

NEUROFEEDBACK TRAINING DO'S AND DON'TS

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- Before the training session:
 - ✓ Make sure to get plenty of rest the night before.
 - ✓ Minimize stress in your life prior to the session.
 - ✓ Eat Healthy.
 - ✓ No alcohol 24 hours prior to session.
 - ✓ No caffeine 6 hours prior to session.
 - ✓ Remove earrings prior to session.

- During the training session:
 - ✓ Try to relax as much as possible - take a few deep breaths prior to session.
 - ✓ Try to remain as still as possible.
 - ✓ Communicate any problems with the trainer.
 - ✓ Communicate any results noticed from prior sessions and feelings after prior sessions with the trainer.

- After the training session:
 - ✓ Pay attention to feelings and target goals and record on tracking checklist.
 - ✓ Relax and practice good self care!!!!