

## WHAT'S THE DIFFERENCE BETWEEN NEUROFEEDBACK & CLASSICAL NUEROFEEDBACK

In response to the question what is different between Neurocore and what you do?

The software I use is called NeurOptimal. It was designed and programmed by Dr. Valdeane Brown who prior to creating this new style of Neurofeedback through Neuroptimal, Dr. Brown also was one of the key developers of Neurocore's preferred system (Thought Technology's BioGraph Neurofeedback software). The BioGraph Neurofeedback system is termed "classical Neurofeedback" as it relies on "normative statistics" to base what the *clinician* determines a brain should work like. This was the common thought up until the early 1990's, which is now out of date... We advanced beyond this development stage. Dr Daniel Amen ([www.brainplace.com](http://www.brainplace.com)) even proved through his published work years ago that there is no such thing as EEG measurements to deduce what is a normal brain. Each brain is as unique as one's fingerprints. Can you imagine where we'd be if Steve Jobs was trained down into a "normal range"?

Yes there are some common areas where function can originate from, yet the brain is now understood to be non-linear; the values of theta/alpha being down-trained or beta being up-trained do not tell you the whole story, nor do they produce efficient results. One person's theta values are typically very differently needed by another person. It is more about the proportion of the brain's activity across all frequencies that is critical... just like muscular strength and resilience depends on the muscular system to be utilizing muscles in balanced proportion so that the pectoralis muscle for example is not doing double duty to the point that the thoracic or lumbar muscles slack off and a weak spot develops into a pain condition, etc. Understanding how the body coordinates as a whole was a wonderful background I gained through my early days providing the biofeedback at Mary Free Bed's rehabilitation clinics, as the muscular system to some degree mirrors in behavior much of how the brain also balances in function.

The NeurOptimal software I use tracks all the frequencies throughout every session, comparing all of them with each other all the time, finding the right themes for the emerging orchestra of your brain as it is training. To try to weed out alpha or any other narrow range of frequencies is like only listening to the cellos in an orchestra without regard to the rest of the orchestra, tuning the cellos to "perfection" which would almost undoubtedly imbalance their relation to the rest of the instruments playing at that moment. Because of the filtering and processing issues with protocol driven approaches, they can only look at portions of the signal. Trying to "maximize" one frequency band will almost certainly make your brain "discordant" with the rest of its activity in some way, even if you feel "tweaked up" over-aroused in rewarding beta, or under-aroused, rewarding SMR, etc. In NeurOptimal your entire nervous system gets to explore its entire range of possibilities as they are emerging, and gives very subtle information about the orchestra so the "music of the hemispheres" optimizes itself as it emerges with corrections happening when the tiny interrupts occur. So, no real need to try to push any frequency, more simply it is to allow your emerging symphony a stage for it to hear itself and regulate to be in true harmony.