In Level 1 you've acquired skills to test & train the following areas…

Input

Integration/Processing

Visual
Vestibular
Proprioceptive
Tactile

Frontal Lobe
Parietal Lobe
Cerebellum
Amygdala

Neurotraining can be used two different ways

Skill acquisition

Stimulus

Long term improvement
Negative responses of the nervous system need to be trained
Good for "optimizers"

Short term relief
Positive response exercises
Good for pain/protection

5 questions to ask yourself before and during a session…

- Goal of the client?
- Skill vs stimulus?
- What's the lowest hanging fruit?
- Which input & brain area gives the best response/ the worst response?
- Which side is better - left vs right?