

Brainhealth Protocol Training & Electrode Locations

BRAINHEALTH

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CONFIDENTIAL

Protocol Information For Nme

This document contains Brainhealth Home or Remote Training information for Nme and it supersedes previous instruction document ref: xxxxxxxxxxxxxxxx

The protocols covered are: -

PROC1 at locations x1, x2 & x3.

PROC2 at locations y1, y2 & y3.

PROC3 at locations z1, z2 & z3.

These protocols will be found in the BrainMaster Setup/Home Screen under the Folder Selection tab once they have been delivered via e-mail and unpacked.

The following pages provide individual Protocol instruction for Nme Brainhealth Remote or Home Training Protocol information. Please refer to the Brainhealth BrainMaster Operation document (BHBMOPap3.doc) for operating the BrainMaster previously sent to you via e-mail.

Generic Remote or Home Training documents (PDF) can be found on the following link http://www.121neurofeedback.com/home_training_support_page.html and these are password protected.

If you require additional documents, resent originals or the password to access the generic documents. Please ask via e-mail to clinic@121neurofeedback.com

Note:- Please enter your Nme in the subject header when sending e-mail requests – thank you.

10 Harley Street, LONDON. W1G 9PF. Telephone (0900 - 2100 Hours) 020 7467 8300

Brainhealth Protocol Training & Electrode Locations

1. Introduction

The purpose of this document is to provide the electrode locations and protocols information for Nme Neurofeedback Remote or Home Training as provided by Dr Lesley Parkinson, Brainhealth, 10 Harley Street, LONDON. W1G 9PF.

2. Document Control & History

This document is controlled and owned by:

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Any queries relating to this document should be directed to Alan Parkinson or Dr Lesley Parkinson.

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3. Scope

This document is intended to act as an aid for Nme Brainhealth Remote or Home Neurofeedback Training.

4. Contents

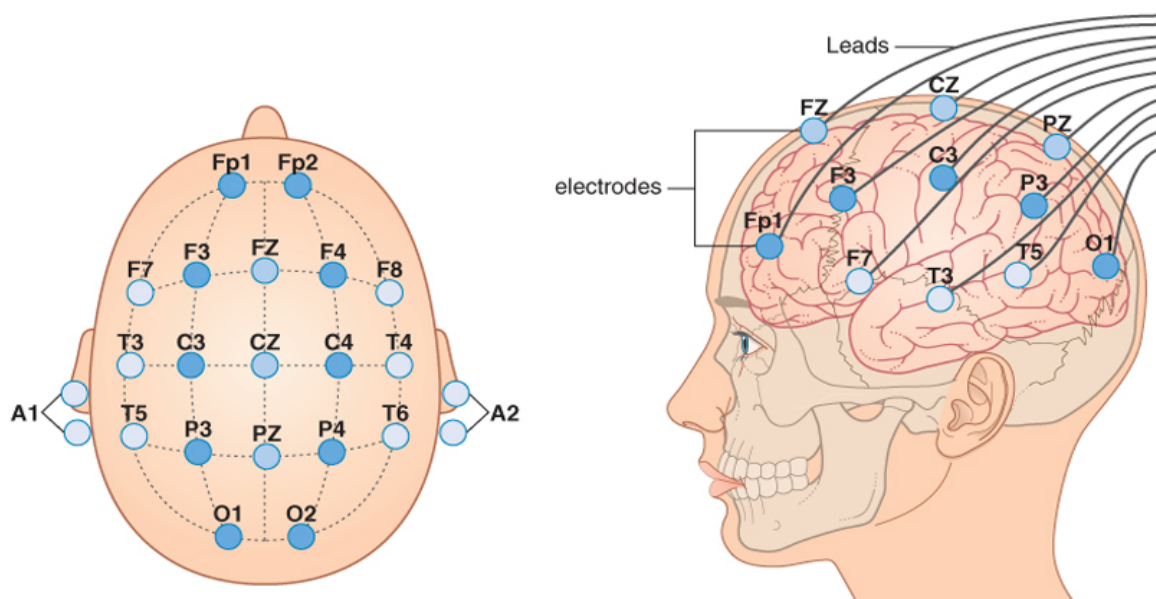
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5. Protocols Covered by this document

The protocols (Proc1, Proc2, Proc3) covered by this document and have been specially designed for Nme and must not be used by anyone else. The protocols operation is described in section 7 of this document. When the protocols have been delivered by e-mail and unpacked they will be located in your BrainMaster Set Up Home screen under the Folder Locations Tab – See Brainhealth BrainMaster Operation document.

6. General Map of Electrode placement indices



Deployment of surface electrodes on the scalp. *Letters:* C, coronal; F, frontal; Fp, frontopolar; O, occipital; P, parietal; T, temporal; Z, midline. *Numbers:* Odd numbers, left side; even numbers, right side. A1, A2, reference electrode

Note Fpz is halfway between Fp1 & Fp2.

Note Oz is halfway between O1 & O2.

Note The A1 or A2 placement is either on the earlobe or the Mastoid bone behind the ear, feels like a solid lump behind your ear and under your earlobe.

Note it is imperative that you run the correct protocol every time.

When placing the electrodes, scoop a pea size blob of Ten20 paste in the electrode cup, part the hair to enable contact on the scalp and press firmly. Do not press the electrode down too hard, or the paste will squeeze out and stick to your fingers and the electrode will detach from your scalp when you let go. You may use a cotton ball to press the electrode down, and leave the cotton ball in place.

The Ten20 paste is warm water soluble.

7.0 Additional Protocol Instructions

Please note that the protocols; Proc1, Proc2, Proc3 covered by this documentation require additional instruction concerning their running order.

1. Please do not train more than two protocol sessions a week.
2. A training session consists of running the above protocols.
3. Windows Vista, 7 and 10 users may have to close and reopen the BrainMaster program when selecting or deselecting different protocols.
4. Please commit to two protocol training sessions a week.
5. Training sessions consist of two different protocols.
6. Please train using xxxx and xxxxx in your first training session of the week.
7. Then in the second training session use xxxx and xxxx.
8. Please train using proc1 and proc2 only.
9. After Session 6 please forward the results to clinic@121neurofeedback.com

7.1. Protocol Electrode Placement & Operation – *PROC1*

BrainMaster Active 1 (A1 – grey lead connected to the Atlantis) Electrode on x1

BrainMaster REF 1(R1 - grey lead connected to the Atlantis) Electrode on x2

BrainMaster GND (Gnd - grey lead connected to the Atlantis) Electrode on x3

7.1.1. Running the protocol - *PROC1*

Run the protocol as directed by Dr Lesley Parkinson for up to up to 10 minutes.

At first you may only be able to run the protocol for a few minutes eventually building up to 10 minutes. If you notice the Delta amplitude rising please stop the protocol and move onto the next protocol.

However please stop at anytime when Nme starts to feel tired.

Note: If you are rerunning the training protocol and need to change the leads or electrode placement. Exit the BrainMaster software, replace the electrodes OR leads and restart the program when ready – Please refer to the Brainhealth BrainMaster Operation document (BHBMO Pap3.doc) for operating the BrainMaster.

7.2. Protocol Electrode Placement & Operation – *PROC2*

BrainMaster Active (A1 - grey lead connected to the Atlantis) Electrode on y1

BrainMaster REF (R1 - grey lead connected to the Atlantis) Electrode on y2

BrainMaster GND (Gnd - grey lead connected to the Atlantis) Electrode on y3

7.2.1. Running the protocol - *PROC2*

Run the protocol as directed by Dr Lesley Parkinson for up to up to 10 minutes.

At first you may only be able to run the protocol for a few minutes eventually building up to 10 minutes. If you notice the Delta amplitude rising please stop the protocol and move onto the next protocol.

However please stop at anytime when Nme starts to feel tired.

Note: If you are rerunning the training protocol and need to change the leads or electrode placement. Exit the BrainMaster software, replace the electrodes OR leads and restart the program when ready – Please refer to the Brainhealth BrainMaster Operation document (BHBMOPap3.doc) for operating the BrainMaster.

7.3. Protocol Electrode Placement & Operation – *PROC3*

BrainMaster Active (A1 - grey lead connected to the Atlantis) Electrode on z1

BrainMaster REF (R1 - grey lead connected to the Atlantis) Electrode on z2

BrainMaster GND (Gnd - grey lead connected to the Atlantis) Electrode on z3

7.2.1. Running the protocol - *PROC3*

Run the protocol as directed by Dr Lesley Parkinson for up to up to 10 minutes.

At first you may only be able to run the protocol for a few minutes eventually building up to 10 minutes. If you notice the Delta amplitude rising please stop the protocol and move onto the next protocol.

However please stop at anytime when Nme starts to feel tired.

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Note: If you are rerunning the training protocol and need to change the leads or electrode placement. Exit the BrainMaster software, replace the electrodes OR leads and restart the program when ready – Please refer to the Brainhealth BrainMaster Operation document (BHBMOPap3.doc) for operating the BrainMaster.

NOTE: it is essential that you make sure that you use the correct protocol and electrode location before proceeding with training!

Note: The Document BHBMOPap3.doc referred to in this document is currently under review and will be issued via email to you.

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Special Instructions

If you receive any BrainMaster error messages please refer to page 7 – 10 of the BHBMO Pap2.doc the Brainhealth BrainMaster Operational Guide or refer to the generic instructions on the web link mentioned at the end of this text.

If you click on the WINDOW tab within the Training Screen that will present you with a list of display options. Look in the BrainMaster PopUps section and Click on Thermos to display the Thermometers. It is highly recommended that you do not look at any other visual displays, such as movies, as this will distract from your Neurofeedback training. When you have become more proficient with training Dr Lesley Parkinson will prescribe more appropriate visual displays.

Ensure that your sound card is active on your PC and provides a comfortable volume to hear audio feedback to aid your training. Attending to the sound is the most important part of the training. Allow yourself to learn, using the sounds and Thermometer bars as a guide, to let you know when your brainwaves are achieving the desired state.

When the session has ended click on the STOP tab within the Training Screen. A Master window will open, click on OK. Then click on the CLOSE tab within the Training Screen. A Master window will open, click on OK.

If you do not follow the above ending the session procedure and you want to rerun a training session the software may lock up and the training session will not restart, if that happens turn the BrainMaster off and on, and restart the training session.

It is a wise precaution to ensure that if your computer has connection to the Internet that you have the latest anti virus software installed and running. However during your BrainMaster training please ensure that a secure electricity supply, battery or mains, powers your personal computer and that the Internet connection to your computer is closed.

If you have a wireless hub or WIFI card access these do not need to be switched off. However I have not determined if Radio Frequency radiation from some high power Rodent Control devices affects, or interferes with your Brain Training. Please advise me if you have such devices installed in your home.

In order to prevent any extraneous interference to your training run disconnect the BrainMaster from the electrical supply socket and its charger during your training session.

It is easier to swap the electrode leads on the BrainMaster when reversing the protocols. However pay special attention to handling the connectors and leads by ensuring that you grip the lead plug and not the leads when removing the leads.

The BrainMaster is sensitive to electrical static discharge (ESD). To prevent any unnecessary ESD damage please refrain from dragging the leads across carpets and jumpers, or any other surface that will give rise to static electricity, whilst the leads are plugged into the BrainMaster.

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The BrainMaster 2 is powered via an internal battery and does not recharge when it is switched on.

The BrainMaster 2 power charger is: - Either an 110v USA socket outlet style and the UK/USA power adaptor used is for converting UK 240v to USA 110v. Do not plug a US type power charger into a UK socket outlet without using the UK/USA power adaptor supplied. OR if the supplied power charger is a UK 13amp style plug then that can be plugged directly into a UK socket outlet.

Note: The Atlantis I or II is powered by the USB lead – the above does not apply.

When running the BrainMaster software version 2.5 or above in the UK please ensure that the 50Hz filter is selected in the data tab on the BrainMaster Training/control screen. When running the BrainMaster in the USA ensure that the 60Hz filter is selected. This option only needs to be set once. Note: If you are running software version 2.0 this option is not required. The BrainMaster setup/home screen will advise you which version you are running if not do not know which version you are running.

Please ensure that you are familiar with the Brainhealth BrainMaster Operation document (BHBMOPap3.doc) that covers all operational aspects. If however you experience any difficulties please e-mail clinic@121neurofeedback.com details of your issue. If possible please include your Nme in the message title.

All of the Remote or Home Training generic documents can be found on the following link http://www.121neurofeedback.com/home_training_support_page.html and these are password protected. Please ask via e-mail if you require the password.

Alan Parkinson
Brainhealth Remote or Home Training

<http://www.121neurofeedback.com/>