

PIR HEG NEUROFEEDBACK CHEAT SHEET

The main thing is to facilitate the learning session so that the brain gets enough practice but not too much. Once a week sessions or less frequently is preferred for pIR.

PAUSE TIME

The single more predictive measure of training effectiveness is adequate Pause Time. For most people, after 10 minutes of pause time we stop the training session.

The ratio of Pause time to Elapsed time gives an indication of session challenge level. 1:2 ratio is okay but a bit challenging. 1:3 is a bit better. So, the goal is about 10 min pause time out of 25 or 30 min elapsed time.

THRESHOLD LEVEL

For most people, start at the default threshold which is +.02

- Change to -.01 or -.02 if two minutes in Pause without success

- Change to +.01 or -.01 if there is frequent stopping (one scene with several stops)

- Change to -.01 or -.02 if there is top heavy training (pause time: elapsed time ratio is lopsided due to challenging conditions early in session)

- Change to +.03 or +.04 if there is no stopping of movie (pause time: elapsed time ratio is off in the less challenging direction). BEFORE YOU DO THIS, ASK THE PERSON WHAT THEIR MIND IS FOCUSED ON. IF THEY ADMIT TO A LOT OF WANDERING MIND, ENCOURAGE THEM TO REFOCUS ON MOVIE. If that works, you may not have to increase the threshold.

BASELINE

In most sessions, baseline will be negative by the end of the session. If it gets to -1.5 or less, watch it closely. If this happens when overall pause time is low, they should rebound. Make it less challenging.

If it happens toward the end of the session, ask if they have a headache or dull/ fuzzy feeling in their head. If they do, stop the session. If not, you can proceed cautiously looking for signs of fatigue so that you know when to stop. Act cautiously, don't worry about not enough training.

Sometimes the Baseline is positive rather than negative due to a very activating baseline scene or busy mind at baseline. If that happens, ignore baseline and focus on pause time: elapsed time ratio.

COACHING

- “Remember to find one focus point and stick with it”

- “Remember to release tension in the body (take a deep breath and let it out, wiggle around and stretch your body), then refocus.”

- “Remember to breathe slowly and regularly, and release the breath all the way out.”