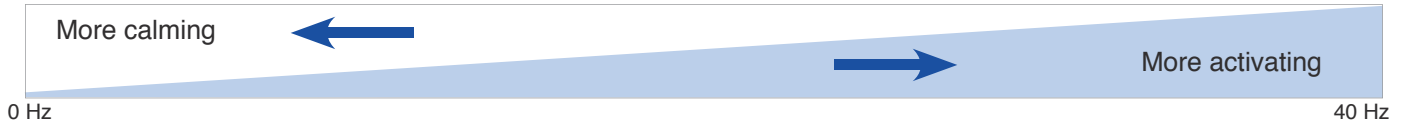


Name \_\_\_\_\_

Date \_\_\_\_\_

# Individual Neurofeedback Program

## 1. Training Frequency: Shifting arousal level



Too low: \_\_\_\_\_

Too high: \_\_\_\_\_

## 2. Electrode Placements: Exercising different brain areas to improve specific brain functions

### Left Hemisphere

**Prefrontal**  
Mental calming and impulse control  
\_\_\_\_\_

**Frontal**  
Speech and sequential movement  
\_\_\_\_\_

**Central**  
Control of right-side body movement  
\_\_\_\_\_

**Occipital**  
Visual detail  
\_\_\_\_\_

**Temporal**  
Object recognition  
\_\_\_\_\_

**Parietal**  
Dominant hand awareness, arithmetic  
\_\_\_\_\_

### Right Hemisphere

**Prefrontal**  
Calms emotional reactivity  
\_\_\_\_\_

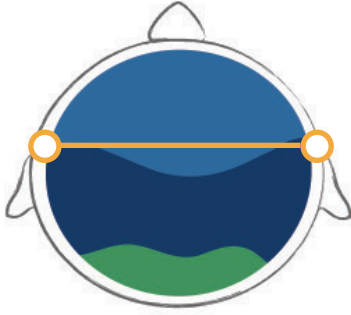
**Frontal**  
Emotional expression  
\_\_\_\_\_

**Central**  
Control of left-side body movement  
\_\_\_\_\_

**Occipital**  
Visual context  
\_\_\_\_\_

**Temporal**  
Pattern recognition  
\_\_\_\_\_

**Parietal**  
Physical calming, body and spatial awareness  
\_\_\_\_\_



**Left-Right Temporal**  
Stabilization

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**3. Infra-low, Alpha or Gamma synchrony for calm focus**

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**4. Alpha-Theta: Deep-state training for resolution of fears and habits**

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**Additional Notes**

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