

# The Neuroptimal<sup>®</sup> Session Experience

1

Before the first Neuroptimal<sup>®</sup> session, you will ask your client to fill out a brief questionnaire describing how they are feeling and what they wish to achieve in coming to your training sessions



The client will be seated in a comfortable reclining chair facing a computer monitor.

2

3

Two sensors are placed on the scalp and another three are placed on the ears.



Earbuds are then placed in their ears so that they can easily hear the music.

4

5

Once the training begins, they will hear the music with very brief, occasional interrupts and they will be able to watch a random visualization on a monitor if they desire.



Other than this there is nothing else to do.