

Before, during, and after NeurOptimal® Neurofeedback sessions at IPA.



Before:

Here are some things to consider as you prepare for your session...

During your NeurOptimal® Neurofeedback session your brain will do all the work. That means, you can just relax with your eyes open or closed. If you prefer, you can bring a book to read or your work/homework, check messages on your phone, or whatever you'd like to do.

If you decide to journal or take notes about any subtle changes or things you noticed, have those ready to bring with you. Also, please bring any questions you may think of between sessions.

Due to COVID, please bring a face mask and be prepared to answer a few questions at the door, and a quick temperature check. We also ask that you do not come extremely early, 5-10 minutes before your appointment time will be enough. When you arrive, just let them know you are there to see Dr. Brewer. There will be nothing else required of you at check-in.

During:

In your first appointment, please be prepared to be there for one hour. You will complete a small amount of paperwork, which mainly includes a checklist of your concerns/issues. We will discuss the process and answer any questions you have. You will also have your first training session during this appointment.

Each appointment after your first one will be around 45 minutes. The brain training session is just under 35 minutes and the remaining time will be for quick check-ins at the start and end of the session, periodic re-assessment of your concerns/issues, and to answer any questions you may have.

During the brain training session, you will be seated comfortably with two sensors on your scalp and three on your ears. You will also have earphones (optional) to listen to the music. While you listen to the music you may hear periodic interruptions or static, this is the feedback signaling a shift in your brain. Not all interruptions can be heard and some are very brief, so don't worry about how many you hear, how often, or for how long. There will also be colorful, moving images on the tablet screen that you may watch but that is not necessary. These images may leave the screen and come back. This doesn't mean anything.

We do ask that you stay seated and do not get up and move around, and that you don't play any other sound or talk on the phone. But while you are seated you may have your eyes open or shut, you can read, check your phone, and even fall asleep.

Please note, neurofeedback sessions are not counseling sessions. If you are used to counseling, this will be quite different in that there will be very little talking or interaction. The purpose of the sessions is to exercise and train your brain.

After:

There is nothing more that you need to do besides just notice your body, thoughts, mood, and behavior for any shifts or changes. Pay attention to any changes, particularly to those related to the concerns/issues you note on your assessment. However, you may also notice positive changes in unexpected ways. Think about your concerns in terms of frequency, intensity, and duration. It is also a good idea to ask others who you spend time with to pay attention and notice any changes. The changes that may occur with neurofeedback are sometimes subtle or gradual. These are often more quickly noticed by others though you will start to notice changes too.

Remember, it does take time, and everyone responds differently. Each person is unique, so the time it may take to notice changes really varies. The experience is different for everyone. After you start feeling more flexible and resilient, some find it helpful to do maintenance sessions while others just do a few sessions at times when life gets tough or something happens, and you lose your ability to adapt as you'd like.