Module 3

The History of NeurOptimal®

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History of NeurOptimal®

"Creating a Non-Linear System in a Linear World"

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NEUROPTIMAL®
Advanced Brain Training Systems

Zengar® Institute Inc.

NEUROPTIMAL® CERTIFIED BASIC TRAINER

Mission Statement

The Zengar® mission is to create, deliver and support the most effective and safe brain training system available in the world today

The purpose of this endeavor reflects the mission of its founders- to relieve suffering

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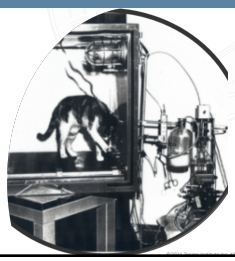
A FEW HISTORICAL HIGHLIGHTS IN THE FIELD

Discovery of SMR (Sensory Motor Rhythm) 14 Hz

Barry Sterman



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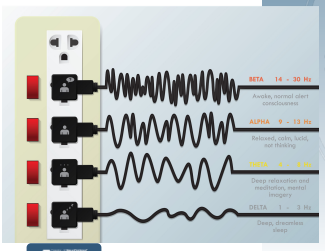
Alpha/Theta Protocol

- **The Alpha/Theta Protocol –Eugene Peniston**
- **Protocol**- for Veterans and later used with Addictions



NEUROPTIMAL®
ZENGAR®
by Zengar

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LINEAR NEUROFEEDBACK AS A TREATMENT MODEL FOR ADHD

- **Theta-Beta Ratio** and
- **Alpha State Training** for better focus
- Joel Lubar

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NEUROPTIMAL®
Dr. Valdeane Brown
Co-Founder of NeurOptimal® System

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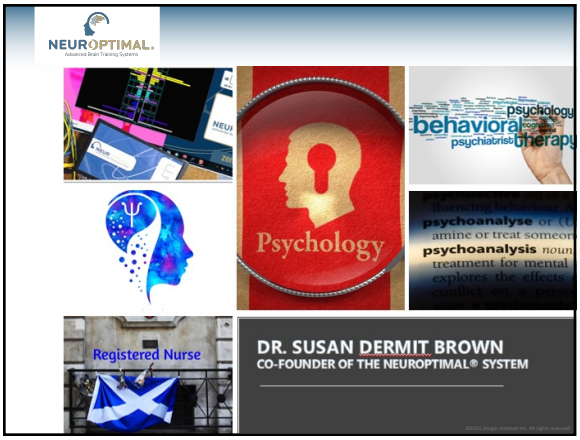
NEUROPTIMAL®
Psychology
behavioral
psychiatrist
therapy
psychoanalyse
psychoanalysis noun
Registered Nurse
DR. SUSAN DERMIT BROWN
CO-FOUNDER OF THE NEUROPTIMAL® SYSTEM

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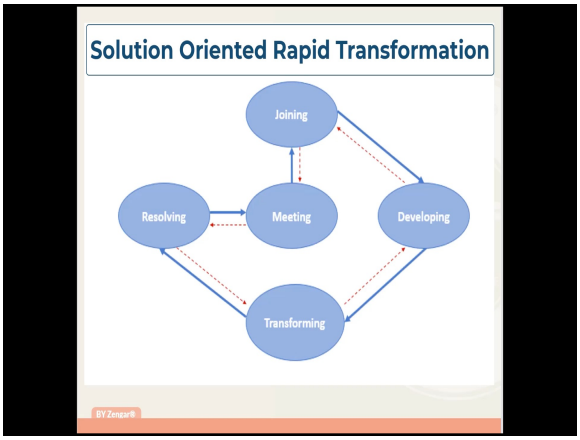
Solution Oriented Rapid Transformation
Joining
Resolving
Meeting
Developing
Transforming
BY Zengar®

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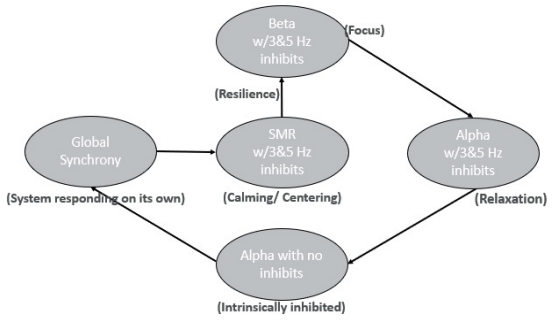
5 Phase Model in Action



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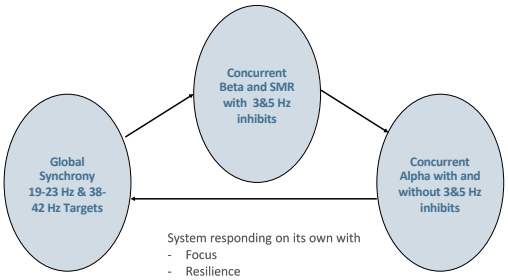
5 Phase to Non-Linear Dynamics: Period 3!



System responding on its own with
- Focus
- Resilience
- Calm and Centered
- And Intrinsically inhibited

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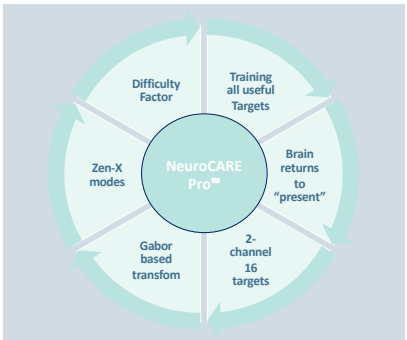
Period 3 Approach became NeuroCARE Pro



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CARE® MODEL IN NEUROCARE PRO

- **C**omprehensive
- **A**daptive
- **R**enormalization of the
- **E**EG
  - We simply give information to the **CNS**
  - **JTFA** is used in the NeurOptimal® process- this **mimics** the **method of communication** used naturally in the **CNS**
  - **Renormalization**, through non-linear dynamical
  - **Transformation**

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NEUROPTIMAL®
Advanced Brain Training Systems

OUR (NOW HISTORICAL): VERSION 2.0

- Transitioned into full Auto-Navigation
- No need to set 'Difficulty Levels'
- Completely allowing NeurOptimal® to 'dance' with EEG
- Additional Media Options

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NEUROPTIMAL®
Advanced Brain Training Systems

NeurOptimal® Today

NeurOptimal® 3

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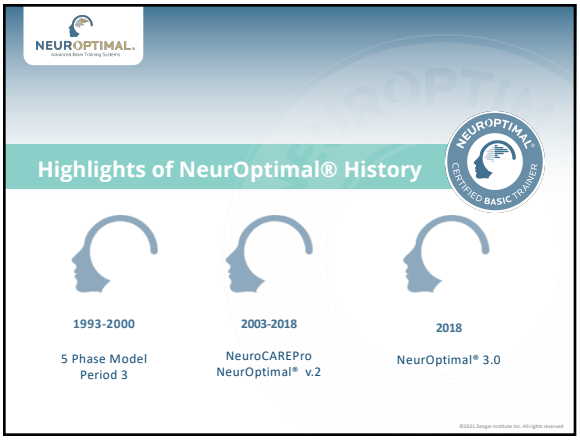
NEUROPTIMAL
Highlights of NeurOptimal® History
NEUROPTIMAL CERTIFIED BASIC TRAINER
1993-2000
5 Phase Model
Period 3
2003-2018
NeuroCAREPro
NeurOptimal® v.2
2018
NeurOptimal® 3.0

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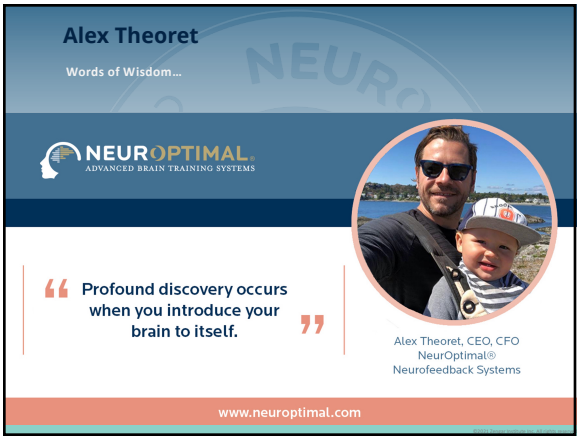
Alex Theoret
Words of Wisdom...
NEUROPTIMAL
ADVANCED BRAIN TRAINING SYSTEMS
Profound discovery occurs when you introduce your brain to itself.
Alex Theoret, CEO, CFO
NeurOptimal®
Neurofeedback Systems
www.neuroptimal.com

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Discussion Questions
Please Take Time to Review
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