



**NEUROOPTIMAL®**  
POWERED BY ZENGAR®

## CONSENT FOR TRAINING WITH NEUROOPTIMAL®

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**NeuroOptimal® is a training technology for the brain.** Based upon unique Dynamical Neurofeedback™ principles, it “simply” provides information to your brain micro-second by micro-second which the brain can use to release its points of stuckness and organize itself. When your brain does this, clients usually feel better in their lives with easier access to more optimal functioning. NeuroOptimal® does not use feedback to tell your brain what to do. It does not push the brain into specific states of consciousness. Instead, it offers information to the brain about its own activity, which your brain will use—or not—to adjust itself. Because of this NeuroOptimal® is very safe and remarkably free of side-effects. However, the process of change can be a powerful one, and some clients will experience effects that are part of this process. We will discuss these shortly.

**NeuroOptimal® is not a medical treatment, device or methodology.** It is not used to diagnose medical disorders, nor is it used as a medical treatment for disorders. It has not been approved for any medical purpose whatsoever by the FDA, Health Canada or any other governing agency. While your trainer may or may not be a licensed health care practitioner, their use of NeuroOptimal® is always as a tool for training, never as a means of diagnosis or medical intervention.

Most people find the sessions enjoyable—you can just relax and enjoy them. There is nothing you have to do. Some may feel sensations in their body or head, like tingling or warmth, or they may feel nothing. It’s not important whether you are aware of sensations or not. It’s not related to its efficacy.

You will know within six sessions if NeuroOptimal® can help you. If you see any changes at all, even if it is not yet what you are looking for, it tells us your brain is responding to the information NeuroOptimal® is providing. **We cannot predict your personal response to NeuroOptimal® training, nor its outcome.** Each person’s journey and their results will vary. Some people experience dramatic shift and growth while others are slower in how they change. It’s possible you will perceive little or no effect.

**Progress can vary across time**— it often doesn’t follow a straight path forward. This is normal. It can go up and down, but we do want to see a general trend in the right direction. Your trainer may show you some analyses that can contribute to your understanding of your progress, but in the end it is always how you are doing in your life that is the most important information. Once your central nervous system (cns) starts to shift in response to training you may feel the effects of this physically, emotionally or in your daily life. While these effects are often what we want, there can sometimes be some unwanted effects also. These can fall into one or more of several groups depending on when they are experienced: during a session, after a session, effects before the changes have “settled in” (between sessions), and the more ongoing effects of change.

**Effects felt during a session or soon after** are a response by your cns to the challenge of training. Although the sessions may feel relaxing, your brain is actually working very hard. NeuroOptimal® is like going to a gym for the brain. Once you start training the instabilities that you have (which we all have to a greater or lesser degree) might show themselves. What can manifest could be anything you have ever tended to experience, so it is difficult to make a full list, but might be one or more of sensations in or on the head, irritability, difficulty sleeping that night, feeling anxious, headache, discomfort in the body often associated with old injuries, sleepiness during the session, children more cantankerous afterwards, feeling spacy or dizzy, ear noises changing and so on. These effects, if they occur, are transitory and usually disappear in the hours after the session and stop appearing after a few sessions when the cns becomes more flexible and resilient. If you have severe symptoms of some kind like seizures, please be aware that it is possible (although not necessarily so) that you may see a temporary increase as the cns “goes into the gym” and plan accordingly. Your trainer can work with you to titrate the sessions to keep you as comfortable as possible meanwhile.

**Effects felt between sessions** and before the change has fully “settled in”. This is related to how you and your body changes. Very often the change people experience with NeuroOptimal® is remarkably effortless and seamless. The challenge with this is



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to spot the changes that are happening, and is why it is important to decide ahead of time how you will know if you are getting the results you want. Other people however may feel more uncomfortable during the change process, such as feeling more open, vulnerable, raw, or tearful. Sometimes this is not that they feel more of these emotions, but are actually becoming more aware of the emotions they do have. Some of the people in your environment can be challenged by you growing and changing. This is all similar to how people can feel in response to good psychotherapy or other healing modality. There can be bodily shifts too. As your brain becomes more finely tuned it is harder to abuse it and get away with it. Your tolerance for alcohol will reduce, so the same amount of alcohol will feel like more, so please adjust accordingly. If you are on medication for a disorder, there may come a time when you need less medication. Of course, all medication decisions will be handled by your physician, so please let him or her know about your NeuroOptimal® training.

**On-going change.** Your tastes can change- things that have been appealing to you in the past may not seem as much fun any more. While this is usually seen as positive, if you earn your living by one of these senses, please be aware these senses may change. So wine may not taste the same, for example. If you are an energy reader or healer, as you shift you may feel a bit “out of water” as you reach for the familiar and find it is not there in the same way as it was before. You will settle into your new structure, but its unfamiliarity can be a bit unsettling at first. However, if you have had a particular talent that has been based on “being parked” (or stuck) in a particular state, such as seeing auras all the time whether you want to or not, you may find this “talent” dropping away as the CNS drops its points of stuckness. You will have access to these states, but you will need to develop the skill to “go there” and “come back”. As your changes (whatever they are) become more stable, they will become your new norm, which will remain with you through your lifetime. It’s like learning how to read or swim. Once you know, you cannot not, know, although you may get rusty. Your brain is living tissue and can get thrown off by stress, chemicals, hormonal changes, a general anesthetic or other challenge. If this happens to you, a few booster sessions will help your brain return to its good place.

Although the neurofeedback field as a whole has decades of history behind it and much research now, it is still considered by many to be experimental and NeuroOptimal®’s dynamical technology is the newest and most innovative of those. So while there are some studies supporting NeuroOptimal®’s use, the practical training experience exceeds the research by far. Zengar’s ten-year survey reports on the experience of over a million hours of collective experience of its trainers worldwide, and is available for perusal by request. You are invited to explore the potential benefits to you of undertaking this training, but if you feel it is not being helpful for you or that the downsides outweigh the upsides, it is incumbent upon you to raise your concerns with your trainer and to cease training. At no time will Zengar Institute Inc or its trainers be held responsible for a less than desired outcome or any outcome that could be considered negative.

Please be aware training can be very relaxing. If you are driving, please make sure you are alert enough to do so.

Please do not hesitate to raise with us any concerns you may have, at any time. Our commitment to you is to provide the best training possible, and to address your questions and concerns openly and with integrity. Beyond that, your training is a unique exploratory journey that we embark upon together.

**If you wish to commence training, please sign below indicating that you have read, understood and accept the above information and terms. Thank you!**

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Your Signature

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Today’s Date

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Your Printed Name

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**[www.neurooptimal.com](http://www.neurooptimal.com)**