



## Make the Mind a better place

### MindReflector® Personal Home Neurofeedback Training www.mindreflector.com

#### Specifications:

##### NeuroSky Headsets

- MindWave
- MindWave Mobile

NeuroSky headsets are available online at: [www.mindtecstore.com](http://www.mindtecstore.com)

##### MindReflector® Software

MindReflector software and support is available at: [www.mindreflector.com](http://www.mindreflector.com)

##### Platform

**PC:** MindReflector® runs on all Windows platforms, from XP to Windows 8

**MAC:** MindReflector® will be available for Mac and iOS products soon



MindReflector® requires a NeuroSky MindWave or MindWave Mobile headset (sold separately)

MindReflector® has been used for over two years in clinical practice with positive findings. Research is underway to further assess system efficacy and system performance.

MindReflector® provides true Neurofeedback training that is inexpensive, easy-to-use, and suitable for home or office use

- Four protocols support the development of relaxation and attention skills, stress management, and cognitive flexibility
- Augments a clinical practice by providing wireless, paste-less, and safe EEG Biofeedback that is convenient for personal use
- Opportunity for frequent use increases the efficacy of training and supports the development of users' self-help skills
- User-friendly control screen allows for a variety of feedback options and the adjustment of difficulty level during training

#### Available MindReflector® Protocols:

1. **Quiet Focus** -- trains the mind/brain to be focused, relaxed, and in the present moment. Both SMR and low beta bandwidths are reinforced, while inhibiting delta, theta and a portion of gamma.
2. **Meditative Relaxation** – supports a state of deep relaxation and calmness by augmenting alpha and SMR, while inhibiting delta, theta and a portion of gamma.



3. **Full Spectrum** – provides flexibility and openness training using a challenging training protocol that augments alpha, SMR and portions of low beta, while inhibiting delta, theta, and portions of gamma.

4. **Alpha/Theta** – offers a traditional training protocol used in the field of Neurofeedback to promote deep calmness and support personal growth. Both alpha and theta are reinforced, while delta, theta and portions of gamma are inhibited.

#### MindReflector® protocols have been used to aid

- Sleep
- Relaxation
- Anxiety management
- Fatigue reduction
- Attention and focus
- Cognitive training
- Self-help and self efficacy

MindReflector® training provides a library of audio-visual media files and also can be used with one's own audio and video files.



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