



The Benefits of Brain Training with NeurOptimal® Dynamical Neurofeedback®

Zoom workshop by Embodied Wholeness, LLC

*“The Benefits of Brain Training with NeurOptimal® Dynamical Neurofeedback® has been approved by NBCC for NBCC credit. Embodied Wholeness, LLC is solely responsible for all aspects of the program.
NBCC Approval No. SP-3736.*

**SAVE THE
DATE!**

October 21, 2021
9:00am-11:00am or 5:30pm-7:30pm
(Offered twice. Choose one time block.)

**ALL ARE
WELCOME.**

2 NBCC HOURS

Learn how NeurOptimal® Dynamical Neurofeedback® communicates mathematically in the same way that the Central Nervous System (CNS) intrinsically communicates with the body – by reporting back to itself the changes in duration, intensity, frequency and electrical shifts occurring in the brain. This process reestablishes the brain's ability to recognize and break up consistent, persistent patterns and to reorganize itself, thus restoring flexibility and resilience to the CNS. Nothing is put into the brain (no electricity, no strong frequency or vibration, light or sound). Instead NeurOptimal® works with the wisdom of the brain and body to make its own shifts. As a result of attending this program, participants will be able to:

- **Communicate the principles behind NeurOptimal® Dynamical Neurofeedback® and how it differs from linear neurofeedback.**
- **Explain how NeurOptimal® helps train the brain self-regulate and readjust to external environmental turbulence in order to restore flexibility and resilience to the CNS.**
- **Articulate examples of subtle shifts and change that result from the use of NeurOptimal®.**
- **Identify how to utilize NeurOptimal® as a complimentary tool in therapeutic practice.**

About the Trainers:

Laura Gentry, MSW, LCAS and Kendal McDevitt, MA are certified NeurOptimal® basic trainers who have personally experienced the transformational benefits of Dynamical Neurofeedback®.

To register, email us or visit our website:

goembodiedwholeness.com or www.goembodiedwholeness.com