vacation. He has begun classes and sports activities that he located himself on line. I also can tell a difference in his skin...**problem skin** cleared up over 3 months. The other is a boy I've seen, first on F1000 & then on Zengar, for 4 years. He is the son of friends & a real problem for family and school. He first gained control over his **aggressiveness** and then he began to be able to sit still and see the words on the page and begin to read. He is now 9 and has passed each grade in public school, now with praise from teachers. He also stopped Ritalin & other meds about a year ago. NeurOptimal™ was part of the overall effort. My husband and I also "bid in" to be friends of the family in a way that lets us babysit and give him and his parents a break from each other. I have talked with his mother a few times, enough to divert psychiatric treatment and give him time to figure out how to do better in school. The NeurOptimal™ plus relationship resources have been most rewarding in this situation. Some people do seem to "take to" NeurOptimal™ better than others...in profound and fast ways. I certainly wish I understood more about this work. Two women have been able to transcend their **habits of reacting** in their family and at work in ways that have made immediate differences...reversed a trajectory that would have resulted in estrangement with family & possible firing at work. I do believe that Bowen theory provides a framework that makes the most of NeurOptimal™ practice. Then there are those I cannot seem to engage with or without Zengar. I think that has more to do with me than with technology...and with the person himself or herself.

When training a teenage boy who had experienced much **violence and neglect** in his life I would ask him every week what difference did he notice. He would always reply none. After about 8 sessions with me asking the same question he finally looked at me and said "I'm just happier." This was a lad who was quite angry much of the time and **depressed**. He also suffered from **FASD**. I have been training an 8 year old boy with a diagnosis of **autism** - not otherwise specified. When he first came he would have outbursts frequently, be non-compliant, was very inflexible (when he envisioned how something should be it was impossible to move him off that) and he had no ability to maintain friendships. Today he plays hockey and, I may be somewhat biased but, I think he is the fastest skater on the team (though it did take him a little longer to learn how to stop), he has scored a goal. He has a friend and can play cooperatively much of the time. I worked with an **adoptive mother** and her daughter. By the time they came to me the adoption was in the beginning stages of breaking down. The inability of the girl to attach, show empathy or to engage was creating discord in the family. They had tried counseling and attachment therapy for years with little success. By the time we finished training, the little girl, though somewhat still spirited, was able to engage and contribute and be part of the family. The mother's statement was she wished she had done the neurofeedback before the attachment therapy. Her feeling was that NeurOptimal™ would have opened the doors for the attachment work to be effective. After 8 years the family is intact and the young woman is now in high school.

My favorite client was the youngest: a boy of 6 years. A colleague sent him to me for neurofeedback. It was a boy who was against the grain. He made a very positive change, also thanks to his wonderful parents who accepted the advice I gave them. They played with him with meditations, choosing insight cards, being positive etc. At school he made a tremendous improvement. In the beginning he made no contact with other children and had a lot of **learning and motor problems**. In the end he played with other children, "scored" A's at school (on his level of course) and was ready to start reading and writing at school. The parents were very happy with the results! He still can function at a "normal" school between other children!

Male, 35-40 years: **ADHD, ex-drug addict**, ex-homeless, smoking pot, **aggressive** reactions, **concentration problems**, doesn't think much of himself, feels like he doesn't fit in society, has no reason to come out of bed (only for his son in the weekends). Doesn't know what to do with his life, sometimes he's a bit **suicidal**. He has been training for 47 times now. We've stopped because the results are amaZing. He became less impulsive, got more concentration, he reacts complete different in stressful/aggressive situations: he stays very relaxed and because of it others stay relaxed to him. He's in control of his life again. Gets out of bed every morning, get to spend more time with his son, people start to believe in him and better: he believes in himself again, he smokes less pot and got a job!!!! He's leading a 'normal' life these days. I'm so proud of him. Female, 13 years: **dyslectic, dyscalculia** and **concentration problems**. She has done 20 sessions now and already her dyslectic, dyscalculia and concentration problems have reduced 50%. She goes to a special school but here grades are more than perfect. She doesn't feel less of herself anymore; she can keep up with the rest of the class now. We continue training to see if the dyslexia can disappear completely. Female 37 years: **taking anti depressants** for 19 years now. We stopped at 35 sessions. She no longer is taking medicine, her headaches almost disappeared and she's better sleeping now. But she needs counseling from another expert because for the last 19 years she wasn't used to feeling deep emotions and now she's feeling them all. She has to find a way to embrace her emotions, to make her own again. Female 38- 41 years: **dealing with a divorce** and a sick mother. The client had about 25 sessions. Every time she cried a lot. She discovered that there was a lot more grief to deal with (stuff from childhood). And she dealt with it. Till the day she said: "I'm done with crying now. It's okay." She's learned so much more about herself! AmaZing. She became a much stronger woman. Male, 40-45 year: living every day with a headache and **migraines** 2 times a week. After 20-25 sessions the migraines and headaches almost disappeared. These days he knows what type of situations causes migraines and he tries to avoid them. He discovered that he wasn't in touch with himself, only in touch with his brain. Not with his feelings. So now he went to a therapist who is able to teach him how to get in touch with himself again.

One of my clients, under a great deal of **stress**, reported going home from her first NeurOptimal™ session and sleeping for 13 hours - the first really relaxing sleep she'd had in two years. She was a fan after that!

One formerly "**stressed-out**" and **anxious** client used to return home after a busy day too tired for much interaction with his wife and children. After about 5-6 sessions he noticed a significant increase in the amount of energy remaining at the end of the workday, more easily able to transition into the kinds of engagement required at home.

A client who only has had 4 sessions, feels a sense of space inside her, more room to respond to the world differently. Many of the **negative thoughts and fears** gone, which did make her feel depressed. For the first time in many years she has had moments of joy, hope and willingness to dream. She is scared though that it will not last. And said "I have this sense of more space inside, I am not happy, but I am not sad, I really like it, and I still have further to go."

The most frustrating and rewarding part of being a practitioner is experiencing the seamless shifts that occur. I was working with an 18 year female who had **social phobias**, so much that she wasn't able to attend school, or work etc. After the 6th session she claimed that there were no changes and expressed her frustration. When booking another session, I asked her "same time next week?" She replied "I can't I am busy". After discussing several time frames, I asked her what was occupying her time, she stated "Oh, I forgot to tell you; I am working at Tim Horton's". But there was no change! The shift was so seamless that she didn't question her desire or ability to go out and get a job.

One lady - after an intensive 4 extended sessions in 2 days said she had never felt so relaxed and alert at the same time. One month later and she was still feeling the effects. (She, along with her partner, has now bought a NeurOptimal™ system!!!) One lady from Germany who had come for an intensive week - 2 sessions a day for a week. During the last one she said that various 'pieces of memory' - from a car accident she'd had 40 years ago - which she had blocked out - had come to mind and seemed to be 'released'. Up until that point she only had recollection of waking up in the hospital. It seemed to be a moving and peaceful experience for her.

A client came with an **out of control life**, their mind would not stop - lots of noise. Her life was very **dysfunctional**. After four sessions she called to say she felt better, after six sessions she called again to say things are going good during her days. I kept receiving calls letting me know she felt new, happy and aware of her own behavior and thoughts. She also sent me a gift to thank me for helping her.

Bed-wetting was much better after 5 sessions 12-year-old boy.

One person who apparently had **painful legs** each morning for years said that there had been no pain for the week following a **first session**. A client with **advanced Parkinson's** was able to still his tremors within 1 - 2 minutes of starting each session. **While the disease continued to progress, he did achieve 30 minutes of relaxing stillness in each session that I am certain affected his quality of life.**

A 23 year old male college student presented with **social anxiety**. He did well **academically, but believed he was limited by his painful shyness**. At about session 4 he came in with a big smile and I assumed he had had some success **socially**. He went on to tell me he **had been too embarrassed to share his OCD symptoms**. They were quite extensive, occupying much of his time. He reported they began to **dwindle without much effort on his part**.

I have a client challenged with **depression, anxiety and sleep disorder**. After ten hours she felt some of her symptoms lift. Within twenty hours she had her first good night sleep in years. After twenty five hours, she **felt so much better she went to the doctors and with his consent she stopped her medication for depression**. She comes back every once in a while for a mini-session because for her **sleep disorder**. She is so grateful for NeurOptimal™ it has changed her life!

A business owner came in for stress relief. She **worried constantly** about little things that would happen in her business and over what might happen. After 4 sessions, she came in the afternoon for her fifth session and told me that her plate glass window had blown in from a storm that morning and that most of her inventory was water damaged. I could not believe that she had come in after the kind of morning that would have formerly sent her off the deep end. She was just as shocked. She said that she was able to just do what needed to be done instead of falling apart.

I did three sessions with an 11 year old girl with **severe attachment issues**. After the third session her mom came to me in tears and told of her daughter's response to grandma who was currently visiting from out of the country. The mom had given the child the choice of staying at the after school program or having grandma pick her up from school. The first day, grandma picked her up. That night the child said to the mom "I'd really like to stay at the after school program tomorrow, do you think that will hurt grandma's feelings? I don't want to do it if you think it will hurt her feelings." This was the first time ever that this child had given any concern at all to other peoples' feelings. The improvement has persisted.

My story: I have used NeurOptimal™ training on two different occasions. The most recent was following several personal challenges; I experienced a moderate case of **burnout**, first year in menopause, was diagnosed with **hypothyroidism** and **arbitration** with my current home (and more) all at the same time (two month period). I did NeurOptimal™ training on myself three times a week, for 4 weeks, then twice a week for a couple more months. My symptoms of burnout slowly resolved, my need for synthroid went away and my hot flashes have greatly reduced in frequency and intensity. I also used journaling in this process.

A 58 years old woman came to me with **posttraumatic difficulties**. The trauma has happened 6 years before, since then her life has stopped, she could not work anymore, didn't go out in the evening when it was dark outside, she couldn't manage her administrative stuff, because she was disturbed by **anxiety, stress, lack of memory, lack of focus**. She couldn't meditate anymore. Many people didn't take seriously what she said. I trained with comprehensive (a particular screen in an earlier version) exclusively and the stress was first to disappear, followed by the ability to breath more deeply and feeling the belly. Alpha training and Interesting and Unusual (also particular screens in an earlier version) helped her to be able to relax and tolerate quiet moments. She went through a transformation and could see in a spiritual way, why bad things happened to her and she could forgive the people who treated her badly. She was no longer a victim but started to believe in her power and could experience many changes in her daily life and found helpful people. After 25 sessions she was able to go out for an evening party! Without anxiety. Now, she is thinking of writing a book. A 38 years old woman had **chronic pain** in her right foot after several surgeries. The medical treatment was completed, but she was still very much disturbed because the pain took her energy and she couldn't do anymore all the things that gave her energy (dancing, sport...). She is a young mother and an experienced medical doctor but she stopped working when her son was born. After 15 sessions she feels the pain much less, and changed the focus away from inability towards ability and just to go on. But she gained more than expected because she realized that she is less stressed with her son now and she just started to work again as a doctor.

My own story already printed on PASS I cannot yet speak for others, yet, NeurOptimal™ is the most profound piece of continual change work in my life and I am sold.

A twelve-year old boy had been given the diagnosis of "**social anxiety**" he had been home schooled by his mother for some time and had very little to almost no exploratory behavior separate from his mother. He had been "therapized" since age 4. After one session he said to his mother on the way home, "my brain is doing a strange thing; it is running around looking for something to worry about and can't find anything." He went on to much more independence within six sessions, traveling on the bus alone to sessions, auditioning for a musical, going on a cruise and enjoying the children's activities without being prompted, returned to school and has done very well. He is a poster child for NeurOptimal™.

A woman 58 years of age came to me after several years of psychotherapy for regular **depression** with ups and downs. That's why she chose consciously for the "machine" to fix the job and refused "talking therapy". After 8 to 10 sessions her complaints disappeared. Her state of mood became more and more stable. Now once in a month she makes an appointment for a booster. Through her three other clients arrived with different complaints. Two of them are making big progress.

Presently I am training a lady who had suffered a very negative experience after an operation with spinal puncture that went wrong and disordered her nervous system in a way so she **could not sleep** for more than 4 hours a night and she also had a **nervous breakdown**. She uses anti-depressive medication, which is being decreased now with neurofeedback training sessions with permission of her doctor! Last year she had 5 training sessions of the classic neurofeedback system and the neuro-psychologist that treated her gave her the advice to stop the sessions because she didn't sleep at all and he couldn't help her anymore! Now she came to me and already after 3 sessions she is sleeping already for 6-7 hours a night! And she feels greater after every session!! She is convinced that her nervous system will get well again in due time thanks to the **NeuroOptimal™** sessions and she is very positive about her future.

A day job co-worker and friend who was just curious about neurofeedback and really wasn't having any problems began to train. The only thing in his life that was "wrong" was that he **didn't like his job**. He told me candidly that he liked doing Neurofeedback, but couldn't see what it was doing for him, except he felt more relaxed and was able to perform better at work. After about 10 sessions he began to passionately talk about his new website and new career opportunities that he wanted to create for himself. When I suggested that the "transformational" aspects of **NeuroOptimal™** were responsible, watching his face was like seeing the lights come on - since then he has been a proponent and a supporter and a long term. He has set up 3-4 websites and has a new career working for himself.

This is my own story. I started **NeuroOptimal™** training with JLD because I did not want to go back on **anti-depressants**. Within a couple of month I was off my anti-depressant and working on reducing my blood pressure medicine. After about 3-4 months of twice a week sessions, we discussed whether I should get my own system. Last summer I did so and am now training my husband and one of his friends consistently (once a week). I've found weathering the US presidential race much more bearable this time around even though I had strong opinions on the race. I'm so sold on this system that I'm hoping to start offering demonstrations to fellow clients of the personal training facility that I attend. My big hope is that some of those clients who have business that would be compatible with this training will decide to invest in the product and offer training.

My favorite is still the young man from a country in Africa where he was **kidnapped at five** by the Lord's Army, and forced to fight. He **escaped at 18** and came to this country at 23, a lost boy, living on tranquilizers and sleeping pills, and still **haunted and unable to sleep**. Twelve sessions had him off all his meds and sleeping at night. My own daughter has moved through **Body Dimorphic Disorder**, a remnant of her OCD, and each time we 'run her brain' she is noticeably happier, easier in her body image, lighter. Oh, and her homework, piano practice and clarinet practice are always done well.

A woman (32 old, two children, no husband), very uncertain, **sleeping very badly**, not being able to focus on things, taking all kinds of medicines, **depressive, anxiety**...the whole lot! She started with 2 sessions a week, going to one and finishing every 2 weeks, total 54 sessions. As she had no car, she had to take a bus, train and again bus to get to my place ... taking her about half a day to come for 30 minute training, and this twice a week! First she started to 'see more clearly'. She describes it as more sound and more color, she could better enjoy her meals, relax. Obsessive thinking, trying not to drown, slowly disappeared. At first still feeling depressed in the morning and evening, and later also this disappeared. Feelings of unhappy and happy, tired and fit, sunshine and clouds switched, making her feel very unstable. Also this period moved on to more self assured feelings, knowing better what she wanted (also in a difficult relationship). Physical awareness improved: 'now I know where a pain is coming from', i.e. Head, before she could not even define this. She also managed to reestablish a broken relationship with her parents. She gradually lessened the medication and finally only still took 1/4th of a sleeping pill before going to bed. She falls asleep easily and can sleep the night through till morning, feeling great when having to take care of her two kids before they go to school. She has no regrets whatsoever for all the time (and money) she spent in order to obtain this beautiful result.

I trained extensively on the Biograph Infiniti software at first for **stress** management and rumination. Later I kept it up for deepening **spiritual practice** (alpha theta). After hundreds of sessions, I began to experience **sleep problems, lower mental abilities**, and a **detachment from life**. We assumed that I was on the brink of a major change so we continued. My brain became so imbalanced, that any training on that system further disturbed sleep, either SMR or AT. The sleep problems lasted for some time. When I purchased the NeuroOptimal™ system, it rapidly restored my brain to balance and greatly assisted with the sleep problems. I had no idea of how out of balance my brain had become with the intensive deep states training. Now I exclusively use NeuroOptimal™ and have not experienced 'any' side affects.

A 15 year old girl after 24 sessions stated that she felt like a new person. She was no longer in special education classes. Was less impulsive and her counselor was commending her at every session about her behavior towards peers, parents and herself. Most of her symptoms associated with attachment disorder and **ADD** had disappeared!

I have a 6 year old boy with **autism**, that **didn't speak**. After the first 10 min.(the first session) he started to speak more and more efficiently. After 17 sessions he focused his eyes, and his doctor was very impressed.

My favorite is a young woman that I have worked with for years prior to training in NeuroOptimal™. She is **bi-polar**, has **attempted suicide** several times, has **severe anxiety** reactions, and has experienced several treatment modalities prior to working with me. She has renewed hope, and while she still struggles with short periods of anxiety she has made great strides in moving out into the world in terms of relationships and work. I might add that there were very few treatments that she has not tried and she is on medication at the present moment...however she and her family are finally seeing changes that they all had about given up on. And she's a love.

A 20 year old **autistic** client came for Zengar training with high muscle tone from nervous fidgety **tension**; he was constantly moving his body or twirling his fingers; he literally choked when trying to verbalize one word at a time; periodically he could ask a rote social question, almost always the same topic repetitively; his eyes darted from object to object without the ability to hold eye contact with objects or a person; he got in fights at school more than once a week. This is a person who comes from a loving family as well as one that manages behaviors in a consistently disciplined manner. He has been in special ed classrooms from early childhood. He trained with Zengar neurofeedback twice a week for 7 months, then took a break over the summer for 4 months. His mother brought him back because she saw progress in his speech fluency and over all better behaviors. She couldn't explain specifics but felt he had matured. When I compare his intake issues to now, I see a person whose muscle tone has relaxed, (he doesn't get stiff in anticipation of my gentle traction on his legs, in lying position); he easily holds eye contact with other people as he talks in phrases, although he still stutters; he initiates conversation with a question or a statement that he is truly curious about,(not rote social questions); he hasn't been in a fight at school so far this year(3 months); and the icing on the cake is he spontaneously declares how happy he is with frequent smiles and hugs. He is still socially awkward, stutters, and is autistic but he functions much more easily in his family and classroom making everyone including himself happier. A 60 year old hair dresser with **debilitating migraines** trained twice a week for 20 sessions. Scheduling conflicts broke the twice a week pattern several times. However she decreased frequency and severity of headaches from once a week to once per 2 months. Then after she completed the 20 sessions, she hasn't had one headache for 2 years now. I believe that there is continued improvement after training as the brain consolidates its learning. My skeptical **ADD** daughter trained while attending college. She didn't feel any "ah-haa-s" from the training but gradually noticed that she could study for longer periods without having to take "walk-to-the-refrigerator" breaks every 5 minutes. Then quite magically, she tested better and raised her GPA. She's sold on Zengar!

I had a **bi-polar** person coming on a regular basis and the sessions for him were wonderful. He loved the attention and the time he felt that someone was fussing over him. It really did help his self-esteem and he says i also helped his ability to think and function. He was a graduate student and was under a lot of stress.

One patient, who had failed to remit after 30 years of different treatments for **depression** including medications of all classes and multiple modalities of therapy, trained with NeurOptimal™ and had remarkable leaps in her interpersonal relationships including intimacy with her spouse AFTER a complete remission of the depressive symptoms and resolution of **PTSD** from an abusive childhood. Another was a very quick response to NeurOptimal™ in a 10 year old child with **severe night terrors** who could not go to bed without her grandmother laying on the floor next to the bed and holding her hand. The child was able to go to bed for the first time by herself and quickly and peacefully went to sleep after only three sessions. The grandmother never had to accompany the child again at bedtime. One female patient in her seventies came to the clinic in a total panic. She had been **anxious and inconsolable** for some time and after showing up at the ER in acute panic they did not know what to do with her. Someone told her we were doing some high-tech experimental work with stress in the outpatient clinic and her husband brought her in almost as a last resort. After about five sessions the husband asked to talk specifically to me before her session and when he closed the door to my office he nearly broke down while expressing his gratitude for "giving him back his wife."

A very humbling situation with a woman who has multiple issues, eager to try NeurOptimal™. She reported that the **"voices"** in her head got quieter and finally were barely perceptible. She again said that it was as if she had suddenly able to drive down the highway in her mind and was in control of the vehicle and could see where she wanted to go.

There are simply too many! :-)) I think the most beautiful client stories are those with kids. Sometimes after 12 sessions or so they REALLY start to bloom and all kinds of "issues" suddenly drop away. Parents bring them because of **ADD/ADHD**. But then suddenly all kinds of great things are happening as well: sleep improvement: in some cases the kids finally can sleep well again - in other cases they suddenly don't need as MUCH sleep anymore and yet feel even more energized! **Headaches** drop away. All kinds of **"psychosomatic" fear** or **depression** related symptoms drop away. For example stomach aches before exams etc. or they develop a new healthy self esteem. This can then actually be perceived negatively sometimes by parents in the beginning. "My son does not obey me anymore like before" or "he dares to speak back to me" ...but then the parents do understand the entire picture: the neurofeedback training often initiates a new step in the development of kids. The nicest is to see how they - again - radiate joy! By the way: in my experience kids between age 8 and 12 profit the most from a training with NCI

I am relatively new with NeurOptimal™, but my regular client expresses his visits like a brain massage and tune-up, just like we give our vehicles, homes etc. My client has **ADHD**. He finds that he prefers this treatment to medicine and does feel the effect lasts longer. His performance in hockey has gotten better he said even though this was not his reason for coming in. He has had several **headaches** when he comes in also and he says that by the time we are done his session the headache is gone. He finds his concentration at work is better especially between the hours of 1-3pm when he usually starts to get very tired. He has referred his daughter and another lady's son who has ADHD for sessions beginning in 2009.

A retired doctor suffered from **anxiety** and **depression**. The medicine made him drowsy and indifferent. He felt a stranger to himself for 3 years. After 30 sessions he experienced that the medicine dosage was too high. He dared to decrease the dosage, very careful and very slowly. While decreasing his intake he stayed on training twice a week. Until he needed no medicine at all. After that we reduced the training schema to once a week and so on. Now for 2 years, he feels the same as before the 3 years he was on the medicine. We started in 2005 and after this intense training program he still comes to have a session every 6 weeks. 'Never change a winning team' he says. Every time it feels good to see this vivid and happy man.

26 year old girl who had a **brain injury** from a car accident. She was "driving her parents crazy" by her dependent and irresponsible behavior. They were skeptical that the NFB would help but agreed to try it and were amazed that after about 20 sessions significant changes started to occur and they began to have hope that their daughter could begin to work back to a more normal level of existence and independent living. They moved out of town and I am not sure how things ended up, but she made good progress while here. A number of **ADHD** children, who not only gained better attention and self control, but were able to reveal their full personalities without being blunted by medication. One high school boy in particular who used to take 3 - 4 hours to do his homework started to complete it in 45 minutes and his grades went from C's to A's, and he began to enjoy social opportunities that he couldn't participate in before. The family was thrilled.

I have had so many. What about the "quickies". The man who came to me for help with **back pain**. He was 9/10 in pain when he came in, and scheduled for surgery the following month. In the one session, his pain disappeared and did not return. His surgery was canceled. And another woman who came for a different reason, but she noticed after the first session her extreme **fear of spiders** had just disappeared! "Could this be anything to do with the neurofeedback?" is a common question. Not always so rapid but even more amazing, is watching people not only get a life, but make dramatic changes within that life. So one woman who had a **lifetime of depression** and had been disabled with same, not able to work as an adult, started working and got herself out of a very bad marriage. We are very lucky- we see miracles everyday.

Due to the fact that I just started with neurofeedback I referred a client to a more experienced trainer (JW). I usually stay with her in the sessions because this young man only speaks Portuguese. This 24 year old Brazilian young man who has a long medical history for **astrocytoma** and has a history of a lot of **seizures**. The parents are my friends and they were tired of seeing that no medication was able to control the seizures. To make it short, to get to the first session V was taken in a wheelchair and was like total unaware of his surroundings. Right after the first session he was more alert and actually answered when questioned. After the third session his parents were very happy. He was more alert, he became more talkative and he was able to watch movies, he read a book. After the 5th session he was able to engage in conversation about current events and the seizures decrease in number and intensity. He no longer needed the wheelchair the get to the office. There were a lot of changes in medication, but it was observed that the neurofeedback may have worked with the medication. The most observable was that he regained a lot of his cognitive ability. For the past 3 weeks for external reasons he did not have the sessions and his seizures and apathy reappeared. The family is going to Brazil for a month, but they plan on continue with NeurOptimal™ when they come back.

A new client, complaining of **panic attacks**, reported (after her first session) a sudden distaste for red meat and rich foods. She was served a juicy burger one night and Thai food another night and couldn't bring herself to eat either - all she wants are fruits and veggies! That is a direction or tendency I continue to see enough that I "warn" people of it at the outset as a possible side-effect of NF in general, but especially NeurOptimal™ as it is faster. I frame it "As the central nervous system resets itself, you may find yourself more attracted to things more in your best interest, and less attracted, or even repulsed, by things less in your best interest." Several **alcohol and drug abusers** complain that NeurOptimal™ has ruined their capacity to do other than very small, and sometimes any, amounts of the substances.

Mother with **PTSD** and son with **ADD, PTSD, autism** and other problems did 10-15 sessions. Mom's symptoms were completely resolved and son's symptoms of perpetual anger, hyperactivity and others were under better control. Regretfully, mom decided to discontinue training because she was afraid that her son would no longer need her.

Another client has a history of **Fibromyalgia**. Energy work (Mind/Body balancing) helped her pain and many of her other symptoms though she still had difficulty with **irritable bowel syndrome**. She did one session of neurofeedback and 3 years later, still has no problems with irritable bowel.

I will quote two clients: 1 - Suzanne, 71 "Since my last (3rd) session of neurofeedback, I see a terrific improvement in myself. 1) An extraordinary feeling of energy and resistance to **fatigue** throughout the day! 2) No bloating and a tremendous regularization of **digestion**. 3) MUCH less **pain** in the right arm and hand. 4) A clear mind. Neurofeedback role in all this is obvious to me!" 2 - Pam, 38 "With the guidance of the ADNF I started doing training to help my brain recover from a very nasty **concussion**. I started to see small changes in my mental abilities very quickly, after the first four or five sessions. The first positive change was that, suddenly, I was able to easily understand computer functions again and start doing things like backing up my data and using PayPal. I then simply felt like I "had my brain back" again and my functioning really improved immensely. I could find files, follow thought processes and plan my day with some confidence again. After about 15 training sessions I suddenly wanted to do my marketing and had the mental and emotional energy to do so. Before the training I had hardly realized how serious my depression was and could not even bear to think of the inevitable result of ignoring my business needs. Now, at the three-month point after training, I have simply stopped taking anti-depressants (something I had tried twice unsuccessfully before training) and can still sit down each day and do something to move my business forward".

A good chess player, who had a **brain operation** of the hypophysis region.... after the op. he couldn't play chess anymore. by rehabilitation with NeurOptimal™ training he plays now chess better than before....he says, that he "feels", that both hemispheres play now, not only his left hemisphere.

I worked with a client with a history of **codependency, poor diet, poor self-care and addiction** (smoking and alcohol) problems. In 2.5 months (2-3 sessions per week) she was eating 5 small meals a day, doing yoga, left an abusive relationship, decreased desire for alcohol and stopped smoking. She also started and continued with a counselor on addiction problems. She felt more "centered", relaxed and was sleeping soundly. Her own dietary changes were the most impressive, at least to her. She was eating fresh fruits and vegetables and eliminated most of the snack/junk foods.

One client reported after 4 sessions, no more **migraines**. (Other clients-15 sessions.)

An adult client with **ADD** reported after her third session, a sudden lifting in her depression. She went on to say that everything seemed different without that "cloud around her". After another 6 sessions, she made a remark that now she knew what organization looked like. She had never been able to perceive how to organize a task or process before. Symptoms related to ADD are continuing to resolve.

Women, 27, Holland - Brain contusion and addiction to alcohol and drugs A while ago I decided to do Neurofeedback training, I read something about it, in the psychology magazine and because I had a brain contusion 10 years ago, I thought this might help me. I wasn't feeling well and felt not very centered in that time and I had difficulties concentrating. It was hard to study and I tried several times to stop smoking cigarettes, marijuana and drinking alcohol, but I didn't succeed. According to this article addiction problems could also diminish or vanish and I got hope again that someday everything would turn out right for me. Searching and surfing over the internet I came across the website of Ineke/Aine and I called her immediately to make an appointment. From that moment on everything went very fast. Ineke is very warm and open-minded, with her I felt immediately at ease and the training itself was rather fun. Enjoying a beautiful movie, while you relax deeper and deeper and every time I left after the training I felt very relaxed and as new. Within one month I stopped smoking and blowing, it just wasn't so pleasant anymore. As a result of the NeurOptimal™ I was already relaxed (that's what I needed the smoking for). And if I smoked now, the relaxed feeling got even less, so it was logical to stop smoking now. Not long after that, I totally quit drinking alcohol and all this without any effort. At this moment, after 5 months, I still don't drink, blow or smoke anymore and I don't miss it and that is the difference with how I felt in the past when I tried to stop. Ineke gave me some mental coaching, I could speak my mind and share my story and she advised me to read some specific books, this also helped me a lot. Now I have more self-confidence again, I feel complete, whole and happy, I can concentrate on my music lessons again, I have come home to myself again!

Woman, 47, Holland: Multiple Sclerosis Since 1997 I am officially diagnosed with Multiple Sclerosis with the well known symptoms of trouble with coordination, spasm in the legs, not being able to move my right foot and toes, so difficulty walking, less power in my hand, difficulty swallowing, getting mad from certain sounds, trouble articulating my spoken words, not being able to do two things at the same time, problems focusing my sight, poor sleep en especially tired. Some people who have MS like me will know exactly what I mean. Before I started NeurOptimal™ training I had a feeling that this could be something for me. Especially because the training enables the brain to make new connections, and promotes other brain cells to take over lost functions from other damaged brain cells, which is the case in MS. The training itself is very pleasant, you look at a (cartoon) movie, while being attached to some sensors at your head, you relax and the computer and the trainer are doing the rest. After de first time I already noticed that my voice was much clearer, and my articulation improved. After each training there was something better and improved. Being able to focus my sight again, being able to do two things at the same time again (walking and looking around me). After about 6 sessions I regained control over my right foot again, I can move my toes again, I walk better, much more stable, don't stumble over things anymore, don't loose control over my right knee anymore. It is such a wonderful relief for me, I can go and let the dog out for a walk again, go into town for shopping, do things I couldn't do for a long time, I am even learning to play golf now! At the moment I have had 19 training sessions and my condition has improved a lot. I walk better, no spasm anymore, less tired, sleep better at night and during the day I have less need of a little nap. Swallowing is better, coordination is better, I can touch my nose again with my eyes closed, even bring the top of my fingers together again, with my eyes closed. I am clear in my head again, I am in contact with myself again, feeling centered, I can find the right words again, being able to keep my balance again, I can tolerate sounds and busy surroundings again, I can look behind me while walking and I am

much more able to move the fingers of my right hand. My Physiotherapist was surprised and I am wondering what my neurologist will say. Of course there will always be symptoms present, for MS is a degeneration process. But the fact that I have regained so many functions now is a wonderful thing. I did not expect so much improvement at all. BTW This story is from 4 years ago, this women is still doing fine, has not have had any serious relapse ever since. She still comes for training once in every 1-2 months.

SAMPLE

SAMPLE

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TRAINER STORIES:**WHAT NEUROOPTIMAL™ HAS MEANT
PERSONALLY TO TRAINERS**

SAMPLE

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WHAT NEUROOPTIMAL™ HAS MEANT PERSONALLY TO TRAINERS

This section can give you a glimpse into how NeuroOptimal™ has touched trainers' personal and professional lives.

After searching for a way to help my children, it provided me the opportunity to change the quality of their life. There are no words! Thank you.

NeuroOptimal™ is such an important tool in my practice. It is engaging to people initially and it delivers results. The results are not necessarily what people were expecting, but they are happy. It is a satisfying way to bring people around to appreciating what they can be.

NeuroOptimal™ has been very successful in our practice. I do think however that part of the success also comes from the level of service, care, coaching and consulting the trainers also provide. I think the human component is still important.

Deep, non-violent transformation (I consider ECT, for example, to be violent). It is working WITH nature, which, in my experience and observation, is THE truly effective and lasting way to restoration.

Life changing! Although I knew that I was going to build a practice with the instrument, my foremost intent was to use it with my family. In the past few years we all have had our share of runs. Limiting old beliefs dropped and are still, dropping away. We've found our new path. We experience so much more inner peace, fulfillment, joy and love in our lives.

NeurOptimal™ has been a great support for my work as a Clinical Psychologist. I have been using biofeedback in my work for many years, but adding NeurOptimal™ has been a joy. Not only have the outcomes for the primary focus of training been excellent, but the number of positive side effects has increased significantly. These reported positive side effects include unanticipated experiences, awareness and learning that clients and their families say have contributed to an overall sense of ease, presence and effectiveness in their lives.

NeurOptimal™ has been a great asset to my practice and has changed many of my client's lives forever.

I have been using neurofeedback for 10 years. After an initial training course with Tom Allen in 1998 in Sydney, I began using a ProComp+ with Biograph software. I have attended training and information sessions with Barry Sterman, Jay Gunkleman, Michael and Linda Thompson, Sigfreid and Sue Othmer, and other recognised leaders in this field. I have listened to many speakers at annual ISNR-Australia and AAAPB conferences. I have also received training with Peter Van Deusen's The Learning Curve, and Len Ochs' LENS system. I conducted QEEG's using a Mindset and Skill software for over three years and referred to the results to guide my neurofeedback sessions. I attended my first training course with Val in Noosa in 2003. I completed an Immersive in Mexico with Sue and Val in March this year. Of all of the approaches and techniques I have used, I have found NeurOptimal™ to be the most efficient and effective by far, and also the easiest to use. I now expect to see and hear of changes after the very first session. On average, I would not expect such results using Biograph until after the third to fifth session. I have no problems with negative outcomes such as those sometimes obtained with other systems. Problems such as worsening symptoms as a consequence of making an inappropriate decision about which site or what frequency to address when using Biograph, or The Learning Curve approach, or creating new symptoms by over-stimulating when using the LENS. I continue to be amazed at, and excited by, the rapidity and extent of the positive changes in clients who attend NeurOptimal™ sessions, and the positive consequences on not only their lives but also the lives of other family members. In my experience, such results are not obtainable using traditional psychological interventions such as Cognitive Behaviour Therapy, which formed the basis of my professional training as a Psychologist. As a consequence of attending the Immersive in Mexico, and experiencing regular NeurOptimal™ sessions, I now enjoy an inner calmness and peace, and have been able to adopt an attitude of loving compassion towards others which has not only enhanced my daily experience of life but also made me a better therapist.

I love it, it's very profound, my clients mostly love it... I think it is very misunderstood, but those who "get it" really get it!

NeurOptimal™ is a unique tool releasing us from the blocks we had during our journey. It gives us the opportunity to develop, and reconnect with the deepest part of ourselves. It is safe and non-invasive that is why I am so blessed to use it and to offer this experience to our clients. NeurOptimal™ is a gift to humanity. I am willing to offer my time to have as much people as possible in contact with it.

NeurOptimal™ arose a great intellectual interest in me, and I will continue working with it and studying it into different contexts, both experimental (for my thesis) and clinical (beside this university research), in order to participate to evaluate its effects as objectively as possible.

The first fun method I have learned and used since going to medical school. Clients love NEUROPTIMAL™. They don't feel stigmatized but empowered. Practitioners love NEUROPTIMAL™. An amazing method to help others as fellow human beings and not as labels. NEUROPTIMAL™ training helps practitioner and client to "Unplug from the Matrix." A blazingly fast, highly cost-effective and pleasant way to achieve Optimal Flow and Functioning. NEUROPTIMAL™ is indescribable in words and MUST be experienced.

NeurOptimal™ IS TRANSFORMING. Personally, it takes the "edge" off the unwanted qualities I've developed throughout my life & enhances the best in me. It's lasting.

I truly believe in NeurOptimal™. It has helped me be more focused and it helps me with my depressions and I feel it work. My family and friend have seen a positive change in me, I started doing sports, I have a boyfriend now, I am much friendlier, and I am happy. Now my family is doing NeurOptimal™.

Anything I say is going to sound over the top; I initially despaired, in 2000, of ever being able to be technically competent to use neurofeedback until ES said, oh, I could teach you this in 2 days. I wept on the way home to think that I might be able to do this-- I am very, very technically challenged. I integrated NeuroOptimal™ into my therapy practice in 2003-2004 and have been so delighted with the results from my clients. I am a great detective, as most family systems practitioners are, and have had excellent success at uncovering extrinsic factors. Additionally, I believe that my nursing experience and growing knowledge of naturopathic medicine, where the causes of symptoms are tracked down and treated naturally, has made a big difference with regard to extrinsic factors. As noted above, in almost every situation, I have good reason to believe that NeuroOptimal™ will work and when it doesn't I am usually able to find extrinsic factors in part because I KNOW that NeuroOptimal™ works in the absence of them. I have been able to make a very good living using NeuroOptimal™ in combination with my family systems oriented therapy practice. I thank the universe every day for my participation in this process, and send Val and Sue all good energy in deepest gratitude for all the hard work they have dedicated to making this happen.

For me NeuroOptimal™ is a very clever system and so easy to handle. It convinces through the results and is very comfortable also for clients. It's holistically designed and that is compatible with my life and how I see life.

I used Val's protocols in starting in about 1996 personally. I had been mugged and suffered post concussion syndrome as well as PTSD. While it was not NeuroOptimal™ as such, the early iteration really helped change my life. I was able to finish my doctorate and overcome my PTSD and become an avid advocate of NeuroOptimal™!!

I have been a psychotherapist for 40 years. I have never seen people benefit from a therapeutic experience the way they do with NeuroOptimal™. That is humbling and yet very enriching for me

I receive comments of feeling "refreshed," "rejuvenated" and "clear headed" after training. It is very gratifying for me to be able to offer this service to others.

I feel so happy. It is great making people feeling better!

"Great stuff"!

I'm very happy to have discovered NeurOptimal™ for my son. I'm sure it has helped him a lot with fits and nervousity, alertness and connection with the external world.

I like the results of working with clients who are fragile such as fibromyalgia, chronic fatigue, or have multiple problems. We have other types of neurofeedback equipment but NeurOptimal™ works best for these clients compared to other amplitude training equipment.

I so very much appreciate the gentle overall training that the brain gets with NeurOptimal™. I start here with some of the more "aroused" symptom patterns, and know I can always fall back on it if another approach ends up being too strong or uncomfortable (e.g. sometimes in the case of migraine.) I think my favorite use of NeurOptimal™ is with clients who already possess a measure of insight and a general motivation of self-development. The joy they feel leaving the office, the speed at which they progress through issues and their generally increased enthusiasm in life energizes me as well as them. Interestingly, it's also helped to point out clients who are treatment seekers as a lifestyle, with no genuine interest in getting healthier or gaining insights into their lives and issues. Because the system is largely "therapist-error proof" (or can be used in the default), I have more confidence that the troubles are intrinsic to the person, not my intervention. It allows me to maintain compassion for them, but not worry that I've failed them even as all evidence and intuition is pointing to secondary gain issues. So I've gained more freedom as a clinician in these cases: be careful, attentive, skilful AND allow the other person to choose their own path.

Much less likelihood of setbacks attributed to neurofeedback since switching to NeurOptimal™. Clients generally reporting improved stress resistance and anger management skills, and better sleep.

It improves peoples' lives. This gives me a feeling of satisfaction. Life can improve for everybody who wants it to.

NeurOptimal™ allows me to work with many clients who have not been helped by traditional talk psychotherapy. Some of my clients in their 40s, 50s and 60s have been suffering with severe symptoms of depression, ADHD, and anxiety since adolescence. Many have experienced little joy in their lives. NeurOptimal™ has allowed them to feel "normal" and better functioning.

A family friend recommended NeurOptimal™ for my son after witnessing a public "fit". My son was diagnosed with Anxiety Disorder and had a diagnosis of possible Asperger's Syndrome. After doing NeurOptimal™ with that provider for almost a year his symptoms greatly improved. I am dealing with Lyme Disease and the symptoms that accompany that disease and benefited greatly from NeurOptimal™. My spouse noticed such a marked improvement with my son and me that he felt it was important to get our own system. Our next step will be to take additional training courses.

I think the thing I most appreciate about NeurOptimal™ is the way it takes advantage of the central nervous system's quite amazing ability to take in and use information. NeurOptimal™ respects the ability of the individual brain to reorganize itself using the information provided, in the way and at the pace that is right for that person. There is no pushing or pulling of the brain in a direction. To my mind, this way of working organically with the system's ability to heal itself is at the heart of NeurOptimal™'s ability to transform people's experience of life, and to do it virtually without side effects.

What surprised me the most about NeurOptimal™ was that issues that I felt were unnoticed and not able to be addressed through cognitive behavioral therapy were effortlessly dissolved.

Personally: it saved me from being a chronic depressed person. I felt "cured" in 8 sessions (although I had over 100 since then, just because I have my own system, and, simply because I like it). I have not one client who has not reported improvement of a better life, so, 100% of the clients have seen improvements in their lives on one or more areas of their life.

I have been receiving NeurOptimal™ for almost two years and actually JUST realized that my ABSOLUTE FAVORITE client story is ME. After almost 23 years of being "hostage" to psychotropic (anti-depressants) drugs, I am, as of July 2008 completely drug free! It is not easy, as I am told that with this many years on these drugs it takes a while to heal. My mother recently passed away and I find that my brain is very anxious...Yet, I find it nothing short of miraculous that I am here. In a gazillion years, I NEVER thought I could get off medication, having tried many times only to get "depressed" (now I know a rebound effect) again. I am actually "holding on" to see what other changes happen. It was this experience that caused me to get trained myself to offer this to my clients. But since I have only had the equipment since July, my length of experience is not long. However, what my clients, mostly the higher functioning, more self-aware clients are experiencing is less reactivity, less anger, less "trauma brain" type experiences. Less hyper-vigilance etc. The more deeply troubled ones (agoraphobic etc) have "yet" to be convinced. They are both inexperienced self-observers and a great deal of anxiety. Yet, they stay with the training because they trust me. I know that it is only a matter of time. My other clients are just so excited about the changes that they have seen that they cannot wait to see what happens next. These are people that have been with me several years in a "normal" talk psychotherapy practice. Now these people are just "taking OFF,....!"

Training with NeurOptimal™ has been a life-changing process for me and the vast majority of my patients, friends and family members in ways that are subtle, seamless and even difficult to define in some ways, yet rather direct and so clearly obvious in other ways. In my opinion as a scientist, clinician and Interfaith minister it truly is the most powerful, sophisticated, advanced, non-linear technology available for transformation on the planet!

It has proven to be a valuable training for many clients, particularly empowering young people struggling with ADD to have a chance to learn to self-regulate.

Although my experiences with NeurOptimal™ is quite limited, I have had a few clients who have experienced profound benefits. It's extremely gratifying to know you have made a difference in someone's life, especially when they came you after feeling defeated and letdown with conventional medicine.

At the moment we only use NeurOptimal™ for our grandson, Dylan, (8 years old) who has ADHD/Minimal Brain Dysfunction. He was the main reason we choose to get started with the equipment, we want to set up a small practice so we can be of help to more children. Dylan's sessions are twice a week and after 20 sessions we do see progress! He now starts to write and read. Furthermore, maybe most important: he learns to control his temper/anger.

NeurOptimal™ is a fascinating way of exploring my mind and those of my clients.

Personally, the training is remarkable... it has effortlessly eliminated symptoms of anxiety and depression.

My clients and I love the way it works through the unconscious, soft and easy, through relaxation. It helped me during my burn-out.

NeurOptimal™ is for everyone who wants to improve themselves. Everyone can use it and can have a better performance. I've seen lives get a totally different movement in the positive way. I'm glad I have the ability to help people.

Simple, effective and safe system.

NeurOptimal™ is a gift. There are a number of people who would be in a very different life circumstance today if it were not for this program. I love seeing the progress and knowing that I have a part in helping people improve their lives. Every upgrade has advanced the effectiveness of the system. I leave work full of energy knowing that I am able to make a difference in people's lives.

NeurOptimal™ really makes a difference in changing people's behavior towards old issues.

NeuroOptimal™ is the most natural way to train our brain in order to free it from our troubles and various past experiences that have occurred in our life. It helps our body to come back to a young state.

Incredibly powerful impact on one's functioning. Easy to use. Biggest bang for the buck!

The universal effect of NeuroOptimal™ is relaxation, profound relaxation.

For me personally, growing an understanding of the foundations of NeuroOptimal™, training clients with NeuroOptimal™, and experiencing NeuroOptimal™ training combine to give me the most rich and transformative experience of the way, the wisdom, and the joy of reducing suffering and unleashing full human potential. I consider the conceptual and structural underpinnings of NeuroOptimal™, the process of the training itself, and the genuine interpersonal connection facilitated by NeuroOptimal™ training to be three pillars of authentic human potential in compassion, healing, wisdom, and enlightenment.

NeuroOptimal™ offers greater sensory awareness, allowing for the faster experiencing and integrating of emotional events and or memories. This allows me and my clients more choices, and greater ability to be organized thereby greater freedom. Not to say this process is always easy or does not have a cost. This is a more mature, responsible way to live. I call it living by seeing vs. being blind, especially in relationships.

I love NeuroOptimal™, I do Cognitive Rehabilitation therapy and this system allows me continue to do the therapy by giving the client feedback to how attentive and focused they are while doing games and activities. Other systems take so much manipulation from the trainer/therapist that it is difficult to do any other therapy besides the neurofeedback.

I have very good results, my clients are always improving a lot and are happy with the results, I go on with NeuroOptimal™, it is easy to work with and the results are very good.

Working with adoptive families that are struggling, NeuroOptimal™ has provided catalytic energy for adoptees to settle and experience the beauty of co-regulating and co-creating meaning of their lives with their adoptive parents while building safer, healthier attachments.

NeuroOptimal™ universal dynamical quantum approach: synchronising the chaos to wholeness; a dialogue and dance with brain frequencies mirroring the holographic universe is as touching the implicate order universal simple complex and perfect!

It was one of the most important and helpful experiences of my life. (I had a bunch of session with SE myself and these sessions improved everything, including totally unexpected results.

An amazing tool to help clients with problems of any kind without having to exert.

It has brought about a much deeper connection with aspects of the self that might have otherwise not been possible to tap into without NeuroOptimal™ training.

In the work I do around behavior, NeuroOptimal™ has managed to create an opportunity for children to realize their abilities and potential. It has allowed them to settle their CNS down enough in order to not always react to their world in fear or anxiety. This has allowed them to take in more from their environment. With this ability to 'take in' they are more able to respond to others around them rather than reacting in anger or fear. The spinoffs to this are immeasurable...kids aren't as alienated by their reactions, they make friends, they can problem solve better, they can join in activities more...they are included more. They belong.

For me it is like clarifying the mind, being more present in what we experience, less stress and anxiety, capacities that for coaching are goals. For my clients there are fewer symptoms, more attention, more awareness.

It will be hard to express how NeuroOptimal™ has changed my life, let alone how it has changed all the lives of the hundreds I have trained over the years. Not only do I have those special miracle moments where people changed in a way that no one thought was possible (including them and sometimes me) but also the day-to-day reality of seeing faces lit up with joy or tearing with love and appreciation. This has become my life, a life of mostly joy and unconditional love. I cannot sufficiently express my gratitude and appreciation for that.

I really like to work with children: they're so pure and need a lot of warmth and attention! But then working with adults brings more talking about topics they are busy with. It's also great to inspire them with other views or information which feeds them for personal growth. For me NeuroOptimal™ was, from the beginning, a definite feeling of—"This is what I'm supposed to do". On the other hand, because of other methods I use in my practice, and other feedback I got from teachers, sometimes it was hard to stay in the belief that it is ok to work with technology. I prefer to work pure natural, but NeuroOptimal™ helped me to ground my practice. From the moment I started with it, clients came when I opened for them. So I feel supported by NeuroOptimal™ and the universe! It is also a great benefit of neurofeedback that my ego cannot interfere with the training. The software and the brain does its work and the personal coaching I give is as the icing on the cake. NeuroOptimal™ helps me also to not give away too much of my own energy in my enthusiasm. People are very content when they leave the practice.

It still amazes me I still don't know what will happen with a client. Some clients have to go deep, go back in their anxiety, fears etc some stay relaxed but they all feel better.

I realized that Zengar NeuroOptimal™ is the most effective therapy or training tool to treat multiple and complex symptoms and at the same time transforms the clients life towards positive dimensions. First I was only surprised and did not understand why NeuroOptimal™ is so powerful for personal transformation. Now I understand the philosophy and scientific reasons for NeuroOptimal™'s success.

For some clients, it has been an incredibly positive experience. For others, it has about the same effect as meditation.

NeurOptimal™ can profoundly shift the way we see ourselves in the world; our boundaries within our self and the outside world shift. We become very clear in what we want and do not want in our lives.

For me, NeurOptimal™ has helped me refocus in a new way for continued self-growth. I have been an explorer all my life and NeurOptimal™ allows me to continue this process and to have a community to relate to as well!

I think NeurOptimal™ is possibly one of the best uses we have come up with for 'technology' yet. I have been using it personally -- and professionally less, only because my line of work has been changing. However not a single person - friend, family or professional client - has had anything other than profound, positive and 'undeniable' experiences and benefits. One common feature seems to be that the 'effects' seem most noticeable the next day - in a very subtle yet 'real' way. I am particularly looking forward to the next versions and also any efforts you may put into helping practitioners market. When I was using it professionally I did get a little tired trying to 'explain' what it was doing and also in re-assuring that it wasn't dangerous in any way etc. Congratulations and all the best with future developments.

I feel as if NeurOptimal™ is a blessing to earth all the people who are healing and recovering from painful issues are an inspiration to our world. I am very grateful to be a part of the wonderful ongoing use of NeurOptimal™. NeurOptimal™ has provided myself and my clients with profound changes to our lives. So many are now able to enjoy life, no longer suffering from issues that once caused disruption. From myself and my clients we want to thank all those who made NeurOptimal™ possible for our use. We thank you.

Since the use of NeurOptimal™ I have only had happy clients, who were only surviving in life before and now got there life back again. All involved parents were amazed by the results of their children and are very happy to be able to live a "normal" life again. First they had doubts about the system, but after a few session not only they, but their children's schoolteacher's, saw improvement in behavior and cognitive settings. So we are all very grateful for this wonderful system.

I very much appreciate that NeurOptimal™ is facilitating self-healing and I am privileged to be with them for that process. Above all other benefits I have seen, the one that stands out is the return to the present or presence. To paraphrase TS Elliott, the joy is to witness the clients "return to where they started and know it for the first time", or to simply return to who they are.

Life changes in both career and understanding of myself and of others. Clients have also stated the same things!

I had been trained with other systems before I came to NeurOptimal™; from the first session with it I knew that something different had happened. I continue to enjoy the subtle but immensely powerful transformations--I am definitely becoming more me without the rough edges. It's simply brilliant.

It has been a wonderful adjunct to medication, EMDR, and cognitive behavioral therapy. It has given hope to clients who have "tried everything" and for whom meds and talk therapy was not enough. Quite a number of clients have stated in their own way that they feel they have been given their lives back.

NeurOptimal™ has changed my life forever! I enjoy helping others and NeurOptimal™ just does that. My clients enjoy the experience and changes it makes within their lives. Thank you!

NeurOptimal™ has brought peace into my own life and the lives of many clients. It has helped me personally through brain injury.

I have only been using NeurOptimal™ for a short time (about 2 months), but I see it as a critical component in treating my clients. The work I do is very difficult and the parents need NeurOptimal™ as much if not more than the children do. It has had a significant impact on my client's improvement.

NeurOptimal™ has significantly increased my ability to remember important material for tests, decreased my experience of graduate school-related stress and anxiety. I have also noticed that I require less sleep and remember and regularly experience dreams in vivid detail.

I have not enough experience to conclude anything (I trained 9 people including myself). There is an enthusiastic side: I didn't have bad experience with it so far, no side-effects and nobody with zero effect, but several with more than release of symptoms. Second, the philosophy fits exactly to what I was looking for, since NeurOptimal™ trains individuals and regards every brain as an individual. As a neurobiologist, I know that the brain is a complex system (something between order and chaos), and as such, capable of self-regulation. Having this in mind, NeurOptimal™ is the most advanced software on the market. There is another philosophic point: I have the feeling that intention and free will of the client is a very important aspect for a change. One has to allow his brain to change. I'm interested to hear what others say about that. There is also another point: as a scientist I have sometimes difficulties just to trust the magic things happening during Zen1-4. In this way I'm not very happy with the new version you made and so far, I didn't make the upgrade. Is this really what you wanted to do?? You know, the whole neurofeedback literature is based on the other systems because of the quantitative and normative aspect they have (which I think is pseudo-scientific!). So, there is evidence missing for NeurOptimal™! In this sense, I'm very happy that you made this questionnaire which will show the effects of neurofeedback achieved with NeurOptimal™!

NeurOptimal™ is a safe, effective and high quality system for my clients. For me as a psychologist it supports me as an important part of an integral approach in treating mental complaints and disorders, besides several psychotherapeutic methods.

NeurOptimal™ allows me to train clients confidently, knowing that as long as I stay with the default settings, I will do no harm and at the same time definitely help clients with symptom relief, self transformation, peak performance, and simultaneously offer the potential for spiritual deepening. In the very long run, NeurOptimal™ may have the potential to be as significant a tool to the human race as that stone the hominid picked up on the grassy savanna so many eons ago. What is the very best we can do from here? How Universally can we share this?

I think this work holds such a compassionate and profound answer to so much suffering. The brain is at the mercy of this modern life and there are no good answers for a lot of the manners in which distress manifests. Parts of people are restored after head injury in a way that no other way of working has been able to accomplish. I would like to see this work be mandatory to every returning soldier of every conflict they flight in, just to 'debrief' their combat brain and ease it back into civilian life. Am starting to present at B. University this winter and they have asked me if I will supervise a shift at the student clinic next year in NeuroOptimal™. It has brought me back the satisfaction and thrill of practice that after nineteen years of general naturopathic medicine was starting to wear thin. I can access the person's own inner reset button without imposing anything from the outside.

For me personally, NeuroOptimal™ has been a life saver. It corrected the challenges I had with another system and supports me in my life on an ongoing basis. So much so, I plan a career change to become a NeuroOptimal™ technician at a therapist's office. I enjoy learning about the field from the wonderful group of users on forum. It goes well beyond technical support.

We are building a Training Center for adult Jewish Women where NeuroOptimal™ will be a centerpiece of our work. We see this as a viable way to promote NeuroOptimal™ and also a systems model for comprehensive Integrated healthcare. I have some very satisfied clients, but I am only with NeuroOptimal™ one year so we need more data. I am my own biggest proof, and continue to train myself. I think its very important to expand the use of NeuroOptimal™ and do this via publishing many many personal stories

My own training has calmed me inside. I can multitask with more organization, focus and confidence. I love seeing the gentle subtle seamless changes people discover about themselves as they train. It has helped many of my clients become more introspective, confident, and sensitive to themselves and others as well as improve the symptoms that originally brought them to Zengar training

I am now living in the realm of the miraculous.

So far, I have had good experience with the program. I look forward to taking more courses through Zengar in the future to teach me the next layer of care I can provide for my clients.

Personally NeurOptimal™ has helped me achieve more balance and flexibility in my own life. Professionally, I have seen it as both easier to use and more immediately effective than the other neurofeedback system I used prior to NeurOptimal™.

It is singularly the most remarkable and safest way I have ever had the pleasure of experiencing, to address nearly every conceivable form of dys-regulation. I have heard it described as simple and elegant in its design and effects but if you do not have the opportunity to see it in action- you will never truly know the full meaning of elegant. Its effects are nearly too good to be credible.

It has been personally a means to "massage" the CNS, as I see it. It provides that for some clients as well. Use seems to settle the nervous mind and bring it to place of less stuckness, whether that means being able to settle down or feeling energized, depending on the individual. Users seem less bogged down in approaching situations that were previously somewhat immobilizing, being able to find the right words, dare to go somewhere alone, try something different, exercise more self control.

For me the personal training with NeurOptimal™ was a turning point in my life! Step by step it slowly lead me out of a miserable chronic Lyme condition to a stable and long lasting level of significantly increased wellbeing! It's simply an amazing brain training tool! NeurOptimal™ really promotes reliable "optimal performance"! It helps us to activate our true potential!

It has changed my life and what I do professionally. I've left behind almost all of what I used to do as a psychologist - most of it isn't necessary except to adjust to a new better life. There is nothing more interesting or compelling around which to construct a job or career. Getting others launched is especially rewarding.

For me as a psychologist, the main reason I use neurofeedback is to accelerate the therapy, as a catalyst. It can be the foundation and it facilitates the changes people want to make.

Personally, NeurOptimal™ has been an essential tool for myself suffering from chronic headaches/migraines. I can feel a migraine coming on and I hook myself up and I can actually feel the pain dissolve. One of the most uncanny experiences is to feel muscles unwinding and relaxing from being bound tightly into painful knots. I LOVE this mind-body technology!!!

There is a sacred presence with NeurOptimal™ which holds an open heart and compassion and has a spiritual and biological resonance with the inherent healing capacity of the fluid body. It enjoins the deep pulsations within the body and gently supports healing from the inside out. It is like sitting in the stillness of a clear power place in nature -- a capacity which seems to me is becoming increasingly important also for the healing of this planet.

It has meant to me a level of confidence that I can bring about significant and lasting change in individuals that I never could have done in traditional "talk therapy". I know I can make an impact on the quality of people's lives and not just teach them how to cope with their problem. I can now help them to live life (relatively) free of their problem. I know I am making a difference. My clients appreciate being able to utilize their cognitive abilities and experience success in life that was not attainable before. The Reactive Attachment Disorder children have perhaps been the greatest source of joy, as now the families could begin to enjoy their adopted child and live a "normal" life.

It is simply the best neurofeedback method that is available worldwide these days. It is easy to use and very gently re-normalizing the brain in a natural way. Very safe because there is no question of pushing the brain in some specific direction, it only gives information and lets the brain do the rest, so no risk of overshooting. For me it has boosted the quality of my life enormously and I can state the same for my clients.

I am a mental health care professional with over 25 years of experience. NeuroOptimal™ opens possibilities for some of the clients that have tried everything else (all sorts of psycho-therapy, medications, etc.). Often these clients experience unexpected changes that just did not happen with other therapy. It is stupid not to use this tool (NeuroOptimal™) while they are here and often very effective.

It has changed my clients' lives, my own life and my companion's life. It is just wonderful.

I am just starting with NeuroOptimal™. I love it. It helped me define what I want to work with for now on. I am working as a trilingual school psychologist for many years and I am ready to change careers. I was looking for something that would help me, help my family and my clients. I found NeuroOptimal™. I am in the process of relocating to Brazil after over 20 years living in New York. I see that there is a great need for programs like Zengar NeuroOptimal™ in Brazil. I am going to Brazil in January, I am staying for 6 weeks and I am taking my equipment with me.

I have become aware of so much more of myself. I've been continuing to realize how much more I am, more than I could possibly have known before. My mental flexibility and resilience is exhilarating and liberating. After an initial 10-15 sessions, clients stop focusing on symptoms as they no longer are there. Their focus shifts to presence and living.

As a (quick) summary, I would say that NeuroOptimal™ is a great tool that many can benefit from, for some people to a dramatic extent! The potential is enormous for mankind, and so is the need ;-). It is brilliant that the tool is getting simpler and simpler to use every year. Waiting for v2.0, the real revolution!

Makes life quality better for everyone in a short time.

CONCLUSION

Trainers who see miracles weekly and sometimes daily in their practices can be assured that they share a common experience with hundreds of other trainers. NeurOptimal™ results are robust when trainers work in the default recommended ways.

The results reported here can be considered astounding, all the more so when compared with traditional medical outcomes. You have only to watch a television ad for some readily available health-related “aid” to realize the risks of many commonly accepted interventions can be considerable, while the benefits less than optimal. In addition to the reported results with the primary issues clients present with, the benefits of NeurOptimal™ are also far-reaching, frequently touching the client’s life in profound and poignant ways. Placing a value on this kind of change can be challenging.

From this survey it is evident there are not clearly identifiable problems with which NeurOptimal™ is and isn't effective. Rather, gains are more dependent on the individual central nervous system and its immediate environment. NeurOptimal™ simply informs the brain, which is an organized system of intelligence that can optimize itself when given the right kind of information. Successful training is a learning task and the greater the skills acquired, the greater the gains. As with any other kind of learning the benefits remain, to be quickly refreshed with booster sessions if needed. Virtually any brain can benefit. The survey results are thereby congruent with NeurOptimal™ being a comprehensive system of training and not one of diagnosis or treatment. In this simple truth lies the reason for its remarkable efficacy “across the board”.

SAMPLE



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