

**SURVEY**  
REPORT ON THE USE OF  
ZENGAR NEUROPTIMAL®



**NEUROPTIMAL®**  
ADVANCED BRAIN TRAINING SYSTEMS

## TABLE OF CONTENTS

<b>PREAMBLE</b>	<b>1</b>
<b>DEMOGRAPHICS OF PRACTICE</b>	<b>3</b>
Hours of Experience with NeurOptimal®	4
Type of Practice	4
Reasons Clients Seek Training	4
Number of Sessions	5
How Clients Find a Trainer	5
<b>EFFICACY OF NeurOptimal® TRAINING</b>	<b>7</b>
Clients Showing Significant Improvement	8
Effectiveness of NeurOptimal® vs Prozac and Ritalin	8
Efficacy Across Reasons for Training	9
Efficacy Tables	10
Issues for Which NeurOptimal® is Particularly Effective	23
Number of Sessions to See Effects	24
Booster Sessions	25
When Training is Less Effective	26
Circumstances Interfering with Training	27
Unwanted Effects	28
<b>CLIENT STORIES</b>	<b>31</b>
Peak Performance Stories	32
General Stories	35
<b>TRAINER STORIES</b>	<b>63</b>
<b>CONCLUSION</b>	<b>76</b>

# REPORT ON THE USE OF ZENGAR INSTITUTE NEUROPTIMAL®

## IN-DEPTH SURVEY OF USERS

**THE SURVEY DATA HAS BEEN COMPILED AND ANALYZED INDEPENDENTLY BY SHANE PARKHILL, BSC.ENG., HBA, UNDER THE SUPERVISION OF DR. CHARLENE ZIETSMA.**

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## PREAMBLE

Thousands of people have used NeurOptimal® over hundreds of thousands of hours of personal and direct client experience. This survey was conducted to evaluate these experiences and to assess the perceived efficacy of NeurOptimal® across multiple client issues. To date and to our knowledge, the original survey and its follow-up is the most ambitious project of its kind in the history of neurofeedback.



## DEMOGRAPHICS OF PRACTICE:



## DEMOGRAPHICS OF PRACTICE

### HOURS OF EXPERIENCE WITH NEUROPTIMAL®

The NeurOptimal® trainers surveyed have training experience ranging from fewer than 100 hours (mostly home users) to well over 18,000 hours (trainers with busy client practices). It is estimated from this survey that NeurOptimal® has **just under 3 million hours (actually 2.96)** of usage worldwide at the time of writing. This estimate is conservative as only those trainers using the latest version of NeurOptimal® were included in the calculation. If all users are included, the number is estimated to be closer to 4 million.

### 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 complaints. The remaining clients come to improve performance, personal/spiritual growth/evolution and invest in their own wellness.

### TYPE OF PRACTICE

Trainers operate primarily within the following types of practices:

TYPE OF PRACTICE	% OF TRAINERS IN THIS PRACTICE
Neurofeedback	44.0%
Psychology/social work/psychotherapy/counseling	26.7%
Other	12.9%
Coaching	9.6%
Alternative healing	3.8%
Medical health practice	3.5%
Chiropractor	0.6%
Spa/Aesthetics	0.2%

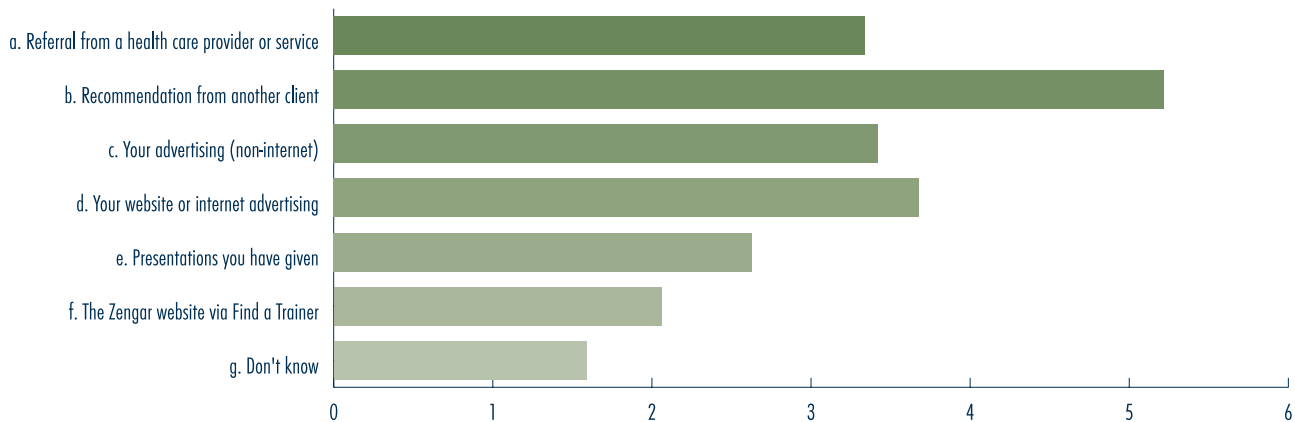
## NUMBER OF SESSIONS

The chart on the right summarizes the average number of sessions trainers complete with their clients. Most commonly, clients complete between 11 and 20 sessions.

# OF SESSIONS	1-5	6-10	11-20	21-30	> 30
% of Trainers	5%	15%	44%	24%	12%

## HOW CLIENTS FIND A TRAINER

Source of Client Referral (the numbers here reflect the average ratings each answer received using a 6-point rating scale). Most commonly, new clients seek services as a result of personal recommendation of other clients.







## EFFICACY OF NEUROOPTIMAL<sup>®</sup> TRAINING:



## EFFICACY OF NEUROOPTIMAL® TRAINING

### CLIENTS SHOWING SIGNIFICANT IMPROVEMENT

**Two thirds of trainers reported that the majority of their clients (almost 60%) showed 90% or better improvement. Most clients (over 50%) can expect highly significant (80%-90%) improvement, while the other half can anticipate 60-79% 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 NEUROOPTIMAL® VS. PROZAC & RITALIN

OUTCOME	OBSESSIVE COMPULSIVE DISORDER		ATTENTION DEFICIT DISORDER	
	NeurOptimal® <sup>1</sup>	Prozac <sup>2</sup>	NeurOptimal® <sup>1</sup>	Ritalin <sup>3</sup>
No Change	0%	29%	0%	26.9% <sup>4</sup>
Minimal Improvement	22%	24%	7%	N/A
Much Improvement	35%	28%	17%	44.9%
Very Much Improvement	43%	19%	76%	N/A

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

Although NeurOptimal® is not a treatment, people seeking training are frequently doing so in hopes of seeing some sort of specific shift. In the following charts, we present the efficacy results noted in clients following 5, 10, 15 or 20+ sessions.

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. Please note, numbers have been rounded for ease of reading so percentage totals may be off by 1%. In this example, we can see peak performance results continued to improve with more sessions completed. We can also say (for example) that 25% of trainers reported a 71-80% improvement in performance in clients who completed 20 or more sessions.

PEAK PERFORMANCE	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROVEMENT
After 1-5 sessions	5%	26%	28%	12%	9%	8%	3%	5%	0%	1%	1%	19%
After 6-10 sessions	3%	4%	14%	15%	15%	17%	17%	7%	4%	1%	3%	49%
After 11-20 sessions	3%	0%	6%	9%	8%	11%	18%	11%	11%	15%	8%	74%
20+ sessions	4%	2%	0%	4%	8%	9%	6%	13%	25%	8%	23%	83%

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
<b>ADD/ADHD</b>												
After 1-5 sessions	13%	41%	21%	13%	2%	2%	2%	3%	1%	1%	1%	10%
After 6-10 sessions	2%	8%	23%	18%	19%	16%	4%	4%	5%	1%	1%	30%
After 11-20 sessions	2%	4%	6%	8%	14%	23%	18%	12%	7%	4%	2%	67%
20+ sessions	2%	3%	2%	7%	3%	7%	8%	22%	20%	16%	10%	83%
<b>ADDICTION</b>												
After 1-5 sessions	21%	34%	19%	7%	6%	1%	1%	3%	3%	3%	0%	12%
After 6-10 sessions	9%	11%	27%	17%	7%	7%	4%	3%	10%	1%	3%	29%
After 11-20 sessions	3%	5%	10%	8%	22%	19%	10%	8%	2%	7%	5%	51%
20+ sessions	5%	2%	0%	7%	5%	5%	14%	20%	23%	2%	16%	80%
<b>ALERTNESS</b>												
After 1-5 sessions	2%	25%	28%	18%	4%	7%	6%	3%	2%	3%	3%	23%
After 6-10 sessions	1%	3%	13%	20%	17%	18%	9%	10%	4%	3%	1%	45%
After 11-20 sessions	0%	2%	4%	10%	14%	13%	22%	10%	13%	8%	4%	70%
20+ sessions	1%	2%	0%	5%	4%	10%	7%	17%	24%	18%	12%	88%
<b>ALLERGY</b>												
After 1-5 sessions	33%	38%	10%	5%	10%	0%	5%	0%	0%	0%	0%	5%
After 6-10 sessions	18%	5%	14%	32%	9%	9%	5%	5%	0%	5%	0%	23%
After 11-20 sessions	11%	11%	0%	0%	17%	28%	22%	11%	0%	0%	0%	61%
20+ sessions	14%	14%	7%	0%	0%	14%	29%	0%	7%	0%	14%	64%
<b>ALZHEIMERS</b>												
After 1-5 sessions	21%	29%	36%	14%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	15%	8%	23%	31%	15%	0%	8%	0%	0%	0%	0%	8%
After 11-20 sessions	0%	8%	0%	42%	25%	0%	0%	17%	8%	0%	0%	25%
20+ sessions	0%	17%	0%	33%	17%	17%	0%	17%	0%	0%	0%	33%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>ANGER</b>												
After 1-5 sessions	8%	29%	31%	10%	7%	2%	5%	2%	2%	1%	2%	15%
After 6-10 sessions	3%	7%	19%	19%	21%	12%	9%	1%	7%	2%	0%	31%
After 11-20 sessions	0%	8%	5%	8%	12%	16%	16%	20%	9%	5%	1%	67%
20+ sessions	0%	1%	7%	5%	8%	8%	11%	11%	13%	23%	13%	79%
<b>ANXIETY/PANIC DISORDER/PHOBIAS</b>												
After 1-5 sessions	3%	21%	32%	18%	12%	4%	2%	4%	2%	2%	0%	13%
After 6-10 sessions	0%	2%	18%	16%	24%	13%	10%	5%	5%	7%	0%	39%
After 11-20 sessions	0%	4%	5%	9%	18%	14%	16%	13%	11%	5%	5%	64%
20+ sessions	3%	3%	0%	7%	2%	8%	12%	10%	22%	19%	14%	85%
<b>ARTHRITIS</b>												
After 1-5 sessions	25%	25%	50%	0%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	20%	0%	0%	40%	20%	0%	0%	0%	20%	0%	0%	20%
After 11-20 sessions	20%	0%	20%	0%	40%	20%	0%	0%	0%	0%	0%	20%
20+ sessions	0%	0%	0%	0%	0%	0%	50%	0%	50%	0%	0%	100%
<b>ASPERGER'S SYNDROME</b>												
After 1-5 sessions	16%	45%	25%	2%	5%	5%	0%	2%	0%	0%	0%	7%
After 6-10 sessions	7%	20%	24%	17%	13%	7%	4%	2%	7%	0%	0%	20%
After 11-20 sessions	0%	10%	14%	10%	12%	33%	7%	5%	5%	2%	2%	55%
20+ sessions	0%	0%	11%	0%	9%	15%	15%	21%	21%	2%	6%	81%
<b>ASTHMA</b>												
After 1-5 sessions	25%	8%	50%	17%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	15%	0%	0%	31%	31%	8%	8%	0%	8%	0%	0%	23%
After 11-20 sessions	8%	0%	0%	0%	25%	8%	25%	17%	0%	8%	8%	67%
20+ sessions	13%	13%	0%	0%	0%	0%	13%	25%	13%	13%	13%	75%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>ATTENTION OR FOCUS (BUT NOT ADD/ADHD)</b>												
After 1-5 sessions	2%	33%	24%	20%	4%	7%	2%	0%	4%	2%	0%	16%
After 6-10 sessions	2%	6%	18%	24%	20%	16%	4%	4%	6%	2%	0%	31%
After 11-20 sessions	0%	0%	5%	15%	20%	10%	18%	13%	15%	3%	3%	60%
20+ sessions	0%	3%	3%	7%	20%	10%	7%	13%	27%	0%	10%	67%
<b>AUTISM OR AUTISTIC SPECTRUM DISORDERS</b>												
After 1-5 sessions	22%	42%	14%	14%	2%	0%	2%	2%	0%	2%	0%	6%
After 6-10 sessions	4%	23%	30%	13%	15%	2%	4%	8%	2%	0%	0%	15%
After 11-20 sessions	0%	8%	15%	15%	17%	27%	2%	10%	6%	0%	0%	46%
20+ sessions	0%	3%	17%	8%	7%	10%	18%	10%	12%	8%	7%	65%
<b>BI-POLAR DISORDER</b>												
After 1-5 sessions	16%	34%	32%	14%	5%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	9%	12%	16%	26%	21%	9%	7%	0%	0%	0%	0%	16%
After 11-20 sessions	2%	7%	10%	10%	27%	15%	7%	12%	10%	0%	0%	44%
20+ sessions	3%	3%	14%	6%	3%	3%	22%	14%	14%	11%	8%	72%
<b>BLOOD PRESSURE</b>												
After 1-5 sessions	31%	38%	13%	6%	0%	13%	0%	0%	0%	0%	0%	13%
After 6-10 sessions	27%	0%	47%	7%	7%	7%	0%	0%	7%	0%	0%	13%
After 11-20 sessions	18%	0%	9%	27%	27%	0%	9%	9%	0%	0%	0%	18%
20+ sessions	13%	0%	13%	13%	13%	0%	0%	25%	25%	0%	0%	50%
<b>BRAIN INJURY</b>												
After 1-5 sessions	15%	40%	25%	7%	3%	2%	0%	3%	0%	2%	3%	10%
After 6-10 sessions	9%	13%	26%	19%	13%	9%	2%	4%	2%	0%	4%	20%
After 11-20 sessions	2%	4%	17%	11%	28%	13%	11%	9%	2%	2%	2%	38%
20+ sessions	0%	0%	8%	12%	10%	22%	18%	10%	8%	2%	8%	69%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>BURNOUT</b>												
After 1-5 sessions	9%	33%	30%	6%	6%	9%	3%	0%	0%	3%	0%	15%
After 6-10 sessions	0%	11%	16%	24%	19%	11%	0%	11%	8%	0%	0%	30%
After 11-20 sessions	0%	6%	6%	6%	15%	6%	15%	18%	15%	12%	0%	67%
20+ sessions	4%	0%	4%	0%	13%	13%	13%	4%	30%	17%	0%	78%
<b>CEREBRAL PALSY</b>												
After 1-5 sessions	0%	50%	17%	17%	0%	0%	8%	8%	0%	0%	0%	17%
After 6-10 sessions	8%	25%	8%	25%	0%	17%	0%	17%	0%	0%	0%	33%
After 11-20 sessions	0%	0%	22%	11%	11%	22%	0%	11%	11%	11%	0%	56%
20+ sessions	0%	0%	13%	13%	13%	25%	0%	0%	13%	25%	0%	63%
<b>“CHEMO BRAIN”</b>												
After 1-5 sessions	0%	20%	73%	7%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	0%	0%	7%	33%	13%	33%	13%	0%	0%	0%	0%	47%
After 11-20 sessions	0%	0%	0%	0%	8%	15%	23%	23%	8%	8%	15%	92%
20+ sessions	0%	0%	0%	14%	0%	0%	0%	0%	43%	29%	14%	86%
<b>COACHING</b>												
After 1-5 sessions	3%	15%	30%	23%	13%	3%	10%	0%	0%	3%	3%	18%
After 6-10 sessions	3%	3%	16%	16%	16%	16%	16%	5%	5%	0%	5%	47%
After 11-20 sessions	0%	0%	10%	7%	24%	10%	14%	14%	14%	3%	3%	59%
20+ sessions	0%	4%	4%	4%	7%	7%	7%	19%	26%	19%	4%	81%
<b>COUNSELING</b>												
After 1-5 sessions	7%	14%	29%	36%	7%	7%	0%	0%	0%	0%	0%	7%
After 6-10 sessions	0%	0%	14%	29%	21%	14%	21%	0%	0%	0%	0%	36%
After 11-20 sessions	0%	0%	0%	14%	7%	14%	21%	14%	21%	7%	0%	79%
20+ sessions	0%	0%	0%	10%	10%	0%	10%	20%	30%	10%	10%	80%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>CROHN'S DISEASE</b>												
After 1-5 sessions	50%	50%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	20%	40%	20%	0%	0%	20%	0%	0%	0%	0%	0%	20%
After 11-20 sessions	0%	25%	0%	0%	50%	0%	0%	0%	0%	25%	0%	25%
20+ sessions	0%	33%	0%	0%	33%	0%	0%	0%	0%	33%	0%	33%
<b>DEPRESSION</b>												
After 1-5 sessions	11%	33%	25%	14%	6%	3%	2%	0%	2%	2%	2%	11%
After 6-10 sessions	0%	11%	19%	19%	15%	19%	4%	6%	2%	3%	1%	36%
After 11-20 sessions	0%	2%	11%	11%	6%	17%	20%	20%	11%	1%	3%	72%
20+ sessions	0%	3%	4%	5%	6%	6%	5%	10%	30%	20%	11%	83%
<b>DEVELOPMENTAL DELAY</b>												
After 1-5 sessions	19%	44%	22%	9%	0%	3%	0%	3%	0%	0%	0%	6%
After 6-10 sessions	4%	29%	25%	14%	18%	7%	4%	0%	0%	0%	0%	11%
After 11-20 sessions	0%	7%	29%	11%	11%	11%	7%	7%	14%	4%	0%	43%
20+ sessions	0%	3%	9%	9%	19%	13%	6%	22%	6%	9%	3%	59%
<b>DIABETES</b>												
After 1-5 sessions	42%	17%	42%	0%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	30%	10%	20%	20%	20%	0%	0%	0%	0%	0%	0%	0%
After 11-20 sessions	0%	33%	11%	0%	11%	11%	22%	11%	0%	0%	0%	44%
20+ sessions	0%	0%	0%	29%	0%	29%	14%	0%	29%	0%	0%	71%
<b>EATING DISORDERS (INCLUDES OVER EATING)</b>												
After 1-5 sessions	16%	45%	18%	8%	0%	0%	0%	5%	0%	5%	3%	13%
After 6-10 sessions	13%	18%	25%	20%	10%	5%	0%	0%	5%	0%	5%	15%
After 11-20 sessions	0%	28%	6%	11%	6%	17%	17%	6%	8%	3%	0%	50%
20+ sessions	3%	16%	11%	3%	3%	8%	16%	11%	16%	11%	3%	65%



	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>“ELECTRO-SMOG”</b>												
After 1-5 sessions	13%	25%	13%	38%	0%	13%	0%	0%	0%	0%	0%	13%
After 6-10 sessions	0%	0%	25%	0%	13%	38%	13%	0%	0%	13%	0%	63%
After 11-20 sessions	14%	0%	0%	29%	0%	14%	14%	29%	0%	0%	0%	57%
20+ sessions	0%	0%	0%	0%	0%	40%	0%	0%	40%	0%	20%	100%
<b>EPILEPSY</b>												
After 1-5 sessions	27%	34%	10%	12%	5%	7%	2%	0%	2%	0%	0%	12%
After 6-10 sessions	10%	30%	18%	13%	5%	8%	10%	3%	0%	3%	3%	25%
After 11-20 sessions	6%	14%	11%	20%	14%	9%	3%	9%	9%	3%	3%	34%
20+ sessions	6%	6%	9%	9%	6%	9%	9%	12%	12%	9%	12%	64%
<b>FAILURE/SCHOOL FAILURE</b>												
After 1-5 sessions	10%	41%	21%	13%	3%	3%	3%	3%	3%	0%	3%	13%
After 6-10 sessions	0%	16%	22%	14%	30%	5%	3%	5%	3%	3%	0%	19%
After 11-20 sessions	0%	6%	12%	6%	18%	15%	18%	9%	12%	6%	0%	59%
20+ sessions	2%	5%	5%	2%	2%	9%	9%	12%	26%	16%	12%	84%
<b>FATIGUE</b>												
After 1-5 sessions	6%	38%	18%	16%	6%	3%	4%	4%	3%	1%	3%	16%
After 6-10 sessions	2%	5%	25%	17%	15%	12%	6%	9%	4%	4%	1%	36%
After 11-20 sessions	1%	3%	12%	10%	13%	13%	12%	13%	7%	9%	4%	60%
20+ sessions	2%	3%	5%	8%	8%	10%	13%	16%	14%	8%	14%	75%
<b>FERTILITY</b>												
After 1-5 sessions	40%	20%	0%	40%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	20%	20%	0%	40%	0%	20%	0%	0%	0%	0%	0%	20%
After 11-20 sessions	0%	33%	0%	33%	0%	0%	0%	33%	0%	0%	0%	33%
20+ sessions	0%	0%	50%	0%	0%	0%	0%	50%	0%	0%	0%	50%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>FIBROMYALGIA</b>												
After 1-5 sessions	23%	35%	29%	8%	0%	0%	2%	2%	2%	0%	0%	6%
After 6-10 sessions	8%	12%	29%	22%	18%	6%	0%	0%	0%	2%	2%	10%
After 11-20 sessions	2%	11%	17%	13%	13%	17%	13%	11%	0%	2%	0%	43%
20+ sessions	5%	3%	5%	8%	16%	13%	13%	11%	11%	8%	8%	63%
<b>GASTROINTESTINAL PROBLEMS (IRRITABLE BOWEL, NAUSEA, DIARRHEA, ETC.)</b>												
After 1-5 sessions	18%	32%	21%	12%	3%	6%	0%	9%	0%	0%	0%	15%
After 6-10 sessions	6%	15%	21%	21%	9%	9%	9%	6%	0%	3%	3%	29%
After 11-20 sessions	4%	7%	18%	4%	11%	11%	4%	14%	18%	11%	0%	57%
20+ sessions	4%	4%	13%	13%	4%	8%	4%	13%	13%	8%	17%	63%
<b>HEADACHES OR MIGRAINES</b>												
After 1-5 sessions	7%	31%	24%	10%	10%	6%	2%	1%	3%	4%	1%	17%
After 6-10 sessions	3%	4%	20%	18%	12%	13%	8%	7%	5%	2%	8%	43%
After 11-20 sessions	1%	3%	4%	11%	14%	16%	9%	15%	15%	3%	10%	68%
20+ sessions	3%	0%	3%	2%	6%	9%	11%	13%	17%	14%	22%	86%
<b>HEARING PROBLEMS (INCLUDING TINNITUS)</b>												
After 1-5 sessions	29%	42%	16%	2%	4%	0%	2%	4%	0%	0%	0%	7%
After 6-10 sessions	13%	17%	35%	13%	9%	0%	2%	4%	2%	2%	2%	13%
After 11-20 sessions	11%	11%	18%	11%	16%	21%	3%	3%	0%	8%	0%	34%
20+ sessions	9%	6%	0%	19%	13%	13%	16%	13%	3%	6%	3%	53%
<b>HEART CONDITIONS</b>												
After 1-5 sessions	30%	40%	30%	0%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	10%	20%	20%	10%	40%	0%	0%	0%	0%	0%	0%	0%
After 11-20 sessions	0%	10%	10%	20%	0%	30%	20%	0%	0%	10%	0%	60%
20+ sessions	0%	13%	13%	0%	25%	0%	13%	13%	25%	0%	0%	50%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>HYPER/HYPOGLYCEMIA</b>												
After 1-5 sessions	11%	44%	44%	0%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	11%	0%	33%	22%	22%	11%	0%	0%	0%	0%	0%	11%
After 11-20 sessions	0%	10%	0%	20%	10%	20%	10%	10%	10%	10%	0%	60%
20+ sessions	0%	0%	0%	13%	25%	0%	25%	13%	0%	13%	13%	63%
<b>HYPER/HYPOTENSION</b>												
After 1-5 sessions	35%	35%	20%	5%	0%	5%	0%	0%	0%	0%	0%	5%
After 6-10 sessions	14%	19%	24%	5%	29%	5%	0%	0%	5%	0%	0%	10%
After 11-20 sessions	0%	18%	12%	18%	6%	18%	12%	6%	0%	6%	6%	47%
20+ sessions	0%	8%	8%	0%	17%	8%	0%	17%	25%	17%	0%	67%
<b>IMMUNE SYSTEM</b>												
After 1-5 sessions	32%	20%	32%	4%	4%	4%	0%	0%	4%	0%	0%	8%
After 6-10 sessions	4%	32%	12%	24%	16%	4%	0%	0%	0%	4%	4%	12%
After 11-20 sessions	0%	16%	8%	12%	8%	20%	16%	4%	16%	0%	0%	56%
20+ sessions	0%	10%	10%	10%	5%	10%	10%	14%	10%	5%	19%	67%
<b>LEARNING DISORDER</b>												
After 1-5 sessions	23%	38%	17%	6%	6%	5%	0%	2%	0%	2%	2%	9%
After 6-10 sessions	8%	11%	22%	24%	14%	8%	6%	5%	0%	0%	2%	21%
After 11-20 sessions	2%	4%	7%	13%	20%	27%	13%	7%	4%	4%	2%	55%
20+ sessions	3%	2%	2%	7%	2%	5%	20%	23%	13%	17%	7%	85%
<b>LYME DISEASE</b>												
After 1-5 sessions	26%	43%	22%	4%	0%	4%	0%	0%	0%	0%	0%	4%
After 6-10 sessions	21%	13%	29%	13%	17%	4%	0%	0%	4%	0%	0%	8%
After 11-20 sessions	14%	9%	0%	14%	14%	23%	14%	0%	14%	0%	0%	50%
20+ sessions	6%	0%	0%	6%	6%	19%	19%	13%	13%	6%	13%	81%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>MEMORY</b>												
After 1-5 sessions	14%	34%	25%	10%	6%	1%	1%	2%	2%	1%	2%	10%
After 6-10 sessions	4%	13%	29%	18%	12%	13%	6%	1%	2%	0%	1%	24%
After 11-20 sessions	1%	5%	9%	16%	13%	19%	13%	9%	6%	5%	4%	56%
20+ sessions	0%	5%	2%	13%	8%	13%	16%	16%	16%	6%	6%	73%
<b>MENOPAUSE</b>												
After 1-5 sessions	19%	19%	19%	31%	0%	6%	6%	0%	0%	0%	0%	13%
After 6-10 sessions	6%	11%	22%	11%	17%	22%	0%	0%	6%	0%	6%	33%
After 11-20 sessions	7%	0%	7%	14%	14%	14%	29%	0%	0%	0%	14%	57%
20+ sessions	11%	0%	0%	0%	11%	11%	11%	33%	11%	11%	0%	78%
<b>MISOPHONIA</b>												
After 1-5 sessions	29%	43%	14%	14%	0%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	29%	0%	14%	14%	14%	29%	0%	0%	0%	0%	0%	29%
After 11-20 sessions	33%	0%	0%	0%	17%	17%	33%	0%	0%	0%	0%	50%
20+ sessions	0%	0%	0%	0%	0%	0%	0%	50%	0%	50%	0%	100%
<b>OBSESSIVE COMPULSIVE DISORDER</b>												
After 1-5 sessions	23%	34%	23%	11%	4%	0%	5%	0%	0%	0%	0%	5%
After 6-10 sessions	13%	7%	34%	16%	16%	7%	4%	2%	0%	2%	0%	14%
After 11-20 sessions	5%	3%	7%	17%	16%	17%	17%	7%	5%	2%	3%	52%
20+ sessions	2%	12%	4%	6%	10%	13%	12%	13%	12%	8%	10%	67%
<b>OPPOSITIONAL DEFIANT DISORDER</b>												
After 1-5 sessions	17%	39%	22%	17%	6%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	11%	11%	26%	26%	5%	11%	5%	0%	0%	0%	5%	21%
After 11-20 sessions	0%	11%	0%	11%	26%	5%	26%	11%	5%	5%	0%	53%
20+ sessions	6%	0%	0%	0%	0%	12%	12%	29%	18%	18%	6%	94%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>OTHER COGNITIVE FUNCTIONING</b>												
After 1-5 sessions	5%	36%	29%	2%	7%	7%	2%	4%	4%	4%	0%	20%
After 6-10 sessions	2%	8%	29%	27%	10%	8%	4%	4%	4%	2%	2%	24%
After 11-20 sessions	0%	2%	6%	12%	22%	16%	14%	4%	8%	8%	6%	57%
20+ sessions	2%	0%	2%	5%	10%	12%	14%	21%	17%	10%	7%	81%
<b>PAIN</b>												
After 1-5 sessions	17%	33%	15%	14%	6%	6%	3%	1%	1%	1%	3%	15%
After 6-10 sessions	5%	11%	25%	23%	6%	8%	8%	9%	3%	2%	2%	31%
After 11-20 sessions	2%	3%	17%	10%	17%	15%	5%	14%	10%	5%	2%	51%
20+ sessions	2%	6%	8%	0%	10%	24%	10%	12%	10%	12%	8%	75%
<b>PEAK PERFORMANCE</b>												
After 1-5 sessions	5%	26%	28%	12%	9%	8%	3%	5%	0%	1%	1%	19%
After 6-10 sessions	3%	4%	14%	15%	15%	17%	17%	7%	4%	1%	3%	49%
After 11-20 sessions	3%	0%	6%	9%	8%	11%	18%	11%	11%	15%	8%	74%
20+ sessions	4%	2%	0%	4%	8%	9%	6%	13%	25%	8%	23%	83%
<b>PHOBIAS</b>												
After 1-5 sessions	8%	28%	29%	14%	10%	3%	1%	5%	1%	1%	0%	11%
After 6-10 sessions	2%	2%	20%	16%	22%	15%	9%	5%	3%	5%	1%	38%
After 11-20 sessions	0%	4%	5%	9%	18%	15%	16%	14%	10%	4%	6%	65%
20+ sessions	3%	3%	0%	8%	1%	13%	13%	10%	22%	16%	13%	86%
<b>POST TRAUMATIC STRESS DISORDER (PTSD)</b>												
After 1-5 sessions	6%	27%	29%	17%	6%	2%	2%	5%	2%	4%	0%	16%
After 6-10 sessions	2%	6%	16%	20%	15%	17%	12%	2%	4%	4%	2%	41%
After 11-20 sessions	1%	0%	7%	15%	11%	15%	15%	18%	12%	0%	7%	66%
20+ sessions	0%	3%	3%	8%	4%	7%	13%	13%	24%	11%	15%	82%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>PREGNANCY (MORNING SICKNESS)</b>												
After 1-5 sessions	0%	0%	50%	0%	0%	0%	0%	50%	0%	0%	0%	50%
After 6-10 sessions	0%	0%	0%	50%	0%	0%	0%	0%	0%	0%	50%	50%
After 11-20 sessions	0%	0%	0%	50%	0%	0%	0%	0%	0%	0%	50%	50%
20+ sessions	0%	0%	0%	0%	0%	100%	0%	0%	0%	0%	0%	100%
<b>PREMENSTRUAL SYNDROME (PMS)</b>												
After 1-5 sessions	14%	29%	29%	14%	0%	7%	0%	0%	0%	0%	7%	14%
After 6-10 sessions	7%	7%	29%	7%	29%	7%	7%	7%	0%	0%	0%	21%
After 11-20 sessions	8%	0%	0%	8%	8%	33%	25%	0%	8%	0%	8%	75%
20+ sessions	13%	0%	0%	0%	13%	0%	13%	38%	13%	0%	13%	75%
<b>SCHIZOPHRENIA</b>												
After 1-5 sessions	20%	40%	0%	20%	20%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	0%	20%	20%	20%	20%	0%	20%	0%	0%	0%	0%	20%
After 11-20 sessions	0%	0%	33%	17%	0%	17%	33%	0%	0%	0%	0%	50%
20+ sessions	0%	0%	20%	40%	0%	0%	0%	20%	20%	0%	0%	40%
<b>SEIZURE</b>												
After 1-5 sessions	0%	80%	0%	0%	0%	0%	0%	10%	10%	0%	0%	20%
After 6-10 sessions	0%	0%	57%	14%	29%	0%	0%	0%	0%	0%	0%	0%
After 11-20 sessions	0%	0%	0%	50%	0%	33%	17%	0%	0%	0%	0%	50%
20+ sessions	0%	0%	0%	0%	25%	25%	0%	25%	25%	0%	0%	75%
<b>SHYNESS</b>												
After 1-5 sessions	9%	32%	37%	5%	5%	2%	2%	4%	2%	0%	4%	12%
After 6-10 sessions	2%	5%	15%	24%	15%	17%	7%	7%	2%	2%	5%	39%
After 11-20 sessions	0%	4%	8%	10%	18%	14%	12%	18%	10%	0%	8%	61%
20+ sessions	0%	2%	4%	7%	2%	11%	4%	11%	31%	13%	13%	84%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>SLEEP PROBLEMS</b>												
After 1-5 sessions	2%	25%	20%	15%	12%	3%	4%	7%	6%	4%	2%	26%
After 6-10 sessions	0%	5%	11%	18%	16%	15%	9%	11%	7%	2%	5%	50%
After 11-20 sessions	0%	2%	4%	12%	10%	15%	7%	18%	12%	12%	9%	72%
20+ sessions	1%	1%	3%	3%	9%	9%	9%	14%	15%	15%	20%	82%
<b>SNORING</b>												
After 1-5 sessions	33%	17%	33%	0%	0%	0%	0%	0%	0%	17%	0%	17%
After 6-10 sessions	17%	17%	0%	33%	17%	0%	0%	0%	0%	0%	17%	17%
After 11-20 sessions	25%	0%	25%	0%	25%	0%	25%	0%	0%	0%	0%	25%
20+ sessions	0%	0%	0%	20%	0%	0%	20%	20%	20%	0%	20%	80%
<b>STRESS MANAGEMENT (RELAXATION)</b>												
After 1-5 sessions	1%	13%	21%	20%	13%	10%	3%	3%	8%	2%	7%	34%
After 6-10 sessions	0%	2%	5%	9%	18%	20%	14%	12%	7%	6%	7%	66%
After 11-20 sessions	0%	2%	3%	3%	6%	10%	16%	22%	19%	12%	7%	86%
20+ sessions	0%	2%	2%	3%	2%	3%	5%	12%	18%	24%	28%	91%
<b>STROKE</b>												
After 1-5 sessions	24%	56%	12%	4%	4%	0%	0%	0%	0%	0%	0%	0%
After 6-10 sessions	13%	13%	30%	26%	13%	4%	0%	0%	0%	0%	0%	4%
After 11-20 sessions	4%	4%	22%	13%	13%	13%	13%	13%	4%	0%	0%	43%
20+ sessions	0%	0%	4%	20%	12%	16%	8%	24%	4%	4%	8%	64%
<b>SWALLOWING (DIFFICULTY WITH)</b>												
After 1-5 sessions	0%	0%	40%	20%	0%	20%	0%	0%	0%	0%	20%	40%
After 6-10 sessions	14%	0%	0%	14%	14%	14%	29%	0%	14%	0%	0%	57%
After 11-20 sessions	0%	0%	17%	0%	0%	17%	17%	17%	0%	0%	33%	83%
20+ sessions	0%	0%	20%	0%	0%	0%	20%	0%	40%	0%	20%	80%

	NONE	1-10%	11-20%	21-30%	31-40%	41-50%	51-60%	61-70%	71-80%	81-90%	OVER 90%	> 40% IMPROV
<b>TOURETTE SYNDROME</b>												
After 1-5 sessions	25%	35%	15%	15%	0%	5%	5%	0%	0%	0%	0%	10%
After 6-10 sessions	0%	20%	20%	25%	10%	15%	0%	5%	0%	5%	0%	25%
After 11-20 sessions	0%	0%	16%	21%	16%	16%	16%	5%	11%	0%	0%	47%
20+ sessions	0%	5%	10%	10%	5%	10%	14%	5%	29%	10%	5%	71%
<b>VISION PROBLEMS</b>												
After 1-5 sessions	17%	22%	28%	11%	0%	11%	6%	6%	0%	0%	0%	22%
After 6-10 sessions	13%	13%	25%	13%	19%	0%	13%	6%	0%	0%	0%	19%
After 11-20 sessions	15%	0%	15%	8%	15%	15%	23%	8%	0%	0%	0%	46%
20+ sessions	8%	8%	17%	17%	0%	17%	17%	8%	8%	0%	0%	50%



## ISSUES FOR WHICH NEUROPTIMAL® IS PARTICULARLY EFFECTIVE

Trainers were asked to volunteer which issues they found to respond particularly well to training with NeurOptimal®. 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

- Sleep
- ADD, ADHD, focus, concentration, attention

2

- Anxiety

3

- Stress, stress-related issues, relaxation, tension

4

- Depression

5

- PTSD, trauma

6

- Migraines, headaches

7

- Fibromyalgia, chronic pain and pain related symptoms
- General well-being
- Burnout

8

- Autism
- Anger, irritability, aggression
- Addiction
- Eating disorders
- Mood swings, PMS, menopause
- Peak performance
- Confidence
- OCD
- TBI

9

- Epilepsy
- Bi-polar
- Aspergers
- Panic attacks
- Gastrointestinal problems, Celiac, constipation
- Phobias
- Behavioral issues, tantrums, melt downs
- Memory
- Resilience

10

- Dyslexia
- Lyme disease
- Tourettes
- Chemobrain
- Asthma
- Meditative arts
- Performing arts
- Specific noise disturbance
- Parkinson

## NUMBER OF SESSIONS TO SEE EFFECTS

47% of trainers said they expected to see shifts in 1-5 sessions, and 48% said by 6-10 sessions. Significant positive change was expected by sessions 11-20 for 45% of trainers, while 39% expected it earlier – by 6-10 sessions. 35% said they felt comfortable that the change was both significant and lasting by sessions 11-20, and 30% said by sessions 21-30.

## BOOSTER SESSIONS

A percentage of clients continue with neurofeedback longer term, becoming “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	14%	32%	29%	15%	10%

The booster sessions were felt to be either **very effective** (49%) or **extremely effective** (19%). 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, general well being and joy in life.
- Being able to listen to others more intently.
- Dramatic increases in musical, artistic and sports performance and continued progress.
- Prolonged states of calmness and relaxation.
- Increases in motivation, positive changes and ability to concentrate on tasks.
- Feeling more aligned with, or finding a purpose in, life.
- Family members notice changes.

## 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 nine 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 such as when a client is unable or unwilling to make changes.

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

Extrinsic constraints

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 (symptoms are reduced but not erased)

Hormonal shifts (may need to come 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 in one area 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 51% of trainers had no unwanted side effects to report. Those who did said these effects were most likely to appear within the first couple of sessions. It is important to note that many 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 who reported unwanted effects, 57% of respondents stated that it was an effect the client had experienced before, 24% said it was not present before, 18% said "other".

Of those reporting these unwanted effects, 70% said they resolved, 9% said no and 21 % 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 within 3 sessions. 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. The following page is a list of effects, each listed by only one individual trainer.

### UNWANTED EFFECTS OF TRAINING

None

Headache

Fatigue after session and or sleepy during session

Restlessness, agitation, alertness

Anxiousness

Worsening of symptoms before they get better

Opening up to change (sometimes not willingly)

Emotional

Dizziness; nausea

Getting more sleep (sleeping too soundly, so a child wet the bed)

Feelings of panic

Spaciness

Occasionally a client will report unwanted effects, but after another session or two, they are back on track

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

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

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, 51% 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.





## CLIENT STORIES:

At this point we have literally thousands of NeurOptimal® testimonials and there is no reasonable way to share all of them. In this section we are offering a small cross-section of real-life stories collected as part of the survey and presented in the clients' (or trainers') own words. For some English is a foreign language. One of the reasons for including these stories is to allow the reader to appreciate the effortless way in which training effects extend naturally to other aspects of the client's life. After all, it is the whole person who is doing the training.

This section is divided into three sections: Peak Performance Stories, General Client Stories and a fascinating section on how NeurOptimal® has impacted the lives of the Trainers themselves.



## PEAK PERFORMANCE STORIES

This section represents client narratives in the words of the trainers working with clients seeking 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."

A client who plays **hockey** reports better ability to make precision shots and react quickly to changing scenarios.

I have a lady that I train who is a **crossfitter/gym** owner and has completed about 60 sessions and finds this has helped a lot with **focus** and **anxiety**. After the first 3 sessions of NeurOptimal® it took 2 min off her 5km run because of better focus.

Remarkable improvement after only one session in several **golfers**, with improvements in score, swing, stance, as well as enjoyment of the game, with added bonuses of reduced general anxiety, **stuttering**, and procrastination reported all in less than 3 sessions. **Raquetball** player moved up a level in tournaments after only 4 sessions. **Musicians** reported improved fluidity, sense of connection to the music, and pleasure in playing. **Equestrians** had vastly improved "seat", better/higher jumping, improved posture, improved connection to the horse, reduced anxiety during lessons and performances, and vastly improved enjoyment.

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.

Interestingly enough, I am a **musician** and have noticed an overall improvement in my skills with less concern over mistakes. Additionally I have also noticed that there is a lot less rumination over things that didn't turn out as well as they should have.

I had 2 cases to improve their **performance** at work, one very successful after the 3rd session, the second one improved a lot after 10 sessions. And I had two **teenagers** improve their performance at school, both very successful after the 6th session.

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 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.

**Athlete - kung fu martial artist** achieved his black belt with "laser clarity" during his test. He had other classmates mention that he seemed hyper focused.

I have used NeurOptimal® 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 NeurOptimal®, 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: "NeurOptimal® 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

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.

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.

Typically **performers** come for other issues, e.g., general anxiety, sleep, depression but universally they report less or no stage fright, better results at auditions, not being anxious at auditions.

I continue to do my sessions to improve my practice (I'm a **violinist**). I have a marked improvement on: responsiveness in orchestra, adaptability, sound quality, assurance during concerts, stress resistance, resistance to muscle fatigue (because it is a sport ...!)

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

Any type for performance, where there is pressure in the moment, I have found that NeurOptimal® is very effective. I work with **performing artists** and they find that the rehearsal process goes better and that pre-performance times are less stressful or panicked.

**Swimming** competitions (very good results and 100% customer satisfaction)

I had a **professional** who came in with some concern. He liked the relaxed feeling after each session. At about the tenth session he reported that his **golf** game had improved by 10 points and his golf buddies wanted to know what he was doing on the sly. Not only that, he proceeded to buy NeurOptimal® for his office to improve everyone's demeanor.

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 was 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 connected to past trauma. All are still together.

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"

I've been using it myself for many months, and have noticed my reflexes are much improved - e.g., playing **ping pong** - I play without thinking, and I'm often amazed at the shot I just made ("wow, how did I do that?"). It's as if my mind is just along for the ride, while my body and reflexes are taking care of the shot. I'm now a mighty adversary!

I trained a woman **athlete** who competed for the **Olympic Games** in London 2012 (Paralympic Games). She ran for the 400m, 800m, 1500m, 5000m and a **marathon** in the wheelchair race. After each race we made a neurotraining with NeurOptimal® AutoNav combined with meditation. She was focused, concentrated and present. She only got 8 sessions of NeurOptimal® done before the Olympic Games. The reason to do this training was, because she was in bad mental shape and she had pain in her ribcage that made her unable to move properly. In the Olympic Games her self esteem grew to its best and she felt a strong energy in her tummy. Finally she won 4 **Olympic medals** (1 gold, 1 silver and 2 bronze). In Switzerland she won an award for the best Paralympic athlete in Switzerland 2012.

## GENERAL CLIENT STORIES

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

I find it amazing when a client comes in and after one session they can see the results in a very clear way. One of my clients referred to it as subtle, but noticed a distinct change in her **stress and reactivity to negative situations**.

A **bulimic** man who would nibble all the time, was frightened at the idea of approaching 220 pounds. In four sessions, he lost 5 pounds. He does not nibble and is no longer tempted, he feels liberated.

A woman stopped **eating** for two months, she was disgusted by food, she does not even bear to be at the table. After a session, she can be at the table and eats without being disgusted.

An **autistic** woman, after three sessions, can better construct sentences, expresses her desires, danced at a party, she helps her mother make cakes, embraces people (which she never did before). At home, she used to eat nothing and drank nothing, and now she drinks orange juice.

An eleven year old boy came with huge **problems at school**: he was shy and the other kids were teasing him. He had big **attention deficit** problems. With NeurOptimal® he became an attentive, self-confident and good student. Immense progress for him and also for his parents!

55 year old woman off work for about a year **feeling permanently bad**. tears would come very quickly. She did not want to go out, she took antidepressants for a while but stopped because she would get too "lost and muddy" with them. She would like to go back to work but can not, too tired, too susceptible ...

After a few sessions of neurofeedback, she started going out with her friends, organizes dinners at home, lost a little weight without great efforts and told me she feels good. She returned to work after 8 sessions!

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 chose 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.

I have two child clients who are only at the beginning of sessions.

One was severely **traumatized** after being hospitalized for the first 2 years of his life with a severe kidney disorder and repeated surgery. He's been very shy around people, not able to look them in the eye and prone to sudden temper tantrums. He is six now. He's now had ten sessions, is opening up to people, connects with people more, is more focused and with hardly able to hold a pen before he now spends hours drawing and crafting things. Before he rejected any such activity and now seems to take great pleasure in them.

Another child patient is ten. He is **cognitively challenged** with no clear diagnosis. He cannot read or write or count. He suffers from organ problems and violent mood swings. He's only had 3 sessions so far but his parents were impressed that their daily struggle to get him to stay in bed and sleep at night ended after the very first session.

My own 10-year old daughter has suffered from **sensory integration** issues which meant that she found it very hard to sit still and had a hard time focusing because she was constantly overwhelmed by the many sensory stimuli around her, particularly in school. She has done about 20 sessions and has calmed down a lot and most of her concentration issues have disappeared.

1- I have been training one client with **bi-polar** for more than 60 sessions. She has made an amazing recovery, gotten off all medications, and functions beautifully, as long as she can still obtain sessions at least every two weeks. For the three weeks when I had no NeurOptimal® computer, she had great difficulty with keeping everything together, but she's back after a session last week.

2- I had seen a 30-year old woman severely impacted by birth **trauma** (she has little control over her physical body, has had numerous surgeries in recent years to combat pain, was on a feeding tube because she was uninterested in eating, and slept for an hour or two at a time) three or four times before my computer went down. After the first session, she howled, "I'm hungry." Her mother looked at me and said "I love you." That night she slept 8 hours uninterrupted, and as we continued to train, her appetite and sleep continued to improve. When we resumed her training last week, she was still eating, but **sleep** had become more difficult. After her session on Thursday, when she again announced that she was hungry, she went home and slept 14 hours without interruption.

I had a 74 year old person to whom I proposed neurofeedback. As a result of a fall, he was **frightened to walk** without holding on. After the 7<sup>th</sup> session he walked as before!

A woman 80 years of age told me: "... For 40 years I woke up on the left foot... Now I start my day with full of energy and optimism. It's great!"

A woman came who had been **depressed** for a number of years because of her **fibromyalgia** condition and often would spend the day in bed and then be up most of the night. Really struggling with life and was overweight.

She now functions during the day, is holding down a part time job, has more energy around the home and is now thinking of starting a weight loss program and thinking of trying for a family. The husband is now also training with me.

Another man came because he was **depressed**. He had lost his son in an accident 3 years ago, had changed jobs and did not feel appreciated in his work place. After 6 trainings he started looking for another job. Is now happily employed in a new job which takes him outdoors in touch with nature and is on a steep learning curve and loving it. His depression has lifted and he now exercises regularly.

One of my clients was highly **addicted** to caffeine and would drink 12 cups a day. This resulted in him getting terrible **headaches**. After training once a week for 3 weeks he began noticing his desire for coffee had significantly lessened. He kept training for another 3 weeks and by his 6th session he was struggling to get through half a cup of coffee a day! He said he felt hardly any withdrawal symptoms from not having the same amount of caffeine and that he was also a lot more calm and able to focus at work.

I have had two men with **ADHD** one of which was on meds for 15 years, another for over four. The one that used the meds for 15 years is now off of his meds and no depression, no anxiety and can sleep through the night. He did 25 sessions. The one on meds for 4 years cut down his meds and sleeping through the night, less depression better focus and less anxiety.

My sister, admitted to the hospital on 2 accounts for **depression** and **anxiety**, did 45 sessions of neuro, is now off all meds and no depression or anxiety.

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 1/2 year, the carsickness is still gone. Girl, 16 years old, wanted to get rid of her **migraines**. 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.

Young woman with bad **PMS** which caused problems in relationship. After 26 sessions PMS was managed and on a scale of 1-10 10 being the worst it was now 1(one). She is now happily engaged to be married in a few months.

Young male soldier with terrible **PTSD**. Shortly after starting NeurOptimal®, he made diet changes to a more organic diet, started yoga along with daily meditation. Making those healthy life changes along with neurofeedback he was able to let go of PTSD symptoms after 26 sessions.

Older male with long term **Lyme symptoms** (cognitive along with malaise, difficulty getting along with family/ wife) after 20 plus sessions reported much clearer thinking, big improvement in relationship with family/wife, able to take on tasks that required physical strength, able to work with computer (made his living in the IT business).

12 year old girl, **depressed**, dealing with really mean girls at school and trying to find friends she likes to be around. After 5 sessions and counseling, she started to stick up for herself, grades improved and started to make friends that were supportive and fun to be around.

A worried client **obsessed** with checking bank balances (checked several times every day) came in on the third session amazed because she had not checked her balances in two days. She realized she didn't want to check them and she didn't need to check them.

A **migraine** sufferer who used to have 4-6 head-splitting headaches each month has had only two since beginning training in September [survey completed in January] - Both were stopped with a session.

A woman who responded to high **stress** with outbreaks of **shingles** has not had an outbreak in several months. These painful, itchy outbreaks used to occur at least 3 times a month.



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.

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.

Woman whose husband left her suddenly, resulting in over one year's struggle with **depression** marked by **lethargy, lack of motivation, fatigue, feelings of worthlessness**. 10 to 12 sessions NeurOptimal® turned things around completely for her.

A 23 year old female client was referred by her physician because of **fibromyalgia** that she had been experiencing for 4 years. There was no known reason for the pain. Psychologically, she was robust. After a few sessions she noticed a significant decrease in her pain and even started to see better, which was a surprise to both of us. Within 8 sessions, her pain was almost completely gone.

I'm quite impressed with the speed at which I see improvement in the kids with **ADD**. I first started NeurOptimal® sessions 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!

A fourteen year old boy diagnosed with mild **ADD** was failing all of his courses in September and October of this year. After just six sessions of NeurOptimal®, he started getting straight A's and continues to do well.

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 felt results as soon as the second session. 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. "NeurOptimal® has been phenomenal. It has totally helped me take my life to a different and better direction.

This woman came to do NeurOptimal® because she had **depression** for 2 years, did not want to take medicine, tried alternative medicine with no result. She did 57 NeurOptimal® sessions, She had incredible results... She is very happy about her NeurOptimal® experience and does not show any more **depression** symptoms. Here's what she writes to me: "Seeking an alternative to anti-depressants, NeurOptimal® has allowed me to be the person I was meant to be. Family members plus friends alike have 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.

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. Could 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. "NeurOptimal® 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. NeurOptimal® 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

One that stands out right now is of a **screen writer** who came in with a prolonged **writing block** and within a matter of about 10 sessions he had created an idea and was well on his way to completing the screenplay for a movie.

NeurOptimal® training eliminated most **seizures** and pseudo-seizures in a 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.

My story is still the best, to me that is. After 125 sessions. I no longer **over eat, over drink, over work**, have anger out bursts, no longer **depressed**, no **panic attacks**, no **bulimia**, no **nail biting**, less chiropractor work, no tmj, no sweaty hands, no speeding tickets and **NO MEDICATION**.....All of these gains are still intact after losing my spouse and the love of my life. I used neurofeedback as a **grieving tool** and it kept me stable. I am currently preparing to walk 500 mi across Spain on the Camino de Santiago with her ashes. I am thriving.

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. His grandmother 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 lessoned, 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 NeuroCARE Pro, an earlier version of NeurOptimal® 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.

1. Female in her 60s had a truly sadistic father. She has sought therapy for decades, going through all the imaginable and creative solutions that are out there. She came to me for another approach but it was clear that she was too fragile for that approach (a bit of a paradox as she is so sturdy to survive what she did. But emotionally, shall we say brittle, because she could not exercise emotions growing up without fear of death, and then had no access to them as an adult.)

I explained the gentle, persistence, safe nature of NeurOptimal®, and she was game. We have been through several rounds of "I hope this will work" even as she began noting huge changes in emotional processing and taking control of her life, to "This is really working, I want to sponsor another **trauma victim** to get this help" as she is moving into her own life in a big way, confronting appropriately those who would take advantage of her, widening her field of travel and interests, beaming with delight, and actually being able to shed tears for the first time in over 50 years. She repeatedly notes how she could never have done it (and she's tried hard!) if it weren't for NeurOptimal® helping her brain to take baby steps and bite-sized pieces of the trauma. Not having to talk about it one more time but instead going deep with NeurOptimal® has also paradoxically gotten her to the point where she can talk about and acknowledge the reality of her childhood situation, grieve, and move forward. Insurmountable grief has given way to "I have never felt this way my entire life" by which she means she is present and living in her life, not dissociated and moving like an automaton at the beck and call of others.

2. Similar to this, but a "benign **abuse**" if you will - not sadistic, but equally destructive for the histrionic type of denial of abuse and creation of abuse that went on, and still does when the client visits home.

One of her first responses to NeurOptimal® was an increase in her typical symptoms, but her response was "it's okay, because at least I know something is happening." She too has sought help and treatment for over 2 decades. She is doing a lot of processing via dreams, more than any other client I've had. Aside from physiological issues, she came for depression but soon mentioned that she can't feel emotion. She can process intellectually, and "knows" she loves her husband and child, but doesn't "feel" emotion.

She has to-date been able to cry for her little child self, feel appreciativeness and care for her husband, and just the other day, took herself by surprise when a spontaneous feeling of love emerged from her and lasted for about 5 minutes. None of this as a "therapeutic" goal, and none of it pushed for by traditional psychotherapy.

She has also now had multiple days on end where she feels happy, and "in" her life, experiencing more energy and enjoyment. Again, so amazing to walk through this with her, to see the power of the nuance that NeurOptimal® is, and to be able to provide this comprehensive support for people to finally access their healing. One final thing that I love is knowing that in this process, the gains are real, small and piled up over time, and therefore there is no going-back to the old place for the clients. It's not a traumatic awakening, just an organic shift over time that they integrate as they go.

A **basketball player**, lacked confidence and had a slow reaction time during competitions. 4 weeks of training with NeurOptimal® three times a week allowed him to positively change his performance and get higher rankings ..

39 year old woman, since her pregnancy **sleepless nights**. She tried everything, medication, without success. After 4, 5 sessions she started to have some really good nights. Then, at around 10 sessions, she experienced deep sadness about a lost love and some bad memories from her childhood came up, where she felt really lonely. At around 20 sessions, she slept like a baby, but this didn't last. She came every 3 weeks, every 4 weeks then and after a total time of one year the good nights stayed with her. She called me her hero!

1. I had a female pt. age 55 come to me with **PTSD, Fibromyalgia**, and **Major Depressive Disorder**. After training with NeurOptimal® her **migraine** frequency dropped from 2-3/wk to sometimes 1/mo. She went from **severe pain** and aversion to touch to getting weekly massages, taking yoga classes, and only had mild muscular discomfort when she occasionally over exerted herself. Her depression has resolved and she has become much more active and happy with her life.

2. A 27 y.o. college junior came to me with extreme **social anxiety** to the extent she would have **panic attacks** if the professor called on her or she had to make class presentations. Her symptoms totally resolved after 10 NeurOptimal® sessions, her grades improved dramatically, and she was able to make presentations to incoming freshmen and make videos for her communication classes without symptoms.

3. A 55 y.o. male came to me with **PTSD, Reflex Sympathetic Dystrophy (RSD)/Chronic Regional Pain Syndrome (CRPS)**, and **Major Depressive Disorder**. His PTSD resolved after about three months of training. He is still Dysthymic especially when he has exacerbations of his RSD/CRPS. When this happens he usually presents with pain and burning at 7-10/10 levels. His symptoms completely abate after a NeurOptimal® session. He has also reported that his **diabetic** neuropathic pain resolves with the NeurOptimal® sessions.

My current client is very happy to be relieved of stress, tension and concerns associated with **anxiety, chemical** and **environmental sensitivities**, and **mood swings**. She is much happier and enjoying people more saying she is "not annoyed by them anymore".

Most 99.9% seem pleased feeling well and move on.

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

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 his PlayStation® in the evening and not sleeping with his Mum).

Client who woke up every night for the last 25 years could sleep for the whole night after 10 sessions. Client with **carpal tunnel syndrome** had no more pain in hands after 5 sessions. Pain came back but focusing on hands made pain disappear after another session. Client who was **afraid to use elevators** was able to use them alone after 12 sessions.

A 60 year old male had **chronic debilitating anxiety** from graduate school throughout his career to the present. He has tried a myriad of therapies and prescription drug therapy. After about three sessions of neuro he reported he felt like "he was cheating; this was too easy"....he was feeling so much better. Sundays were now pleasant rather than dreading the return to work Monday, the drive in was no longer filled with a sense of impending doom, and his performance at work was easier and more functional. He was able to get on with projects he was often stalled on and had a general sense of more satisfaction in his life. He has continued in training having just completed his 13th training session. His scores on the checklist, tracking your progress and setting your goals are remarkable in their difference. He is considering tackling some unresolved issues which have burdened him.

His wife began doing some training and has noticed a disappearance of a **chronic low back pain** which she has suffered with for years.

I have a twelve year old client who used to have multiple absent **seizures** everyday that limited her activities. She was not allowed to ski or play ball sports at school. She was not even allowed to cross the street without an adult, because of the danger of having a seizure and being hurt. After training with NeurOptimal® for approximately 20 sessions, she no longer has seizures. She still comes in for sessions once or twice a month because she "likes it."

One of my adult male clients who experienced **panic attacks** on a regular basis no longer panics. He will still occasionally feel anxious and is able to just notice and identify his experience as a feeling. He watches the experience come and go without panic. He attributes his relief to NeurOptimal® training and plans to continue training.

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 NeurOptimal® 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 NeurOptimal®, especially for those who welcome the process and allow themselves to "fully engage by letting go."

Female 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 has no problems with migraines and all of her TOVA scores normalized.

After several 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 R 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).

How about some quotes:

"It's like taking a vacuum cleaner to my brain!"

"It's like taking a 30 minute vacation!"

"For the first time I could see my **anxiety** and realize it was not me."

I have a client with early **trauma** that can actually sense what is happening during the sessions to the point that he says "it's like NeurOptimal® gives you the driver's wheel to your mind"

A **medical professional** presented with mild to medium **depression**, of 20 years duration and which had not responded previously to therapy, but moderately responded to medication. After 20 sessions of NeurOptimal® there was a lift in mood and her mood was more stable. After a further 20 sessions the client declared she had been consistently depression free for over 4 months and no longer needed more sessions.

A local **politician** presented with **stress** and the inability to “just be”. After 3 sessions he expressed concern about being too relaxed and was often sleeping “in”. After 15 sessions he terminated the sessions feeling more relaxed than he thought possible, and having become more effective at work and better able to handle most situations. His wife phoned me shortly afterwards and said NeurOptimal® had brought her husband back and the marriage was good again.

A 13 year old boy was brought by his father with symptoms of **dyslexia, ADHD** and **opposition defiance**. He had been threatened with expulsion from school and health professionals were pushing for him to take Ritalin. He was quite resistant to NeurOptimal® and non communicative. He was trained watching DVDs. Attending NeurOptimal® involved a 6 hour round trip which he hated. There was no improvement for 13 sessions, then his teacher emailed me to report significant behavioral and communication changes. After 3 more sessions his school Principal said he has now behaved and focused in class and no longer need medication. His father reported he had for the first time in his life started to read books and was enjoying it. Five months on I am informed the changes have held!

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.

1.) This client typifies why the survey is challenging:

Patient **anxious, stressed, depressed**, on multiple pain meds; post botched hip surgery.

Came in to “**quit smoking**.”

After 10 sessions much more positive affect, less pain, healed relationships with mother and daughter, moved to a nicer living space, stood up for herself in court; overall great improvement in her life...

BUT, she still smokes. This patient has had an number of “extrinsic constraint” stressors during training, suicide of a friend, death of a parent.

She still is motivated to quit smoking, and I’m confident she will eventually succeed. I consider all the above as clearing out the life-triggers that prompt her to engage in this destructive stress-management behavior.

2.) Wife diagnosed with **fibromyalgia**. NeurOptimal® has made a huge improvement. Diminished pain, better sleep. Negative tapes being erased, replaced with positive orientation.



I had a **TMJ/Headache** patient referred by specialist. In addition, she suffered from **hyperacousis** (extreme sensitivity to sound) and **tinnitus** which was secondary to the TMJ. The focus of our work was to be her pain from TMJ & headaches. TMJ & headaches resolved on schedule, but during our work, her tinnitus improved and her hyperacousis resolved to the point she was able to resume a normal life with playing golf, eating at restaurants & going to parties (hadn't done these in years). She credits NeurOptimal® with giving her life back and enabling her to enjoy her time with her husband, children and grandkids (whom she used to avoid because of her hyperacousis).

Six year old boy was brought to me by mom because she received a note from school saying they wanted her son checked out for **ADD/ADHD**. Not wanting to put him on medications, she decided to bring him for sessions instead of following the teachers request. Eight sessions in and mom had still not told the teachers about the neurofeedback but the teacher met with her and said "I don't know what you're doing, but whatever it is, its working! He is concentrating more, acting up less, even better at French than he was." The teacher withdrew the request to have him looked at.

Man with **depression** started seeing me for sessions. He had been on meds for 5 years and had just weaned himself off them about a month before. After the **FIRST** session he sent me an e-mail saying he left my office "giddy" and was like that for the rest of the day. A few weeks later, after 6 or 8 sessions or so, he fell into his depressive state. However, instead of lasting for 3 weeks, it lasted 2 days. This was a major marker in his progress! After about 20 sessions he found himself a job and started working again.

A **non-verbal** three year old boy started talking after approximately seventeen sessions. As is often typical with kids on the **autistic spectrum** he was also very much in his own world and didn't show much interest in others. During his time using NeurOptimal® he started coming out of his shell and began noticing and interacting with others around him.

Female. Housebound on anxiety drugs for six years suffering **hypoxia** and **severe anxiety** as well as **dehydration issues, chronic fatigue, hyper acidity and phobias**. She did 6 hyperbaric treatments after a diet change to alkaline based foods, green barley grass and alkaline water. After her fourth NeurOptimal® and hyperbaric sessions my wife said she looked ten years younger. Client said she felt 20 years younger! After her 6th session she was on top of the world. She had been housebound for 6 years and after three weeks of training she went shopping and her fear of crowds had dissipated.

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. I referred this man to my colleagues for training and he continued to see me for therapy. 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 (I have my own system now) 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 bought 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. 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 notices 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 parents 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 2am 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 later, 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.

A veteran with **PTSD** and **brain damage** from a bomb that killed several friends standing beside her in Afganistan was referred after 2 years of CBT therapy with the VA by her massage therapist. Although rather skeptical that it would help, she thought she'd try it. She had severe **insomnia, anxiety, panic attacks, rage attacks, depression, thought disorders, huge memory losses** (long and short-term) Almost all the symptoms began to reduce within 3 sessions, and after renting the system for 6 weeks she felt that she was entirely back to her old self, including having regained her memory. I encouraged her to train for another 3 weeks while she took a trip abroad to an unfamiliar place with military bases, and she was able to sleep and go about her business without anxiety in spite of jet lag and some tense encounters. She retained the improvement through her service dog becoming ill and some problems during Hurricane Sandy, and plans to come back for a booster in a year.

A golf course owner and former **pro golfer** reported that he had had the "**yips**" for 2 years, with his golf score badly deteriorated, his enjoyment gone, unable to hit a wedge shot or achieve any of his prior level. Since golf was his one and only interest and focus in life, he was depressed, anxious, and felt unwell. After one session he felt his peripheral vision open up and felt relaxed. After 2, he went and played a round of golf -- really badly, much worse than before -- but had a great time. Warily he tried a 3rd session, golfed again, and came back crying with joy (literally, tears streaming down the face of this very unemotional gentleman), that the "yips" were gone, the "demons" were gone, he had found his wedge shot and dropped 15 strokes off of his game, and loved every minute of playing, all effortlessly. A couple more sessions brought a shift in his stance he hadn't realized had been "off", improved sleep, lifting of the depression and anxiety, and a renewed interest in his business. The sudden loss of his mother and sickness of his wife made him skip the next few weeks; he played a tournament and did "pretty well", but decided the next morning to train before playing the 2nd day, and dropped 25 strokes off his game to win the tournament easily. Ironically, when his fellow players asked him how he had changed so much, he said he was "having a better day" and didn't mention NeurOptimal®, which I have found is typical.

I also had a 73 year old female with severe **scoliosis** and **back pain** as well as **insomnia** due to her pain and she slept all night after the 2nd session (first time in 5 years) and has been pain free ever since that session.

Canadian **pro golfer** moved from 46th to 4th overall following a season in which he used NeurOptimal®.

An Afghan and Iraqi combat **war veteran** who had been deployed multiple times came for NeurOptimal®. He had been unable to get any home projects done, no motivation to find a job, **depressed** and **severe sleep issues**. After 12 sessions, he was sleeping through the night, got a job and was finishing major home remodeling projects. When asked if he noticed any changes, he said he didn't see much change, just sleeping through the night, but his wife said he was a new man!

My grandson was diagnosed with a **severe learning disability** in the 80th percentile, where he would need to attend a special class. After doing the neurofeedback, he is one of the top student in his class. He is now considered in the 2 percentile. (about 20 session) he is 6 now.

Another student was **extremely shy**. His father told me he had below average in class. Now he is on the honor role for the 3rd year in a row.

A little girl of six years with **developmental delay** of two years. Introverted , shy, afraid to go to other children. After a few sessions (13) , she had developed more confidence, was able to go to children of her school, had started smiling more, enthusiastic and found the joy of living that she had never had ...

A man in his fifties suffered from **depression** and as a result could not read, was disinterested in everything , even the news . His wife told me of the times that he would drop his head forward , drooling staring into emptiness all day. He drank a lot in the past. Very quickly I realized he was drinking more shots than necessary and did not seem to get better. After 25 sessions he did not drink , had become aware of the fact that he was afraid to get better because he did not want to return to work. He found a solution by selling his apartment abroad in order to ensure their financial security ... He would get 5 weekly library books, started going for long walks with his dog ...

A girl of 13 who might miss the school year because she had **dyslexia** and **dyscalculia** and **bcp** was diagnosed too late. After weeks of NeurOptimal® sessions and follow-ups with the speech therapist, she managed the school year, avoiding repetition . She gained confidence and was calmer in the classroom.

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!

**OCD** client, smoked lots of marijuana, drinking lots of beer. Did 40 sessions in short time (6 months). Reduction of symptoms >60%. Is now on a gluten-free diet and is as free as a bird!

### **AUTISM - TGD**

11 year old boy. Not verbal. At the 6th session, looking at a painting I had in front of him, says, "Look, a picture"! Gradually emotions emerge (they were so far away): one day, says his mother, he went on a trip and she wept because he had left his teddy at home! Today he has come a long way, the language progresses. His family is thrilled and after 1 year no plan to stop training.

### **Autism - ADHD**

7 year old boy - arrives and jumps in the chair - Fully oblivious to his surroundings. During the session he ignores the screen, draws only or entertains with a ball in his hands constantly spinning. At the 5th meeting, his mother reports he was able to sit with his father and watch TV for 20 minutes! At the 12th session the child tells me he played outside with the neighbors with the ball or the bike. At school they established improvement (attention, behavior).

### **SLEEP DISORDER - DEPRESSION**

Male 35 years - Trauma after the death of a brother happened 10 years before in horrible circumstances. Unable to get to sleep since. Severe depression. Tried all the drugs and methods for sleep, even hypnosis. After the 3rd session, he slept 5 hours straight! At the 6th session he fell asleep during the session. His depression improved and self-esteem grows. Focuses life objectively and lives in the present. Today he is considered a happy man.

### **LANGUAGE DISORDER**

Male of 10 years. TD. Speech is difficult to understand. Low self esteem, very skinny. Can't speak up. Had 5 years of speech therapy. From the 5th session his mother told me that he is hungry. At the 8th session, he is better understood. Follow with maintenance sessions. They are very happy with the results.

### **DEPRESSION - INSECURITY - LOW SELF-ESTEEM**

This gentleman is an engineer and comes because he is not capable of making decisions. He feels unsafe in both professional and in his personal life. Having trouble deciding when to undertake a new project. He has received 10 sessions. He feels good, more sure of himself.

### **EPILEPSY - Doose syndrome**

Boy, 5 years. He speaks little. Hyperactive - Does not accept the first 2 sessions: does not stop moving, he removes the electrodes. In the 3rd session he is happy. He is quieter. At 5th his parents say his sleep has improved (went from waking 5 to 6 times per night, now 2). Listen and look calm. Motor skills have improved. His parents are happy.

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.

**War traumas** that disappear.

**Sleep problems** associated with each client are gone.

**Chronic fatigue** for 10 years and then after 2 months of Neurofeedback, it disappears completely.

**ADHD** group who can now concentrate and learn.

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.

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.

### PARKINSON

80 year old man diagnosed 6 years ago. Walked hunched, short steps and shuffling. Speech was [difficult] and he had trouble buttoning his shirt. After the 1st session, he changed his position more straight and walks well. It is spectacular: his wife can not believe it! The improvement is fantastic: since then his life has changed as well as his family.

### Landau Kleffner SYNDROME

Child 6 years. Barely speaks. Communicates only with parents. Lives in his own world. Conducts sessions hoping to limit **aggression**. He never wants to leave home, starts screaming in the morning not wanting to go to school. Difficult to accept the first sessions, those days he is more quiet, listening to music and even sleeps during the sessions! Today he talks, plays with other children and goes to school normally. Keeps up NeurOptimal® neurofeedback and his progress is fantastic. His parents are happy.

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!

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.

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', ie. 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.

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.

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 her 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** two 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.

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 have 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."

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.



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.

**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 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 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.

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 NeurOptimal® 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 NeurOptimal® 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.

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.

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 NeurOptimal® 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 NeurOptimal® 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!

My favorite is a young woman that I have worked with for years prior to training in NeurOptimal®. She is **bi-polar**, has **attempted suicide** several times, has **severe anxiety** reactions, and has experienced several treatment modalities prior to working with me. Since beginning NeurOptimal® 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!

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.

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 NeurOptimal®!

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®.

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 neurofeedback 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.

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 "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 operation 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 **co-dependency, 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.

"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 woman is still doing fine, has not have had any serious relapse ever since. She still comes for training once in every 1-2 months.





## TRAINER STORIES:

### WHAT NEUROPTIMAL<sup>®</sup> HAS MEANT PERSONALLY TO TRAINERS



## WHAT NEUROOPTIMAL® HAS MEANT **PERSONALLY TO TRAINERS**

This section can give you a glimpse into how NeurOptimal® 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.

Phenomenal tool to facilitate change. People need to understand it as a catalyst and not as a cure.

It has been a game changer for me in training myself. I operate now at much higher levels of cognition, sleep much better, have a much greater control over my emotions and can handle higher levels of stress.

It has changed my life for the better in a profound way. I am really happy to have found it and be able to offer it to others.

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 sessions. 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.

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.

For me personally NeurOptimal® has made it possible for our whole family to move forward from the death of our youngest son aged of 21 years and enable us to find a new meaning to life and to eventually start laughing again and enjoying the simple pleasures life brings. It also helped me recover from chemobrain some four years down the track and to step out into the public providing a NeurOptimal® training service to the general public. I truly love my work and the results I witness from my clients is very rewarding.

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.

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 friends 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®.

For me personally, this has helped all family member in my household, myself included. It saved my life and continues to be a tool for everyday healthy living. I will always use neurofeedback and I am so fortunate to have a machine in my home!!!

For me NeurOptimal® 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 feel so grateful to have been introduced to NeurOptimal®. I see daily miracles. If people give this a chance it will help them in their daily life. By using NeurOptimal® I see that people are more willing to change and find the strength to change unhealthy relationships/living .

I have been a psychotherapist for 40 years. I have never seen people benefit from a therapeutic experience the way they do with NeurOptimal®. 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!

It is the amazing experience that calms the brain down. In that calmness, the chaos that is constant in my life and others is manageable. I want to open a lounge/bar with this program. Don't need to drink with NeurOptimal® calming you down.

I find it is a very useful tool that has provided relief for people in ways they have not been able to experience otherwise.

I have purchased a professional for use at home with my family. I feel as though we are all benefiting and evolving through our various issues independently but evolving together spiritually without having to talk about it. Our household energy together is of a higher quality and everyone is very glad to receive their next session.

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, skillful AND allow the other person to choose their own path.

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

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

NeuroOptimal® 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. NeuroOptimal® has allowed them to feel "normal" and better functioning.

I think the thing I most appreciate about NeuroOptimal® is the way it takes advantage of the central nervous system's quite amazing ability to take in and use information. NeuroOptimal® 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 NeuroOptimal®'s ability to transform people's experience of life, and to do it virtually without side effects.

What surprised me the most about NeuroOptimal® 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 owe my life to this work. I am not sure what would have become of me, or honestly whether I would still be on the planet without finding this technology. I feel strong emotionally and physically. I have defragged my hardrive and I am efficient and flexible.

It is great to be able to rest into trusting consistently that the program will be received very positively and I know it will do its job.

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!

NeurOptimal® 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 to you after feeling defeated and letdown with conventional medicine.

NeurOptimal® has been a wonderful tool that has assisted my practice in significant ways both in helping people do better and fostering the clinical work. It has also been a nice financial addition adding about 20% to my revenue stream.

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.

Most amazing feedback tool. Having worked in the welfare field for nearly 20 yrs, I have not seen a modality so helpful to such a range of client concerns. Clients all seem to really enjoy their training experience. It is also holistic with clients often noticing lots of other positive changes as a result of training.

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

As a therapist, NeuroOptimal® has enabled me to release the stress of hearing clients' troubling and traumatic experiences. I find that after a session I can better connect and empathize with my clients.

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® stands alone amongst the Neurofeedback field. It's delicately designed expertise allows for seamless, effortless transformation and shifting of one's blockages yet it works alongside our own innate capabilities for healing!! I extend so much gratitude to the creators of the software Val & Sue Brown, and to the entire team at Zengar.

NeuroOptimal® has helped me overcome some of my own difficulties with sleep and anxiety. It has helped many of my patients with similar problems. Several patients feel that it has been transformative for them.

If I did nothing but train myself and my family, this would be the best investment I've ever made. That I can share this source of relief with others and help their lives improve and make a career for myself at the same time seems unreal to me sometimes. I am so grateful for NeuroOptimal® and the chance it gives me to bring peace and relief to others.

It's a gift—a blessing, a Universal tool for the evolution of the human spirit.

I can never anticipate what changes the person will begin to experience in their life. For some the changes are moderate, for others, dramatic and seminal to a more satisfying and productive life. The ease of NeuroOptimal®, the safety and results are very pleasing. I am very fortunate to be able to offer this resource to people in my community. I celebrate the changes in my own life: Formidable projects can be tackled, patience with my own process increased, lovely restorative sleep and a great capacity to nap easily....and the ability to stay on course even in the face of adversity.

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.

NeuroOptimal® is definitely the softest and most holistic way of doing neurofeedback. It is the only system one can use for everybody (baby, injured brain, old people, very sensitive people, very sick or fragile people). I still use it for myself and experience ongoing development/transformation.

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.

The NeuroOptimal® experience is like being held in a time/space/place outside of our normal existence. It is an experience of being free from fear and day to day perceived limitations. Many clients explain that it is during NeuroOptimal® sessions that they feel safe to be who they are. It is an experience of a deep state of peace and of finally being Home.

NeuroOptimal® has been a big jump in my practice. It really moved my clients along at a fast pace, rather than slowly moving through the psychotherapy process.

I realized that Zengar NeuroOptimal® is the most effective therapy or training tool when working with 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.



NeurOptimal® is arguably the best use of technology ever created.

NeurOptimal® has been an amazing experience, to feel calm when facing life stressors. Being able to observe the "turbulence" and returning to present.

NeurOptimal® has meant everything to me. That is, I came to this world to attend to the mastery of human psycho-spiritual experience. It has given me the opportunity to UNDERSTAND many levels of "enlightenment", for lack of a better expression, EXPERIENCE many levels of profound human capacity, and SHARE so much of all of this with anyone willing to open up and let go into something new.

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 yet 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.

NeurOptimal® makes life quality better for everyone in a short time. The greatest advance for mental health.

I feel as if NeurOptimal® is a blessing to earth and that 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 school teachers, saw improvement in behavior and cognitive settings. So we are all very grateful for this wonderful system.

I am grateful for this sophisticated, non-invasive method of central nervous system optimization. This is life-changing technology.

NeurOptimal® has improved the quality of life for everyone who I have used it with.

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.

For me personally, NeurOptimal® 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 NeurOptimal® technician at a therapist's office. I enjoy learning about the field from the wonderful group of users on the forum. It goes well beyond technical support.

NeurOptimal® is a wonderful system. When I started training people I was so surprised...and delighted to see that not only did the trainee's health (mental/ physical) change for the better but also their relationships with members of their family were affected in a good way. The whole family dynamic seems to get "unstuck" and members of that family seem to move more freely, adapt with more ease, accept more readily and go with the flow of their life's path. Train one and you train those in the trainee's environment! Usually though, relatives or friends that see the change in the trainee want to try NeurOptimal® for themselves too. I have been amazed many a time by the transformation NeurOptimal® training has had on my clients, may it be in freeing them from extreme mental pain or in relieving "untreatable" physical problems. It seems that the "incurables / untreatables" respond to TRAINING.

I am still very new to this and just beginning my business, but I believe this can influence society to a great degree. If people will try it, it is so life enhancing they will wonder how they got along with out it, if they remember what their life was like before that :)

People love that it is a natural way to improve the brain and that results are long lasting.

Nothing has advanced my work more than including NeurOptimal®.

Impressive faster rate of improvement of presenting symptoms, compared to psychotherapy alone.

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 manner 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. NeurOptimal® 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.

NeurOptimal® has changed my perception of life. Things became manageable, and clear. It eliminated the nausea I had during the beginning of my pregnancy. It is a privilege to witness the change and relief it brings to the members of my family and people in general...

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 NeurOptimal® training.

I am now living in the realm of the miraculous.

I wouldnt be without it.

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 dis-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 central nervous system, 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.

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

NeuroOptimal® 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.

NeuroOptimal® is simply the best neurofeedback method that is available worldwide. It is easy to use and very gently re-normalizes 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 NeuroOptimal® while they are here.

For the first time in years, I can honestly envision a good life not only for myself but for others as well.

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.

It is a miracle to me how much my life has changed in a year. If I never earned a nickel using NeuroOptimal® on others, this machine paid for itself twice over with the positive changes it helped manifest in me. I am so blessed. Every person in the world should have one of these machines issued at birth.

## CONCLUSION

Trainers who see miracles weekly, daily and sometimes hourly in their practices can be assured that they share a common experience with many hundreds of other trainers. NeurOptimal® results are robust.

The results reported here can be considered astounding, all the more so when compared with traditional medical outcomes. You have only to watch ads for medications to realize the risks of many medical interventions can be considerable, while the benefits less than optimal. The results are narrow-focussed, may be accompanied by many unwanted effects and symptoms may return once discontinued. NeurOptimal® is not just quantitatively different, it is qualitatively different. 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 quality-of-life change can be challenging, and is frequently avoided

altogether in traditional studies.

From this survey it is evident there are no 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 refreshed with some 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 involving diagnosis or treatment. In this simple truth lies the reason for its remarkable efficacy "across the board".





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