

NeurOptimal in Schools

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How NeurOptimal entered a school

Learning Objectives

- Discuss NeuroOptimal in the school systems
- Learn how to offer and sell NeuroOptimal training sessions

WHY?

- Our future starts with the future of our children
- Investing in the wellbeing of our children is investing in our future
- A better world, like the NeurOptimal video is showing us: “This is your brain on NeurOptimal....”



CONTEXT

- Working as a NO-trainer and therapist since 2007
- I have seen numerous children started to feel better after a series of NO-sessions.
- In 2013 I trained 5 children attending the same school: [Latasteschool in Horn, The Netherlands](#)
 - A very special school.

School context

- All kids who attend this school are at least double (!) diagnosed with
 - ADHD and Aspergers,
 - ADHD and Autism,
 - ADHD and Dyslexia,
 - ADD and FAS, etc.,
- Placed in foster homes secondary to situation



5 Children

- Referred to NeurOptimal to:
 - Feel happier
 - Live without medication, or much less medication
 - Stay out of fights and improve their relationships/ improve social behavior
 - Get better results at school
 - Sleep better
 - Reach the permission status on attending their school-camping event

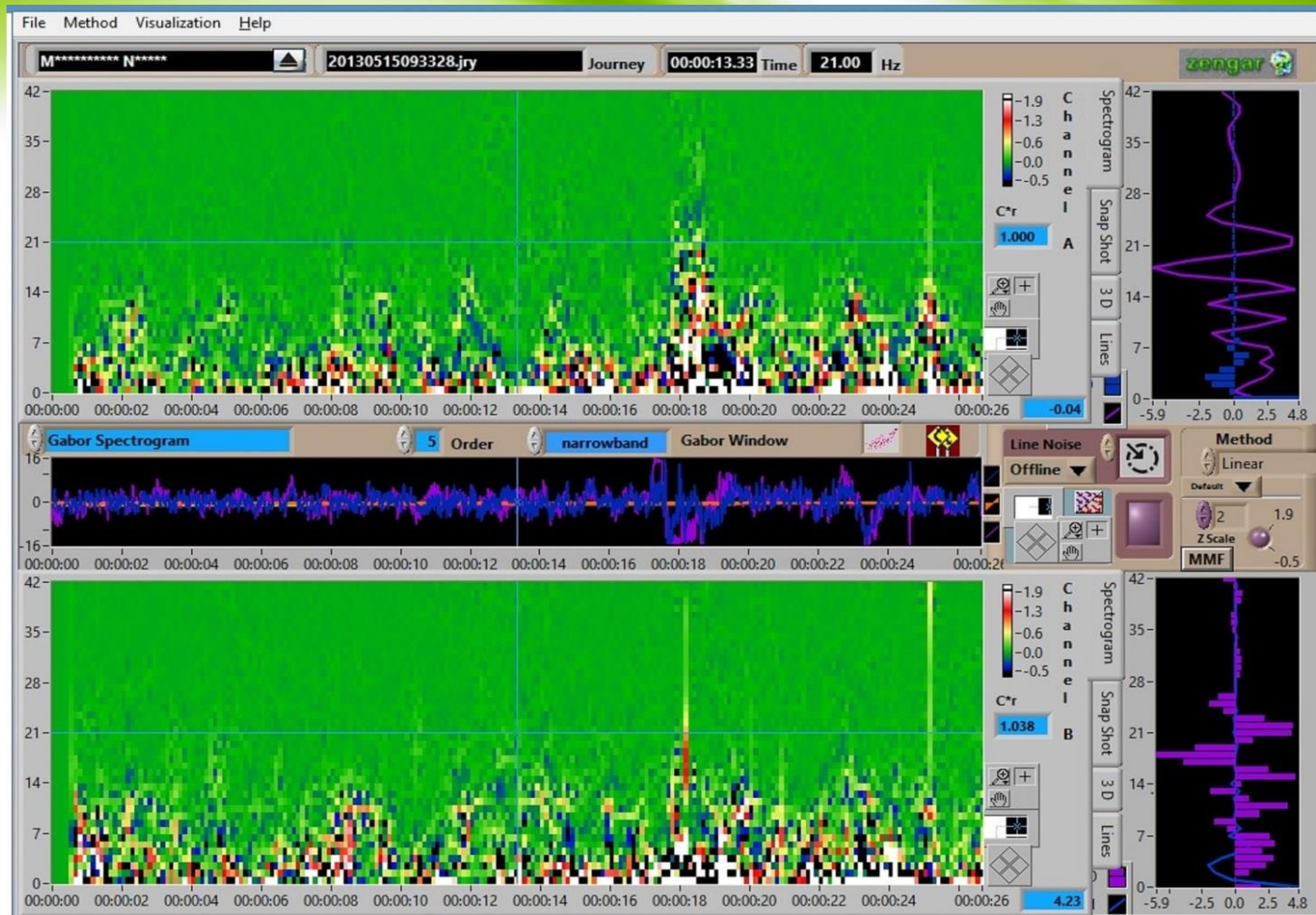
What happened when these kids consulted me?

- I see the child, and only the child
- Diagnose has no relevancy when using NeurOptimal
- My goal is to see who they are, as a person
- Which always leaves them an impeccable impression
- Receiving this acknowledgment is important for their process to become whole again:

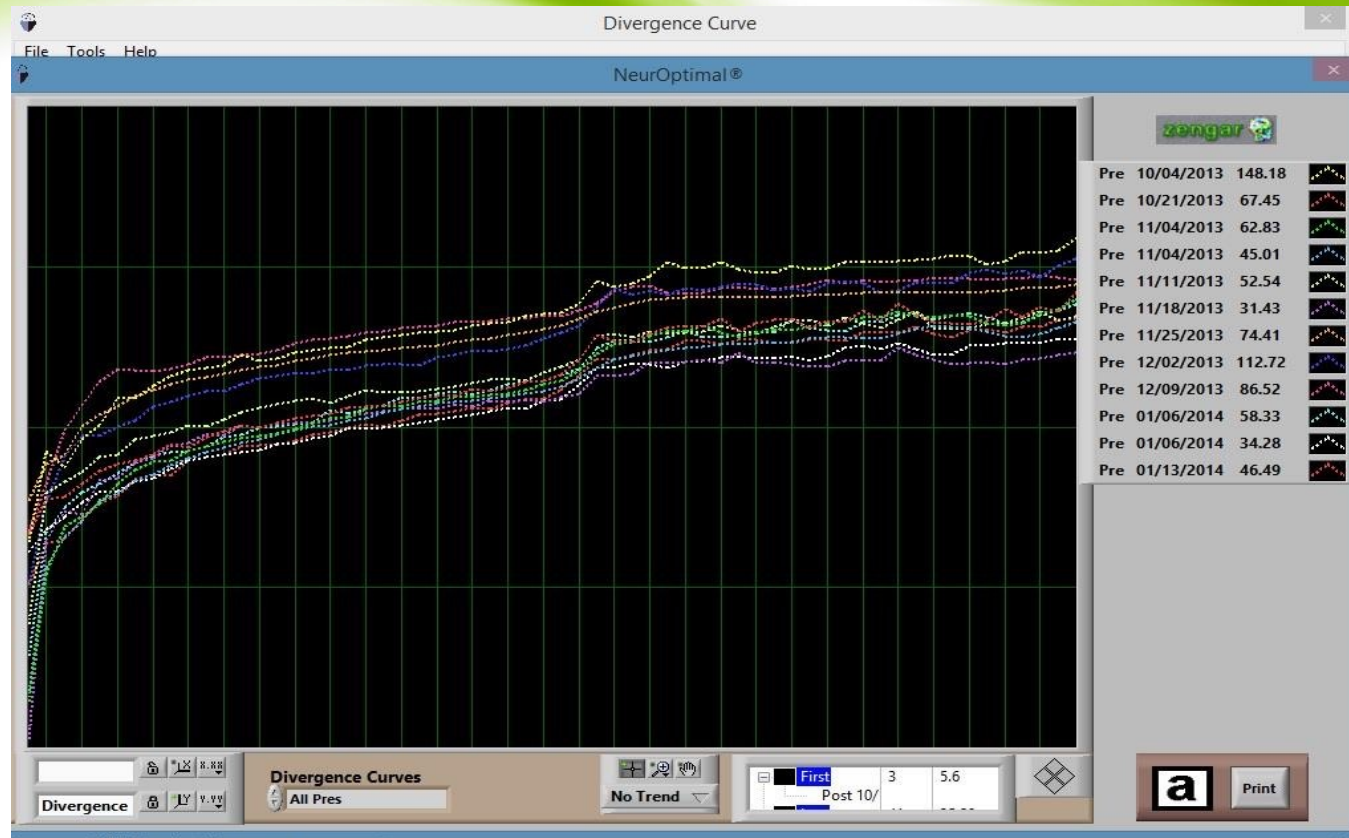
“You are a child, and you are special. I don’t need your diagnose to tell me who you are; you are not your diagnose.”



The first session Pre Spectrogram

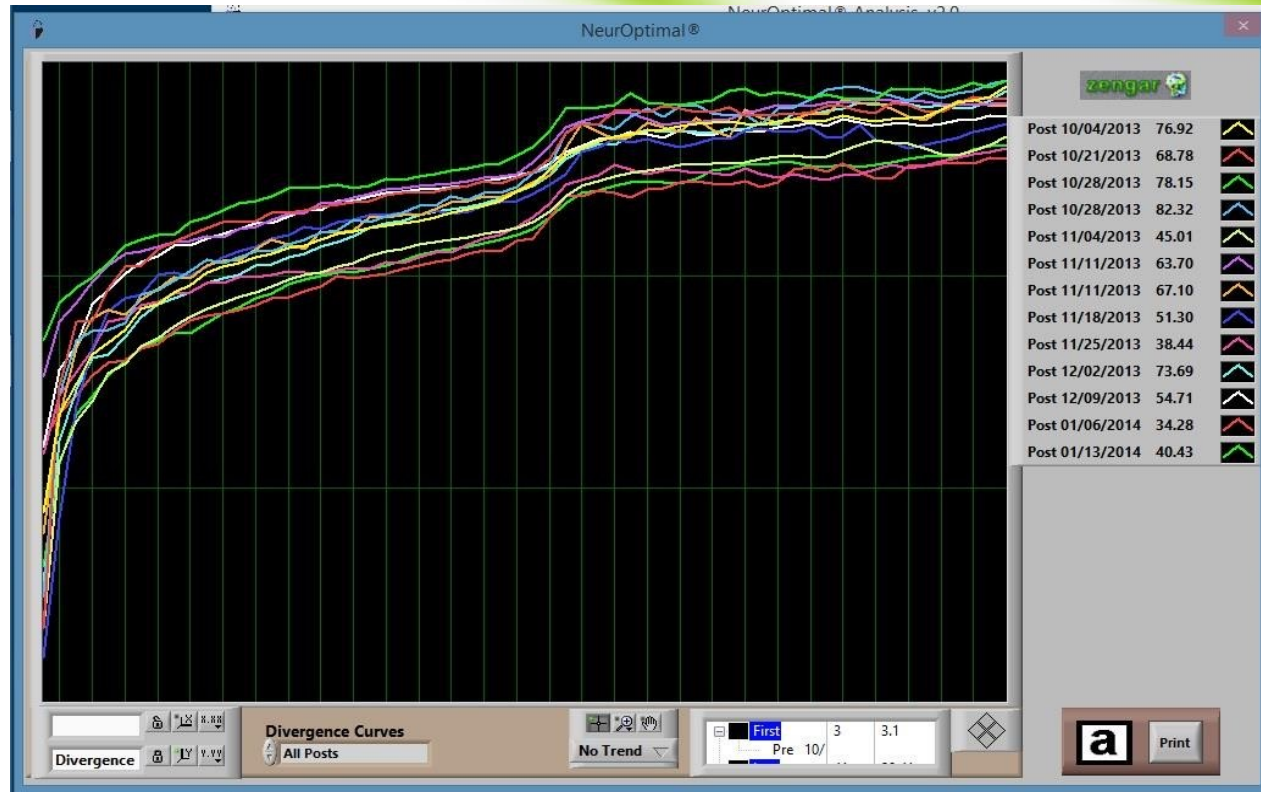


What do the Pre's show us?



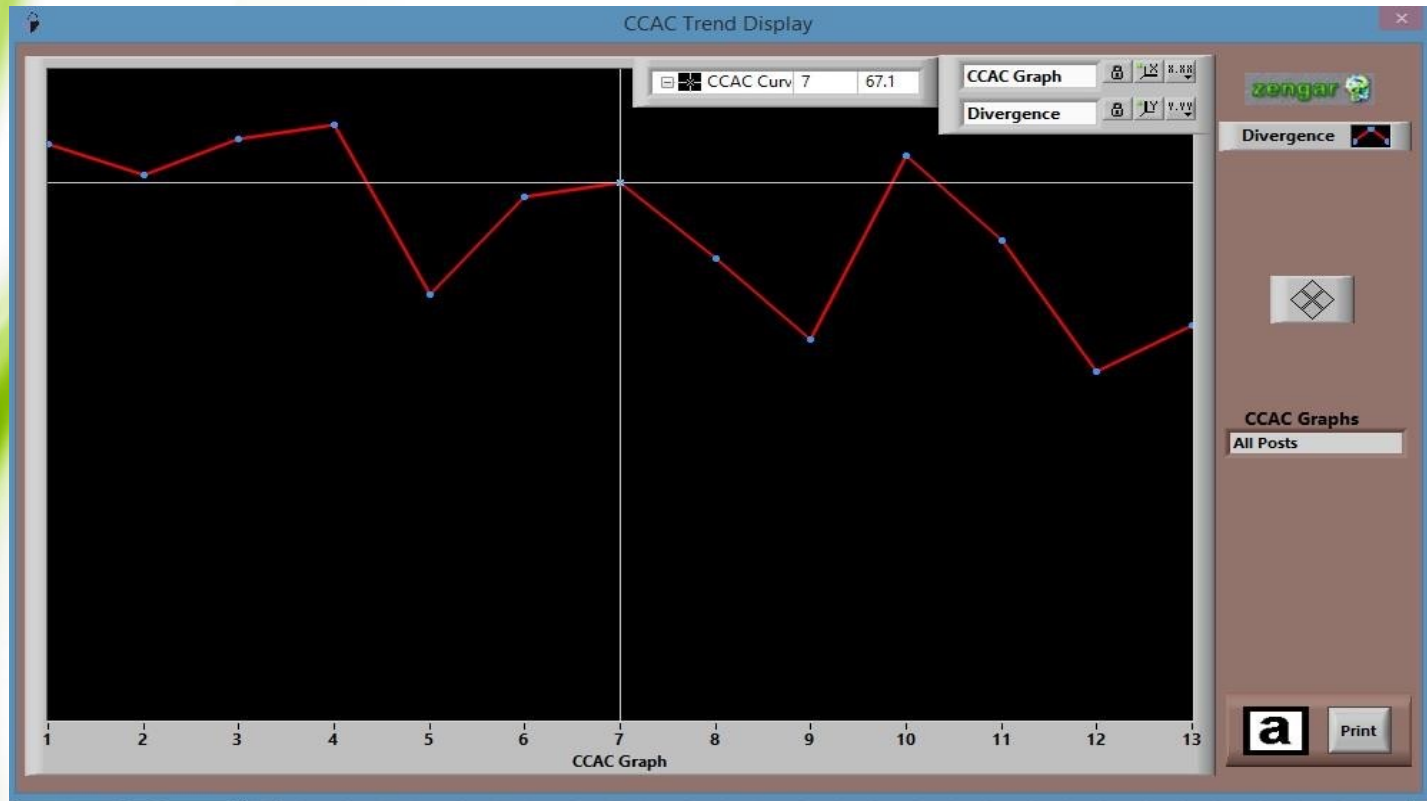
Div. Pre #1 = 148.18 Div. Pre # 12 = 46,49

What do the posts show us?



Post #1 = 76,92 Post #12 = 40,43

Trending the CCAC's to show divergence drops

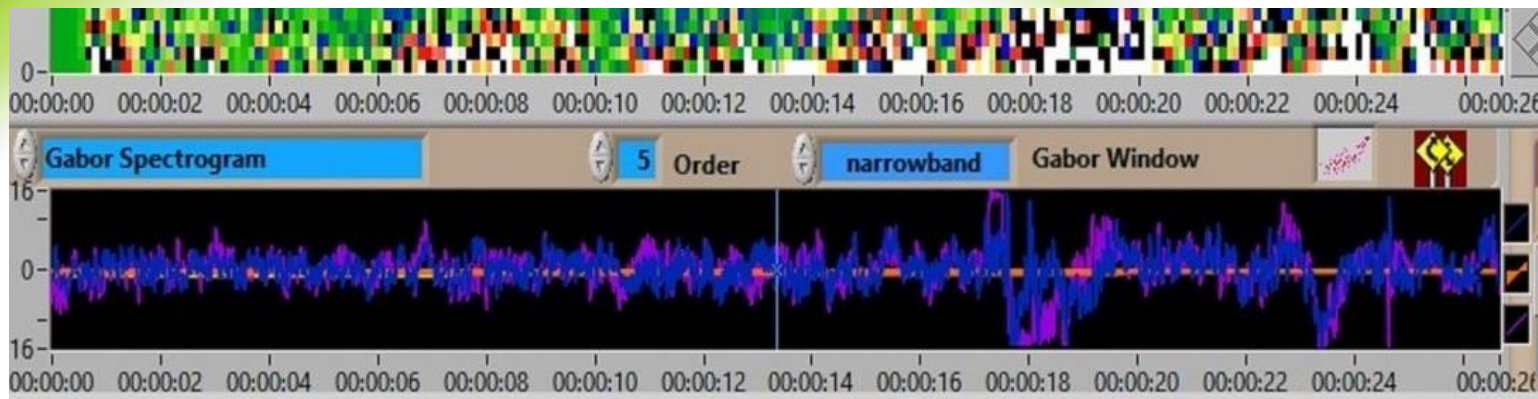


The background of the slide features a series of overlapping, wavy green bands that create a sense of motion and depth. The colors range from a vibrant lime green to a slightly darker, more muted green, with white highlights that give the bands a three-dimensional appearance.

And this is understood by these children

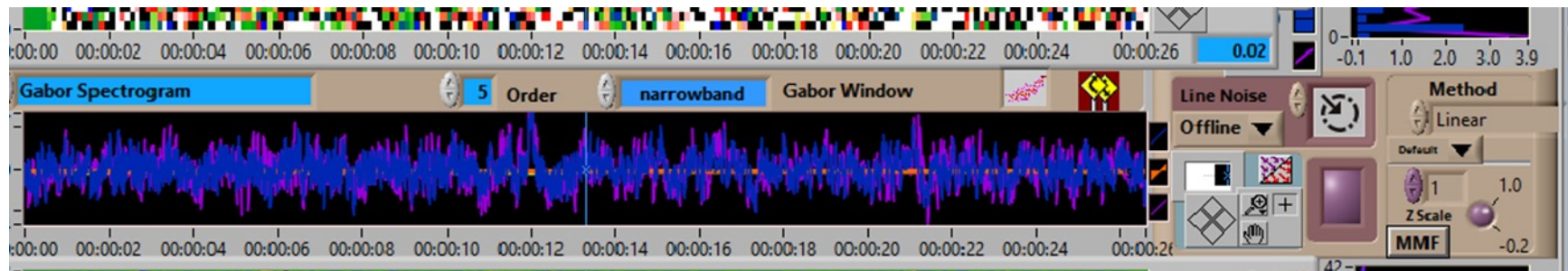
- Divergence difference in each single session
- Timeline of Baselines show nice and fluffy caterpillar, less gaps in the signal
- Indicating their CNS is doing its work more efficient

Pre #1



Div. =
148,18

Pre #10



Div. = 40,43

Most important

- This client could detect the difference in how this feels
- Difference in Div. 148,18 to Div. 40.43
- He called it
- COMPLETELY ZEN 😊
- Which is pretty amazing for a 12 year old boy who has been struggling for 8 years ...



Exponential improvement of

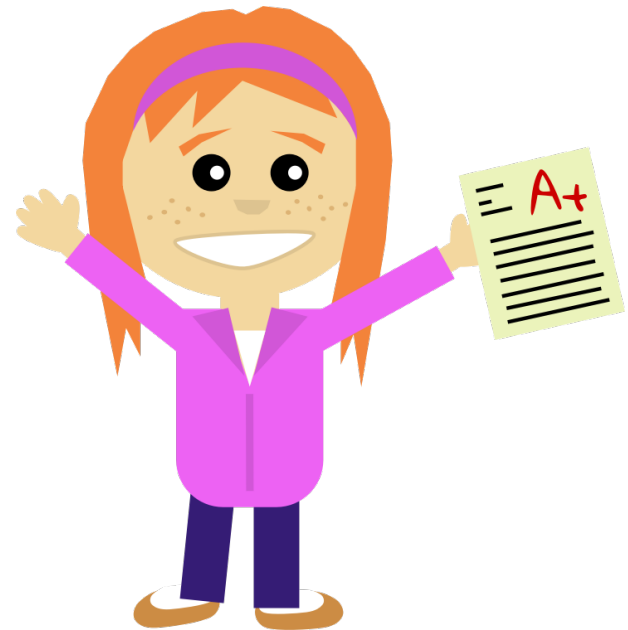
Social behavior

School results

Difference in medication/ a lot less....

Sleep

Overall feelings of wellbeing



NeurOptimal and a little more Conscious Awareness Coaching

WHAT:



WHY:



HOW







And this led to an invitation to this school

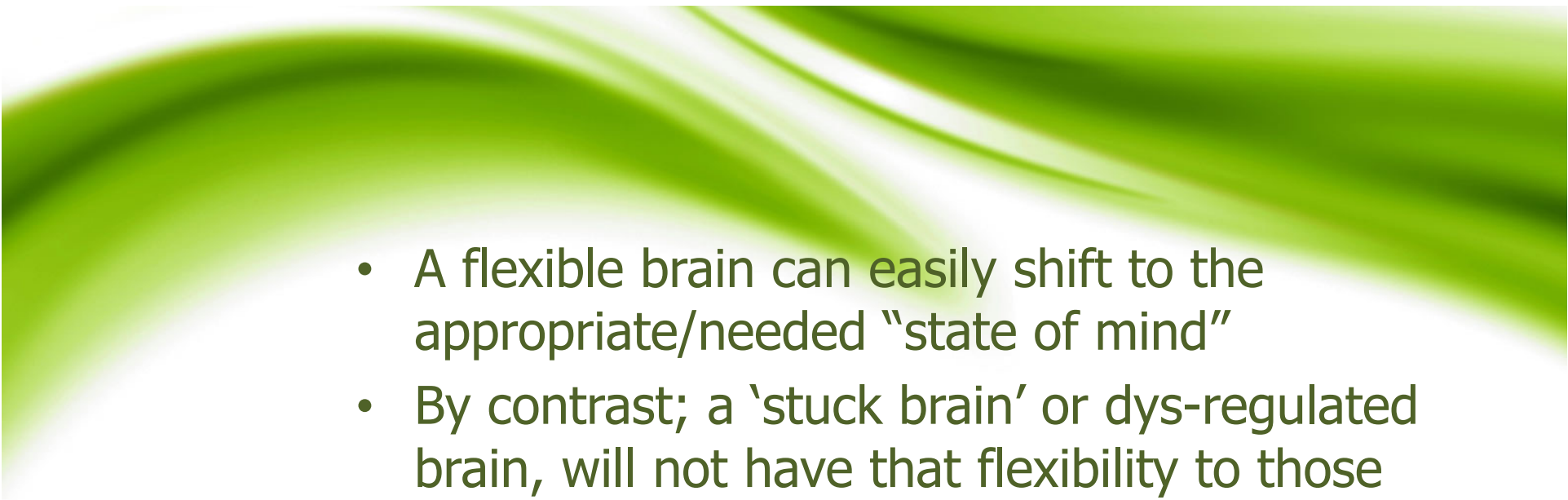
- Director
- Vice director
- Psychologist
- Speech therapist
- Ergotherapist
- Specialized teachers for kids with special needs



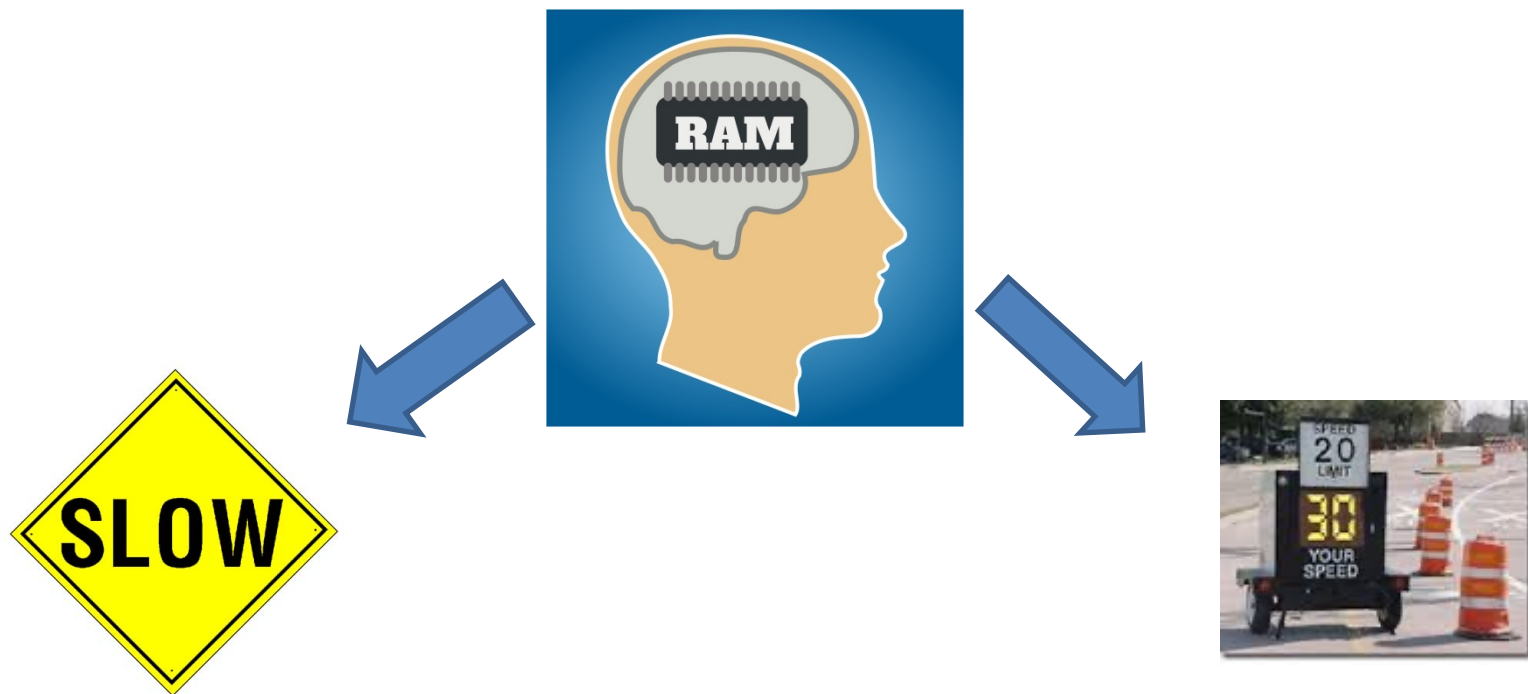


The conversation....and you can use this as well

- NeurOptimal is a biofeedback instrument
- That feeds back info to the brain about what it has JUST done...
- Just = 256 times per second (and that is pretty fast, right?!)
- This helps the brain to, unconsciously, re-regulate its own activity
- Specific situations demand specific balance in awareness, and therefor brainactivity

- 
- A flexible brain can easily shift to the appropriate/needed “state of mind”
 - By contrast; a ‘stuck brain’ or dys-regulated brain, will not have that flexibility to those specific demands
 - The immature, injured, dis-regulated brain, is not responding at the right speed;
 - It responds either too slow or too fast
 - SO.....

- There appears to be discontinuity in the brain/CNS, or call it breakdowns, in the way the CNS is communicating to itself



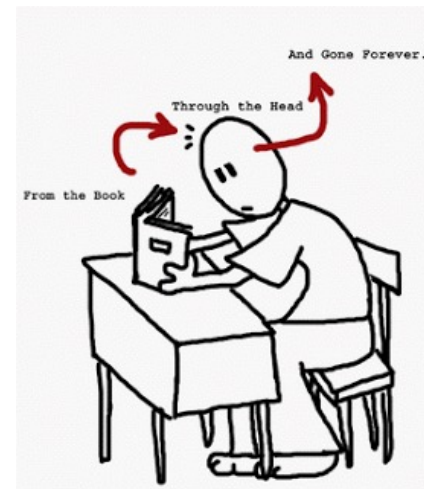
So, these kids brains are

- OUT OF SYNC WITH THEMSELVES
- What is being called by you and doctors
- A DIS-ORDERED BRAIN.....



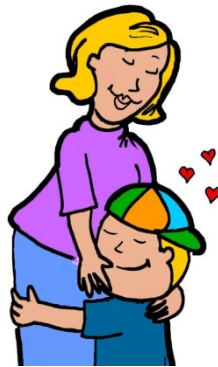
Example

- Most childhood dis-orders show daydreaming-type of activity instead of thinking/concentration-type activity during a task
- Remember: this is an explanation to schools and parents. Turbulence is not mentioned

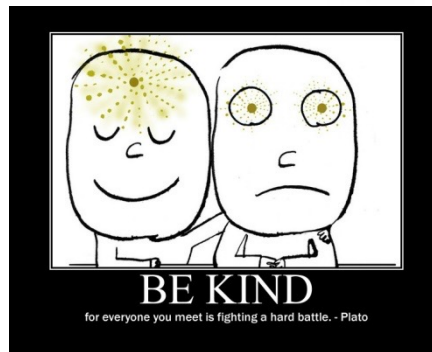


No matter how

loving



kind



caring



their parents are, there are some children who will not respond well to love; these children suffer from dys-regulated brain activity, and that is the main reason why they cannot respond well to their loving and caring parents and/or teachers

So



- The Latasteschool took NeurOptimal into their school curriculum
- Since 2014 the school received the honor of becoming an EXCELLENT school, 2 times in a row
- Due to their very special team of external care specialists and fantastic teachers
- I am honoured to be part of that team, providing NeurOptimal Neurofeedback




To capture it

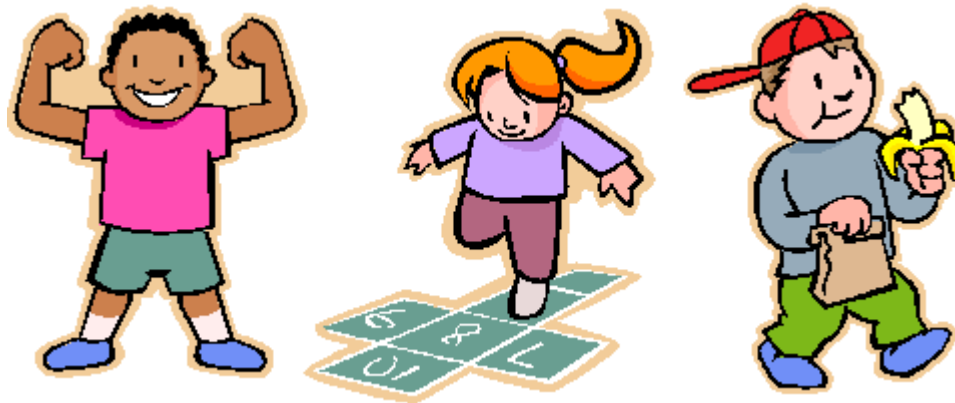
- No teaches kids to easily shift from task to task, because it is re-normalizing brain-activity
- It re-balances and seems to have a generalizing effect on the entire CNS
- I have seen, in my >13 years experience, that these implications are profound

- Training a dys-regulated brain has positive effects on
- Neurological functioning as well on
- Cardio-vascular
- Gastro-intestinal
- Immune- and
- Endocrine system



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- I am not interested in diagnose, I am interested in the individual person and his/her context
 - It is all about self-healing which is the key to the brains'ability to improve
 - cognitive/intellectual functioning BUT
 - It also aids the body in healing itself
 - The effects of NeurOptimal Neurofeedback

- Seem to have a global effect on functional systems of the body and its rhythmic activity seems central to all systems
- It appears that NeurOptimal has a systemic effect
- And.....



Self-healing is what NeurOptimal Neurofeedback is all about



A special thank you to Lynn Kreaden, because she was the one who encouraged me to simply go for it. Thank you Lynn!