



NEUROPTIMAL®
POWERED BY ZENGAR®

TRAINING AND FEE GUIDELINES AND DISCLOSURE

Please read the following carefully. If you decide to receive NeurOptimal® training with us, these policies will guide our work together.

1. Fees are due at time of service. Fees are paid at each session or in advance. We do not work with insurance or submit to third parties. We will give you a receipt and you can seek reimbursement as you see fit. There may be special discounts available for pre-payment of blocks of sessions. These pre-payments are not refundable, but may be transferred by mutual agreement. Please note however, it is always our decision whether to accept a particular individual for training or not.

2. Session length is about 50 minutes, so you will typically be in and out within the hour. It is not a problem if you arrive late, but the session will need to finish at its appointed time. We will work with you to provide the maximum training time we can in the time we have.

3. We have a 24-hour cancellation policy. If you cancel less than 24 hours before the start of your session, we ask you to be financially responsible for the session. This means you need to call before 24 hours before the start of the session (not the “night before”) to not incur charges, and it means the reason for your cancellation is not a consideration. While we can—and do—feel personally sympathetic to issues that can arise, please consider your booking like a concert ticket. Feel free to use it or not, as supports your best interests at the time.

4. We do not provide emergency coverage and may not be available for blocks of time, such as weekends or holidays. You are welcome to call us between 9 am and 10 pm any day of the week or email at any time, and we will get back to you as soon as we are able.

5. Fees for sessions are \$_____. Forms of payment we accept are: _____

Please sign below that you have read, understood and are able and willing to work within these guidelines.

Your Signature

Today's Date

Your Printed Name



CONSENT FOR TRAINING WITH NEUROOPTIMAL®

NeuroOptimal® is a training technology for the brain. Based upon unique Dynamical Neurofeedback™ principles, it “simply” provides information to your brain which it can use to release its points of stuckness and organize itself. When one's brain does this, one usually feels better in their lives with easier access to more optimal functioning physically and emotionally. NeuroOptimal® does not 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 integrating the information and growing and changing can be a powerful one, one that many of us are not familiar with and which can feel disorienting for some. We have prepared this document to explain this process as fully as we can, so that when you sign consent for training you are doing so knowledgeably. Please ask for clarification on any issue that is not clear.

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 Zengar trainers may or may not be licensed health care practitioners, their use of NeuroOptimal® is as a tool for brain training and optimization, not as a means of diagnosis or as a medical intervention.

Sessions. Most people find the sessions enjoyable—you can just relax and enjoy them. There is absolutely nothing you have to do. You can lie back or not, and have your eyes open or closed. 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 or even if it is something you don't especially want, it is always helpful because it tells us that 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 be variable— it often doesn't follow a straight path forward. This is normal. It can go up and down, but we do like to see a general trend in the desired direction. NeuroOptimal® Professional can 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 most important.

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) can put in an appearance, sometimes more strongly than usual. This can be anything you have ever tended to experience, or a symptom that belongs to the symptom cluster that is a problem for you, even if you haven't experienced that one symptom before. As these symptoms can be anything that any one of us can complain about, it is difficult to make a full list, but the more common are 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, heart palpitations, children more cantankerous afterwards, feeling spacey or dizzy, ear noises changing and so on. These effects, if they occur, are temporary and usually disappear in the hours following the session and generally stop appearing after a few sessions when the cns becomes stronger, more flexible and more resilient. If undertaking



additional efforts or experiencing new types of stress sometimes trigger physical or psychological reactions in you, the initial stages of the training might provoke these reactions. This is more important if you experience severely incapacitating symptoms of some kind, so please be aware that it is possible (although not necessarily so) that you may see a temporary increase in your symptoms as the CNS “goes into the gym” and plan accordingly (e.g. you may temporarily want to have someone drive you). If you are working with a trainer, they can work with you to adjust the length, frequency and intensity of the sessions to keep you as comfortable as possible until you reach a new level of stability. If you are running your own sessions, work with the Initial Session until you are comfortable with that, then Session Two and so on until you are comfortable running Regular Sessions. It is important to remember however, NeuroOptimal® is merely providing information that your brain uses to do its own organizing, so even if you jump in and do the most difficult sessions from the start (Regular and Extended sessions), which many do, it is a question of comfort, not safety.

Effects felt between sessions and before the full change has “settled in”. Very often the change people experience with NeuroOptimal® is remarkably effortless and seamless. You are in “this universe” now, and “this new universe” in the next moment. The challenge with this is to notice the changes that are happening— when you are in your “new universe” you don’t remember accurately what it was like in the old one. This process of seamless change is why it is important to decide ahead of time how you will know if you are getting the results you want. But not all change is seamless, and some people may have feelings that are less comfortable, such as feeling more open, vulnerable, raw, reactive or tearful. Sometimes it is not that they feel more of these emotions, but instead are becoming more aware of their feelings. Another effect is that some of the people in your environment can be challenged by the changes in you, as you become clearer around your needs. These challenges are 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 the negative effects of some of our bad habits become harder to ignore, like drinking too much or not getting enough sleep. 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. This can show by seeing side effects from that medication, or more surprisingly, by a sudden reappearance of the symptoms for which you are taking the medication. Of course, all medication decisions will be handled by your physician, so please let him or her know about your NeuroOptimal® training and any medication effects you are having. Please make sure you follow your physician’s advice and treatment on-going for your medical issues. NeuroOptimal® in no way replaces medical care, and indeed, NeuroOptimal® trainers will often require that you are under such care before they work with you.

On-going change. Your tastes can change— things that have been appealing to you in the past may not seem so any more. While this is usually in line with your well-being, if you earn your living by one of your senses, please be aware these senses may change and it may take you time to adapt to the new sensations. So wine may not taste the same, for example. If you are an energy healer, as you shift you may feel a bit “out of water” for a while as you reach for the familiar and find it is not there in the same way as it was before. It could also be that if you had a particular talent that was based on “being parked” (or stuck) in a particular state. You may find this “talent” dropping away initially as the CNS releases 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”.

How long do the effects last? As your changes become more stable, they will become your new norm and will remain with you through your lifetime. It’s like learning how to read or swim. Once you know, you can’t not know, although you may get rusty. Your brain is living tissue and can get thrown off by stress, chemicals, hormonal changes, an anesthetic, head injury or other challenge. If this happens to you, a few booster sessions will help your brain return to its good place.

Research. 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 (dynamical is a technical term used in the field it comes from) is the newest and most innovative of all the approaches. So while there are some studies supporting NeuroOptimal®’s use, the practical training experience exceeds the research by far. However, Zengar conducted an extensive

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survey conducted of its users after 10 years of use of NeuroOptimal®. It reports on the experience of over a million hours use by 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, please let us know of your concerns. If you still feel it is not helpful or too uncomfortable, please cease training. Because NeuroOptimal® is purely a source of information and does not direct the response of your CNS, you are agreeing to not hold Zengar Institute Inc or any of its users and trainers responsible for a less than desired outcome or any outcome that could be considered negative.

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

For NeuroOptimal® Owners and those purchasing NeuroOptimal®: You agree to ensure every individual (or their parent or guardian if minor or incompetent) who runs sessions with you, signs this consent form before commencing training and to keep the original for a minimum period of seven years from the time of signing.

Our Commitment. 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. Your consent will remain valid without limit unless replaced by a later one. Thank you!

Your Signature

Date

Your Printed Name

Witness Signature

Date

Witness Printed Name



NEUROPTIMAL®
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CHECKLIST OF CLIENT CONCERNS

NAME:

DATE:

PRE/ONGOING/POST DATE:

Below is a list of problems that clients frequently describe to us. Please check off any that match your current concerns. If you are not sure whether to endorse an item, use the past week as a guide. Feel free to add any comments as necessary. Thank you.

Immune System

1. Allergies
2. Asthma
3. Frequent colds, infections
4. Yeast infections
5. Fatigue

Sleep

6. Difficulty falling asleep
7. Wakeful or restless during night
8. Waking up early
9. Difficulty waking up
10. Nightmares or night terrors
11. Snoring
12. Sleep walking

Skin/Hair/Nails

13. Problems with skin
14. Hair
15. Nails

Eyes

16. Double or blurred vision
17. Blind spots
18. Spots in your vision

Ear/Nose/Throat

19. Hearing loss
20. Ringing in ears
21. Earaches
22. Sense of smell changed or lost
23. Nose or sinuses blocked
24. Grinding your teeth
25. Sense of taste changed or lost
26. Hoarseness or sore throat

Heart/Lungs

27. Problems breathing
28. Heart problems
29. Hypertension
30. Palpitations
31. Dizziness

Intestines

32. Nausea or vomiting
33. Gastric pain
34. Gas or bloating
35. Irritable bowel
36. Diarrhea
37. Constipation

Hormonal/Blood

38. Appetite problems (e.g. wanting to eat when not hungry, etc)
39. Diabetes
40. Desire for sweets or carbohydrates
41. Sensitivity to heat or cold
42. Thyroid problems
43. PMS symptoms
44. Hot flashes
45. Other menopausal symptoms
46. Low interest in sex
47. Excessive interest in sex

Bones/Joints/Muscles

48. Pain or stiffness in joints or muscles
49. Sore trigger points
50. Fibromyalgia
51. Bodily fatigue

Nervous System

52. Headaches or migraines
53. Fainting
54. Seizures
55. Memory loss
56. Blocking on words
57. Reading problems
58. Difficulty speaking
59. Tremor (shaking)
60. Weakness
61. Hyperactivity
62. Problems with balance
63. Motor or vocal tics

Attention and Organization

64. Difficulty focusing
65. Easily distracted
66. Make mistakes

67. Difficulty organizing activities
68. Not completing tasks
69. Lose train of thought

School/Learning

70. Difficulty completing schoolwork
71. Getting into trouble at school
72. Inverting letters/numbers
73. Spatial problems (e.g. difficulty building things, understanding how things should be put together)
74. Difficulty with particular subjects

Bowel/Bladder

75. Difficulty urinating
76. Difficulty holding your urine
77. Difficulty controlling your bowels
78. Frequent bladder infections

Habits

79. Sometimes drink too much
80. Smoke cigarettes
81. Concerns about your diet
82. Desire caffeine
83. Use marijuana
84. Other addictions

Behavior/Emotions

85. Mood swings
86. Feeling down, depressed or flat
87. Feeling sad
88. Feeling anxious
89. Panic attacks
90. Worry
91. Thoughts that won't leave your mind
92. Need to repeat actions or words over and over.
93. Bingeing
94. Restricting your food intake
95. Making yourself vomit
96. Phobias- avoiding things
97. Feeling others are against you
98. Behaviors that get you into trouble, or are not good for you
99. Feeling angry a lot
100. Impulsive
101. Feeling overwhelmed



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SETTING YOUR GOALS

FILL THIS OUT BEFORE YOU START YOUR TRAINING WITH NEUROPTIMAL®

I will know NeurOptimal® is working if....

1.

2.

3.

Put this in an envelope with your Checklist of Concerns and don't look at it until after you have filled in your next set of forms!



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TRACKING YOUR PROGRESS

Fill this out in combination with the checklist of concerns before you start training and then every ten sessions.

NAME: _____ DATE: _____

SESSION (CIRCLE) 1 10 20 30 40

Medication I am on (how much, how often): _____

CONCERN Pick the concerns you circled that you would like to change the most. Add any other concerns you want to track	FREQUENCY How many times did you feel this way in the past week, or how many days out of 7?	INTENSITY How strong was it 0-10	DURATION How long did it last? Do not count when you were sleeping
1.			
2.			
3.			
4.			
5.			

Put this in an envelope with your Checklist of Concerns and don't look at it until after you have filled in your next one!

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PRE-SESSION EVALUATION

NAME:

DATE:

- 1 How do you feel today?
- 2 What symptoms do you have? (e.g. head stuffy, headache, feeling down etc).
- 3 Please rate your symptoms 0-10
- 4 What medications are you taking?
- 5 How "good" do you feel overall 0-10?
- 6 Have you noticed any effects since your last visit that you think might be related to your training?

Pre CC

Post CC

Diff + / -

Session: 1 2 3 Reg Ext

Other: (enter times) Z1

Z2

Z3

Z4



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POST-SESSION EVALUATION

- 1 How do you feel at the end of your session?
- 2 Are any of your symptoms remaining? Please rate them 0-10:
- 3 How "good" do you feel now 0-10?
- 4 Are you alert enough to drive?
- 5 Do you feel your training is helping you?
- 6 Comments?