



## Training With NeurOptimal®

Training with NeurOptimal® is actually a learning task. It is a powerful tool that we are excited to have as a part of what we do here at **Rosewood Psychological Services** and is a great complement to all the other services we offer.

NeurOptimal® is not intended to be a diagnosis or treatment for any issues, but there are reports where people claim benefits such as lifting their depression, removing unnecessary anxiety and improving their cognitive abilities.

NeurOptimal® is effective because it is designed to work best with your individual brain. It is a peaceful non-directive training assisting the natural capacity of the brain and body for healing, personal growth, learning, performance improvement, and transformational evolution. The goal of NeurOptimal® is simply and profoundly to allow each brain to self-balance and stabilize the nervous system as a whole; when this happens, all else falls away.

Even though NeurOptimal® is not a medical treatment for illnesses, many people have experienced relief from physical, mental, and emotional symptoms. This is because NeurOptimal® is a tool that helps organize your brain, restoring balance and helps you function more effectively.

Unlike classical neurofeedback systems, NeurOptimal® is automated. It is a premium biofeedback device and is far more cost effective than most other biofeedback tools. The experience of NeurOptimal® is unique, as far as what your own personal journey will be. This is because NeurOptimal® is adapting to your Central Nervous System(CNS), and it in turn, adapts in response to the information that it is given.

It is unlikely you will experience any negative after-effects as NeurOptimal® does not artificially push the brain in any specific direction. It does not "push" the brain to do anything; therefore, it is completely safe. The advantages of working with multiple frequencies the way NeurOptimal® does, is that you don't get side effects as you do when targeting specific frequencies like QEEG guided neurofeedback systems do.

NeurOptimal® is effortless, adults and children alike enjoy it because they can read or watch a movie during their training sessions (children can even play). NeurOptimal® is your game changer. NeurOptimal® is the most highly effective form of brain training that can unlock untapped cognitive potential and help you achieve long held goals and dreams. Essentially, using NeurOptimal® can give you back your life back.

The results achieved through NeurOptimal® have been amazing to witness both personally and professionally. Even sufferers of PTSD, who use NeurOptimal®, have completely, or vastly, improved relief from their PTSD symptoms.

Anyone with a brain who trains their brain using NeurOptimal® will have benefit, because although NeurOptimal® does not treat specific conditions - specific symptoms are alleviated since you are improving the overall functioning of the central nervous system. Much like a mirror, NeurOptimal® does not cause changes to happen, it merely reflects what is happening, thus allowing the brain and central nervous system to improve in a way that is best for each individual.

NeurOptimal® does not tell the brain what to do, or what not to, do but provides the brain and nervous system with a moment-by-moment picture of how it is operating, which helps it to work toward self-regulation. It does this by using sensors to detect your brainwave activity through the skin of your scalp.