

## **FAQ NeuroCoach® Training System**

### **What is the NeuroCoach Training System?**

NeuroCoach® is a tool that assists in targeting brain systems for brain repair/remediation based on the results of the NeuroEval® and NeuroCodex® analysis. From that analysis we know what areas of the brain are strong or may not be as strong or are compromised. We then come up with an action plan based not only on what needs to be remediated or repaired to achieve a goal, but also to make sure the brain will be reorganized appropriately in terms of its natural performance capabilities.

During each NeuroCoach® session, EEG measures the activity in the various brain regions during specific exercises or activities. Those measures look at the brain under stress, cognitive load, perceptual load, brain fatigue, brain engagement, whether the individual is focusing and attending to the task, and if the internal brain-based connections and interconnections are switching appropriately. The individual will know (in the moment) how their brain is functioning under cognitive load limits and fatigue through the on-screen monitoring and coaching.

### **Think of it like circuit training**

Those activities and tasks are set up like circuit training at the gym. We know if we have certain activities that work the attention system or memory system, we can use the same activities, but change the settings. These settings come from the NeuroCodex® report. The settings are established so that as the cognitive ability measurements of the individual's brain gets stronger and more resilient at one setting, the activity setting or level will automatically get more intense or go up a level. There is a "sweet spot" we are targeting (based on individual markers) to get the brain to regulate and optimize. So, we want to make sure we stay within that sweet spot...hard enough to keep the brain systems engaged to strengthen, but not to the point of over fatiguing the brain. It is truly a brain workout. Strength and conditioning for the brain. This encourages brain resiliency to stress. The more resilient the brain, the less prone to the effects of life daily stresses. We are creating optimized neuro-capacity, neuro-efficiency, neuro-resiliency.

### **What are the limitations of NeuroCoach® on brain-based issues?**

The limitations of the program are mostly the physical limitations of the brain. If the structures (parts of the brain are missing) are not available for us to work with in the brain or the connections are not available, we cannot create something that is not there. Those fall into categories such as Multiple Sclerosis (MS), Parkinson's, Downs Syndrome, Genetic disorders, Alzheimer's. The program also has limitations with pure pathological issues like schizophrenia.

### **Do you have to do NeuroCoach for life? How many sessions? How long?**

No. The intent is to have clients graduate out of NeuroCoach Training System. The time in the NeuroCoach program varies depending on the condition and dysfunction of the brain. It also depends on the neuro-health of the individual. Of equal importance, is the commitment level of the individual. We recommend 3 times per week for 1 hour each session (depending on brain dysfunction).

On average, it takes anywhere from 4 to 6 months for the most common cases (addiction, TBI, concussion, memory, PTSD). For more complex cases it can take up to a year (addictions that are more complex, eating disorders, child development)

### **How does the client know when they are done?**

The client will know it because they *feel* the difference. The family will *see* the changes in their family member. And NTL can *prove* it with objective measurements in brain function and brain performance.