

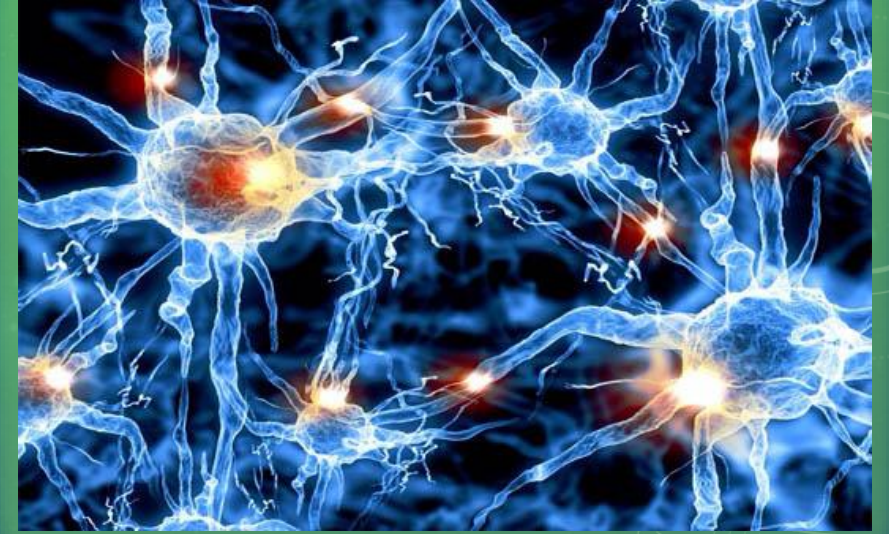
NEURO LIGHT: SESSION DESIGN CONCEPTS



THE NEURO LIGHT
- TOTAL BRAIN WELLNESS -

NEURO LIGHT

SESSION DESIGN CONCEPTS



- The **Neuro Light** has **three basic components**:
 - 1) **Brain Gym**
 - 2) **Brain Food**
 - 3) **Brain Skills**

THE NEURO LIGHT

Brain Gym

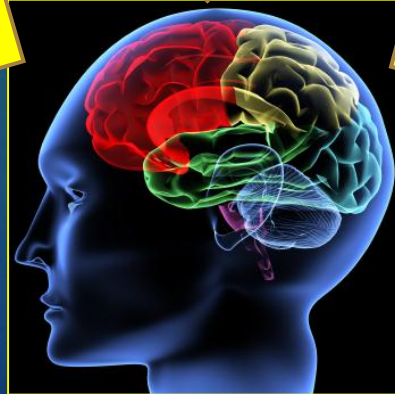
Neuroplasticity
Training

Brain Food

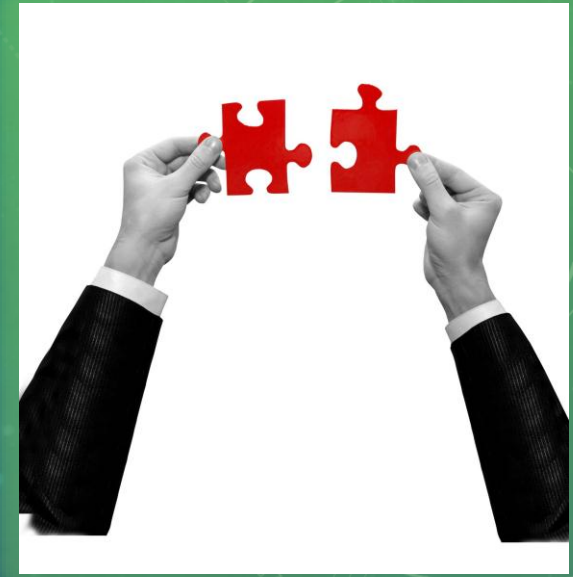
Transcranial
Light Stimulation

Brain Skills

Function Specific
Brain Training



NEURO LIGHT SESSION DESIGN CONCEPTS



- There are **many possible designs** for a **Neuro Light session**.
- You can use **any one** of the three components **or**, of course, use them **in combination**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- Whether you are **designing** a session **for yourself** or for **someone else** will give you a **different perspective**.
- **However** even with a different perspective, the **principles will remain the same**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- **First** and **foremost** is the **importance** of answering (as best you can) the **question “WHY”**.
- What is the **motivation** for having this **Neuro Light session**?
- The **“WHY”** creates a **vector** towards an end point **“goal”**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- If it is a simple “**one time**” shot for **curiosity** then get a feeling for what will “**scratch their itch**”.
- Is it a dip into **deep Peace or exciting displays** of **Exploration**?
- Do your best to **assess** their **Neuroplastic Capacity** from your **Subjective impressions** (see Neuro Light: About Neuroplasticity) and **match** the session choice with a level of **Neuroplastic Capacity**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- Example:
 - They have an **interest in meditation** and appear **young, vital** and more **outward/extroverted**.
 - They want to see if the **Neuro Light** could **help** them get a **taste** of some type of **meditation**.
 - You choose – **Peace (Advanced) Mind Bright** for **22 minutes**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- So, If you encounter someone wanting “**just one**” session out of **curiosity** – get a feeling for what “**itch needs to be scratched**” and make a **quick Subjective Assessment** of their **Neuroplastic Capacity**.
- **Match up the two** and depending on their (and your) time, choose either an **11 or 22 minute session**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- What is far more **interesting** and perhaps **challenging** is **designing** a **series of sessions**.
- Witnessing the **evolution** of “**exercise**”, “**nutrition**” and “**learning**” **via** the **Neuro Light** is a **fascinating and rewarding experience**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- **Remember** that with the **Neuro Light** you have **3 interactive components** to work with:
 - 1) **Brain Gym** – Neuroplastic Capacity Assessment & Training plus the Network Reinforcements
 - 2) **Brain Food** – Transcranial Light Stimulation
 - 3) **Brain Skills** – Function Specific Brain Training

NEURO LIGHT

SESSION DESIGN CONCEPTS



- Let's assume you want to **design a series of sessions** using **ALL 3 components** of the **Neuro Light**.
- It **starts off** at the **same place** as “scratch the itch” – **WHY?**

NEURO LIGHT SESSION DESIGN CONCEPTS



- You need to have **some sense** of the “**WHY**” so you can **begin structuring** the process towards a “**goal**”.
- The “**WHY**” is likely to **shift and/or clarify** as you move from session to session – **but** you have to **start somewhere**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- To make this a little less theoretical, **let's make up a scenario.**
- This person is obviously more **introverted** and **wants to develop** some **skills** to **fit better** into their **workplace.**
- They are in their **early 50's**, **not very fit** and have had **bouts of depression.**

NEURO LIGHT

SESSION DESIGN CONCEPTS



- **Step 1**: Setting a Goal & Expectations
 - Setting a **Goal combined with Reasonable Expectations** is already a step in the **right direction**.
 - **Explain** that the **Neuro Light** acts to **improve Total Brain Wellness**.
 - In a **unique** way, it involves **Brain “exercise”, “nutrition” and “learning”**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- **“Exercise” > BRAIN GYM:** Neuroplastic Capacity Assessment & Training and Network Reinforcements
- **“Nutrition” > BRAIN FOOD:** Transcranial Light Stimulation
- **“Learning” > BRAIN SKILLS:** Function Specific Brain Training

NEURO LIGHT SESSION DESIGN CONCEPTS



- **Step 2**: Neuroplastic Capacity Assessment
 - You have **3 ways** to make a **Neuroplastic Assessment** and, of course, **you can use more than one**:
 - 1) **Subjective Assessment**
 - 2) **Q & A Interview Assessment**
 - 3) **Neuro Light Experience Assessment**

(Please see Neuro Light: About Neuroplasticity for details).

NEURO LIGHT

SESSION DESIGN CONCEPTS



- The **Neuroplastic Assessment** is **very important** as it sets some **parameters** for the **selection** of **all the other experiences** to follow.
- **Imagine** being an **Exercise Trainer or Yoga Instructor** and starting to coach a **new person** – you need to **assess** their **current state** in order to **design** their program **safely and effectively**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- So, following our **imaginary example**, let's say the following is the **result** of our **Neuroplastic Capacity Assessment**: *(Remember these are Brain states)*
 - **Coordination** – Intermediate level
 - **Flexibility** – Foundation level
 - **Endurance** – Foundation level
 - **Strength** – Foundation level

NEURO LIGHT SESSION DESIGN CONCEPTS



- This person has been **sliding downwards** for **a few years** and his brain does **not show** a good level of **Neuroplastic Capacity**.
- This is **NOT a medical diagnosis** but rather an **evaluation** of how **well** he is able to **adapt to the challenges of change**.
- **Fortunately**, we now know that the **human brain is capable of improved Wellness**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- **Step 3**: Structuring the “First Session”
 - Our example showed **Foundation** level **Neuroplastic Capacity** in 3 areas: **Flexibility, Endurance & Strength**.
 - In this **first session** (which included the Neuroplastic Assessment), let’s do **11 minutes of Flexibility Training** and **11 minutes of Default Mode Network**.
 - Considering the **time** taken for **Assessment** and an **End Session chat**, this works out to be **about a 60 minute “first” session**.

NEURO LIGHT

SESSION DESIGN CONCEPTS



- **Step 4**: Structuring the “Second Session”
 - After a short “beginning session chat” about his experiences in the First Session, let’s do another **11 minutes of Flexibility Training** and **11 minutes of Default Mode Network** with the **Transcranial Light Stimulation** head harness in place (it will run for 20 minutes and stop automatically).
 - Now considering his “**goals**”, let’s choose one **Function Specific Brain Training 11 minute session** – how about **Cognition (Foundation)** **Whole Brain Synchronization** (see *Neuro Light: All Brain Trainings Descriptions*)

NEURO LIGHT SESSION DESIGN CONCEPTS



- **Remember to end** every ongoing **Neuro Light session** with an **Action Strategy** which will help to **integrate** the effects from the **Neuro Light session** into their **daily life**.
- The **Neuro Light** does not “**fix**” a person’s brain – it provides “**exercise**”, “**nutrition**” and “**learning**”.
- *(See Neuro Light: About Brain Training for details on End Session Action Strategy)*

NEURO LIGHT

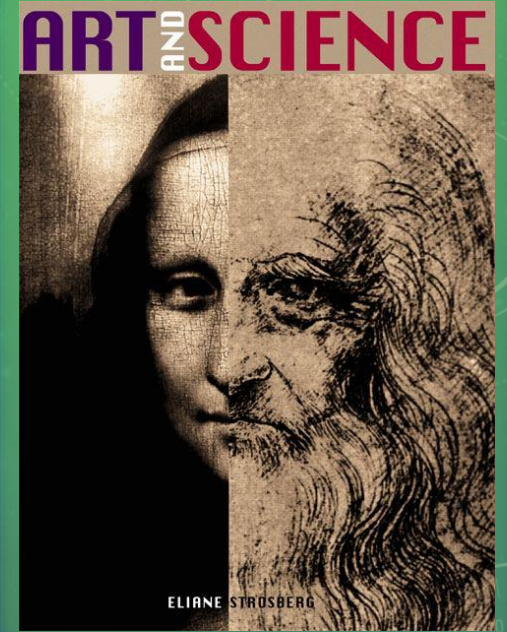
SESSION DESIGN CONCEPTS



- **Step 5**: Structuring “Ongoing Sessions”
 - In our example, because of **low levels of Neuroplastic Capacity and general physical fitness** combined with a history of **depression**, regular **BRAIN FOOD (TLS)** will be of significant benefit.
 - **Booster Neuroplastic Capacity Trainings** (maybe one per session) would be reasonable.
 - **Gradually** choose various **Function Specific Brain Trainings** that **align** with his “**goals**”.

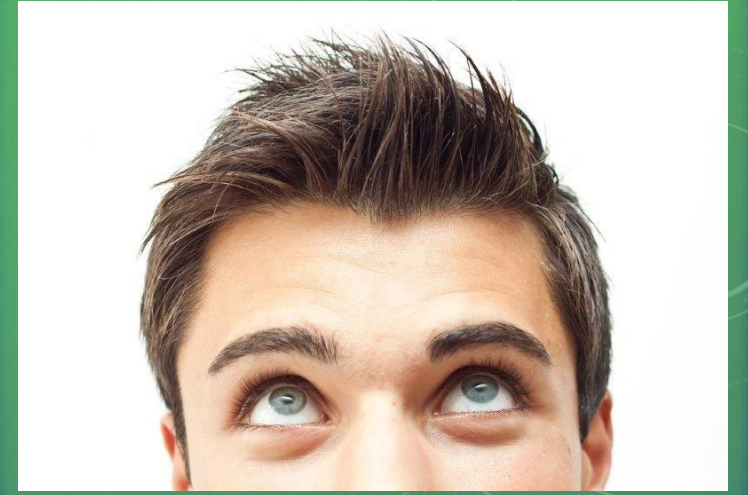
NEURO LIGHT

SESSION DESIGN CONCEPTS



- Working with the **Neuro Light** is both **Art & Science**.
- Be **methodical** and **don't jump around** too much.
- Consider the contribution **potential** of the **combination** of **BRAIN GYM, BRAIN FOOD and BRAIN SKILLS**.

NEURO LIGHT SESSION DESIGN CONCEPTS



- The **evolving Mind/Body states** are **more important** than any “**picture show in the head**”.
- The idea is to **support a person** as they **build their levels of Brain Wellness** with the integration of **new skills and possibilities**.

THE NEURO LIGHT – FULL INTEGRATION – TOTAL BRAIN WELLNESS

