

Power Point Manual

**Get On The
BUS**



**BrainMaster
Universe
Simplified**



“Deep”
level 1
(No Changes)

Deep

Level 1

- At level 1 the “Deep” Setting provides Theta (4Hz - 8Hz) and Alpha (8Hz - 12 Hz) enhancement at Pz.
- By providing elevation of Theta and Alpha at Pz, the client may experience falling into a “Deep” or hypnogogic state where one may find introspection, deep relaxation and a quieting of the mind.

All protocols are for demo and research purposes only. Clinicians must determine protocol choices. All protocols must be used within scope of practice and scope of competence.

Deep

Level 1

- If the client displays high anxiety in level 1 training, one may add HiBeta downtraining in level 2 to compliment the Theta and Alpha Uptraining. However, in level 1, see what the client achieves with slow wave uptraining.

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Deep

Level 1

- The Deep Setting differs from Alpha-Theta Training in that it only promotes slow wave enhancement without trying to instigate Alpha - Theta Crossover.

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Deep

Level 1

Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

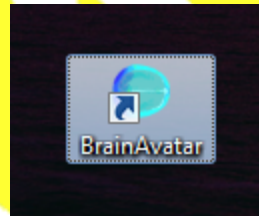


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Deep

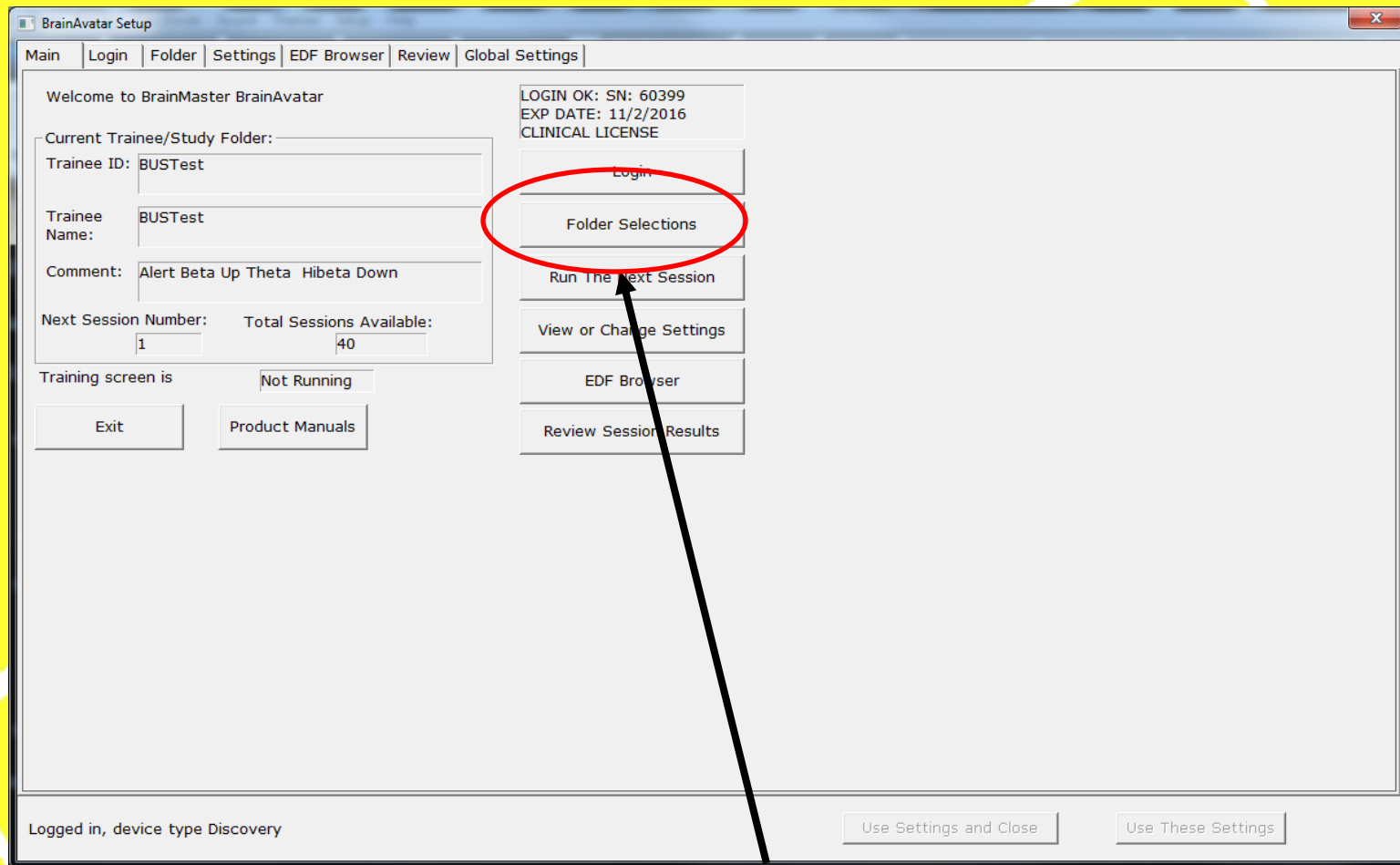
Level 1

- Open BrainAvatar by double-clicking the BrainAvatar Icon



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- The BrainAvatar Setup Window will Appear



- Click “Folder Selections”.

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- The Select Folder Screen will appear.

BrainAvatar Setup

Main | Login | Folder | Settings | EDF Browser | Review | Global Settings

Select Folder | Create Folder | Folder Notes | Session Librarian | Edit Folder Info.

Select Folder: (you may double-click to select)

Study Name	Birth Date	Sess	Max	Comment	Technician	Physician	Trainee Name	Created	Modified
..									
BUSTest	2000-7-4	40		Alert Beta Up T...	EEG tech		BUSTest	2016-8-3	2016-8-3

Study Name (Trainee ID):
BroJad4chPZOKP3P4O1O2

Trainee Name:
BroJad4chPZOKP3P4O1O2

Comment:
comment

Sessions Used: 4

Max Sessions: 40

Session Librarian

Administer Session Genie | Push Current Study to Server and Delete | Archive Current Study | Archive Current Study and Delete

Create New Folder

Folder Notes

Edit Folder Info.

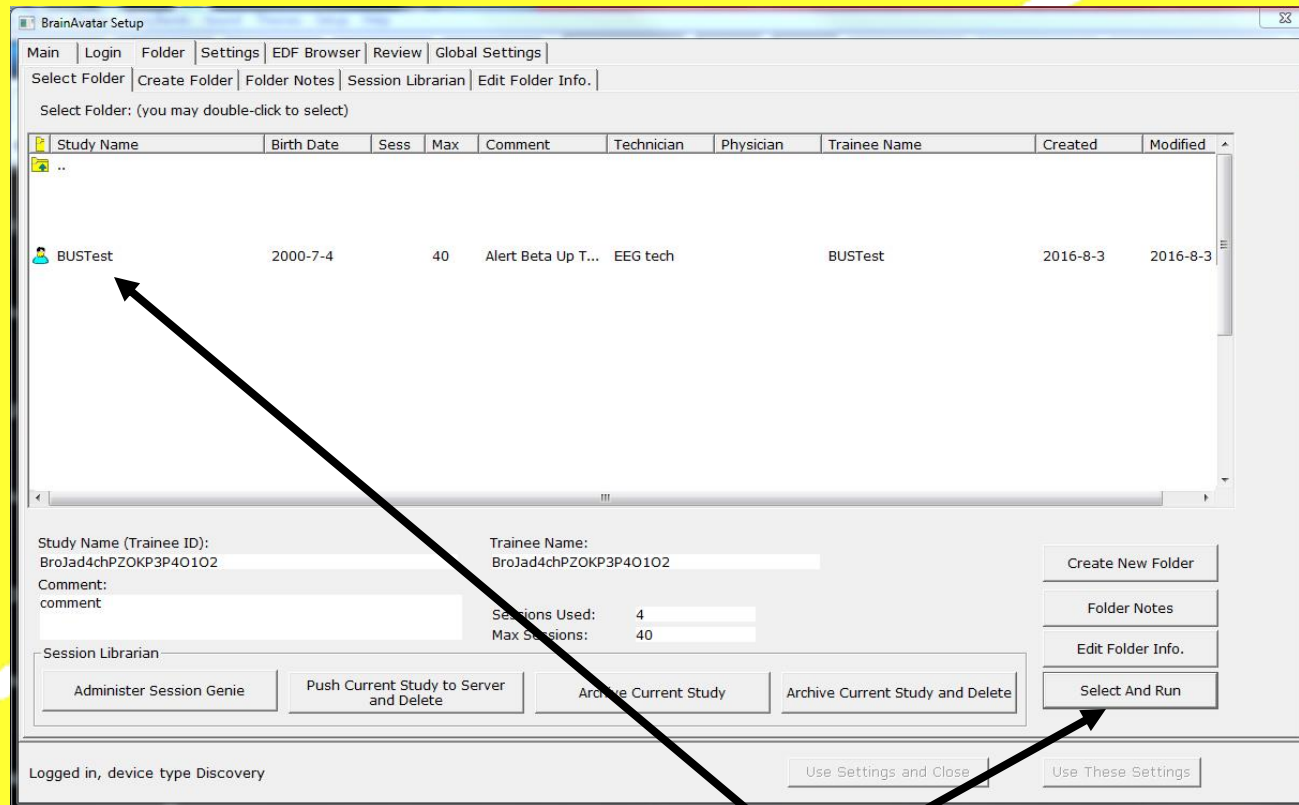
Select And Run

Logged in, device type Discovery

Use Settings and Close | Use These Settings

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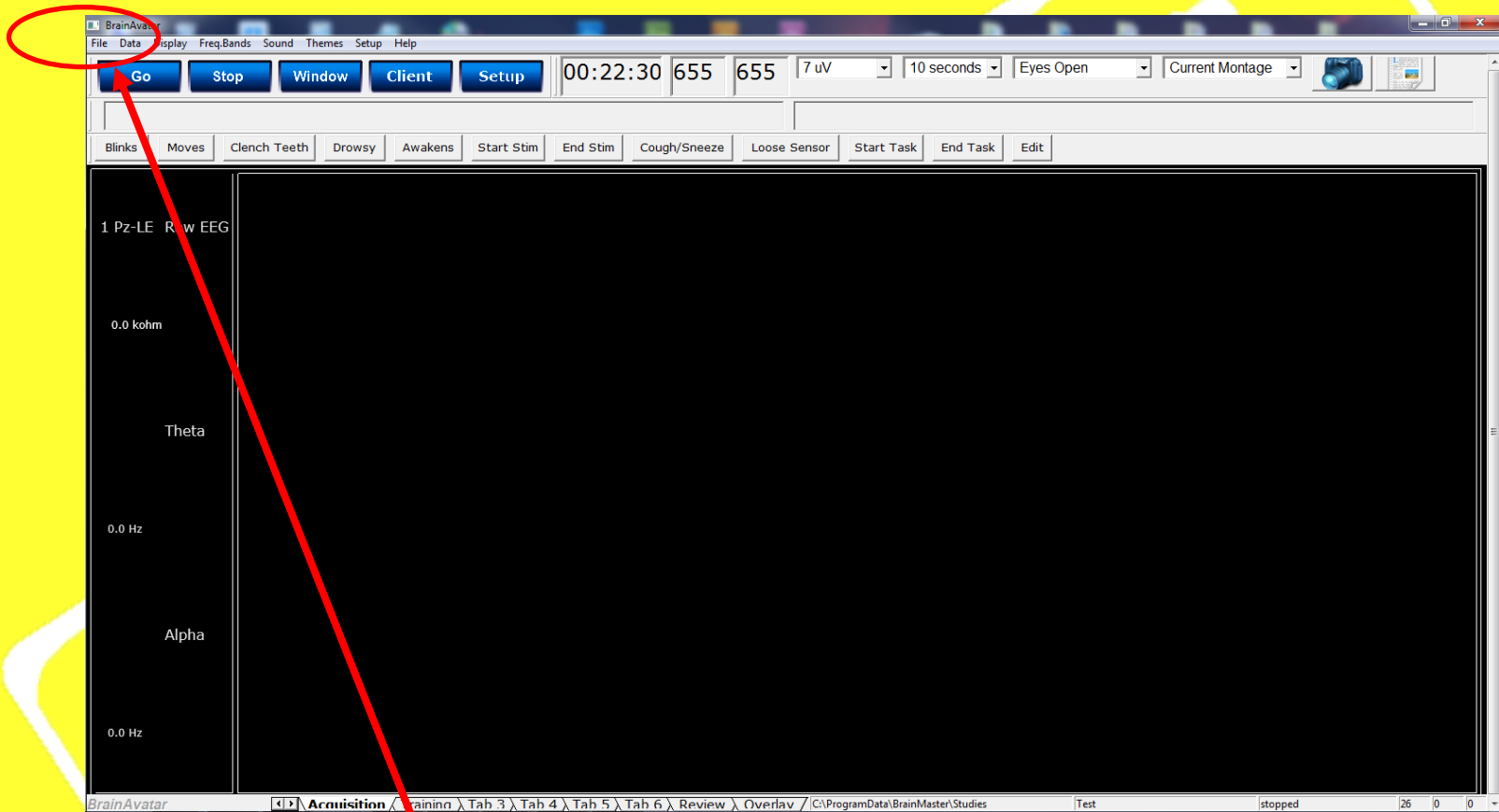
- The Select Folder Screen will appear.



- Click the Study (Folder) you would like to open (in this case BUSTest) and then click “Select and Run”.

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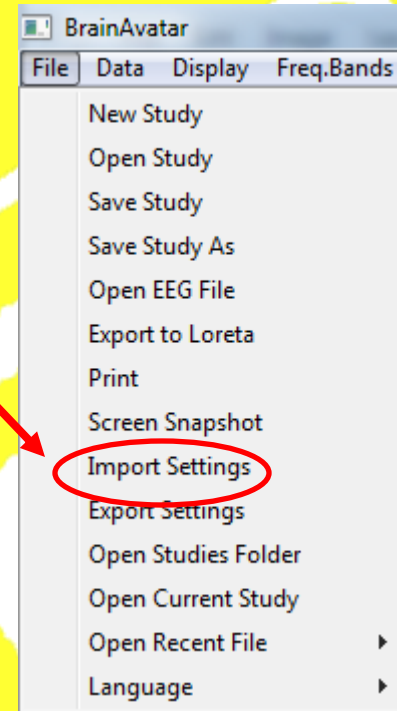
- The BrainAvatar Acquisition Screen is illuminated. Let's load the original DEEP Level 1 Setting File.




- Click “File” from the Main Menu at the top.

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- Next click “Import Settings”.



- Scroll to find the original Deep Level 1 File and double click it.

Name	Date modified	Type	Size
 0301001DeepLevel001.bdb2	11/16/2015 6:53 PM	BDB2 File	136 KB

- The original Deep Level 1 setting is imported into the Client’s Study and is now ready for modification.

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Deep

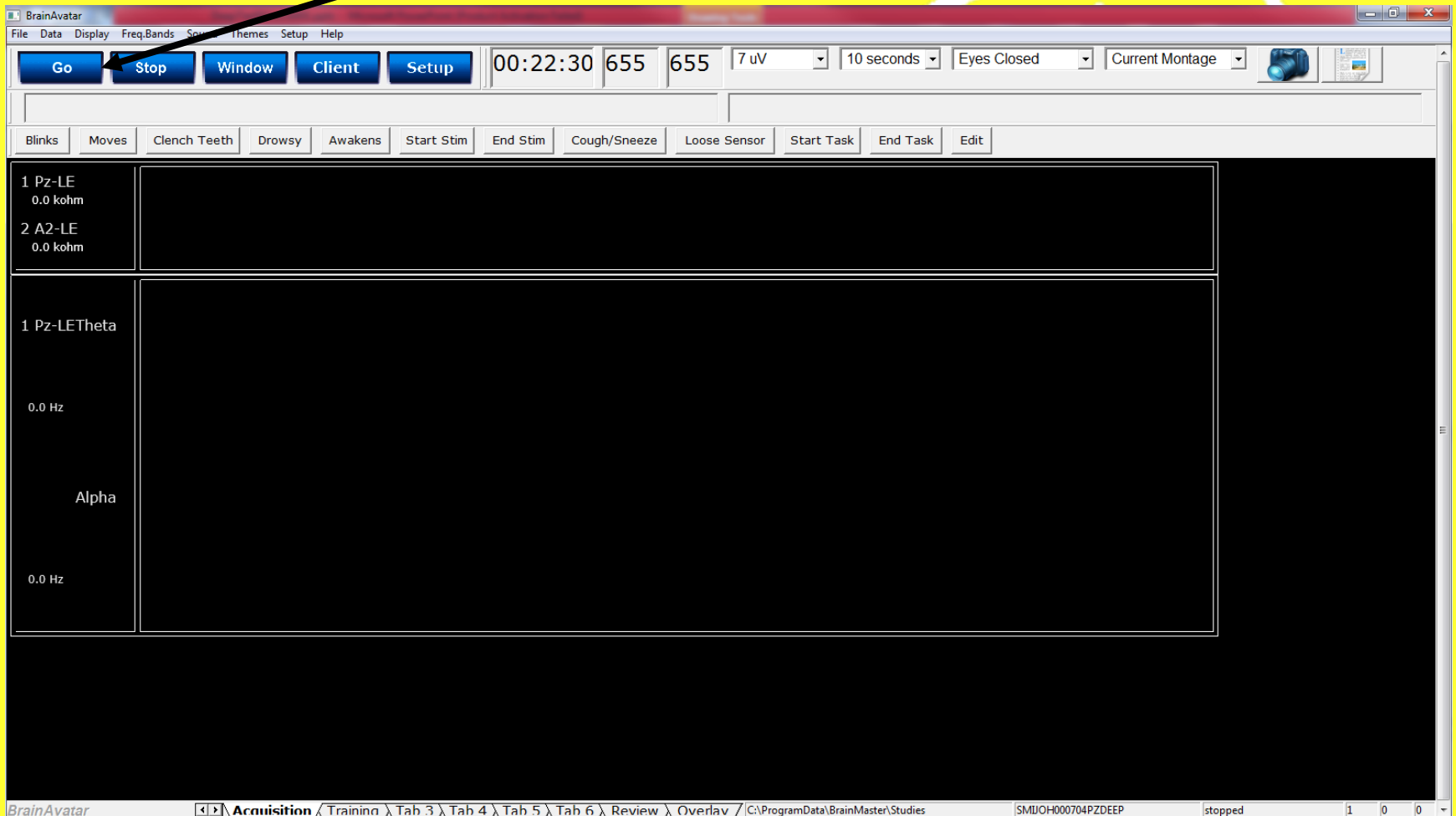
The Protocol is now ready to run



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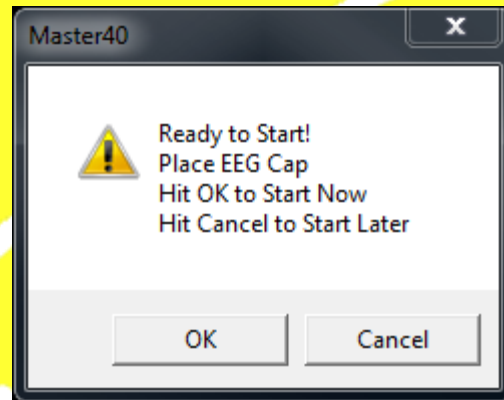
Click the “Go” Button.



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The Following Pop Up will appear



This is an indication to do one of two things:

1. Place an electrode at Pz and the other end into the “A1” slot of the Atlantis Cable.
2. Attached the two ear clips and place one end into the “R1” slot and the other end into the “G” slot of the Atlantis Cable.

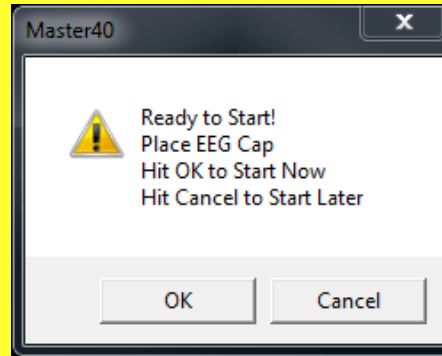
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Deep



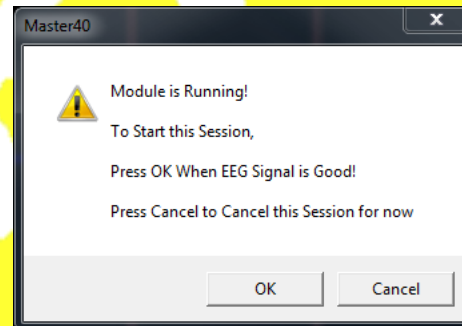
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Click “OK”



When you hit OK BrainAvatar will begin recording EEG.

1. Check to make sure that the EEG is recording properly.
 - a. If not then check all your connections and impedances. Make sure there is no interference and that all cell phones are off.
 - b. If the EEG is correct then hit OK on the Pop Up and the session has begun.



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The protocol is designed to run for :

1. 10 contiguous 3 minute runs or 30 minutes. You may shorten the length of the session by clicking the “STOP” key at any time.
2. Thresholding is Automatic meaning that reward and inhibits are set automatically by the program.
 - a. Theta reward is set automatically at 50% of the time over threshold and is reset at the beginning of each 3 minute round.
 - b. Alpha reward is set also at 50% of the time over threshold and is reset at the beginning of each 3 minute round.
3. Points are accumulated at the top of the screen
4. This protocol is usually run Eyes Closed with guided imagery offered by the technician. Consult Stress Therapy Solutions for the latest in Alpha/Theta Therapy Solutions.

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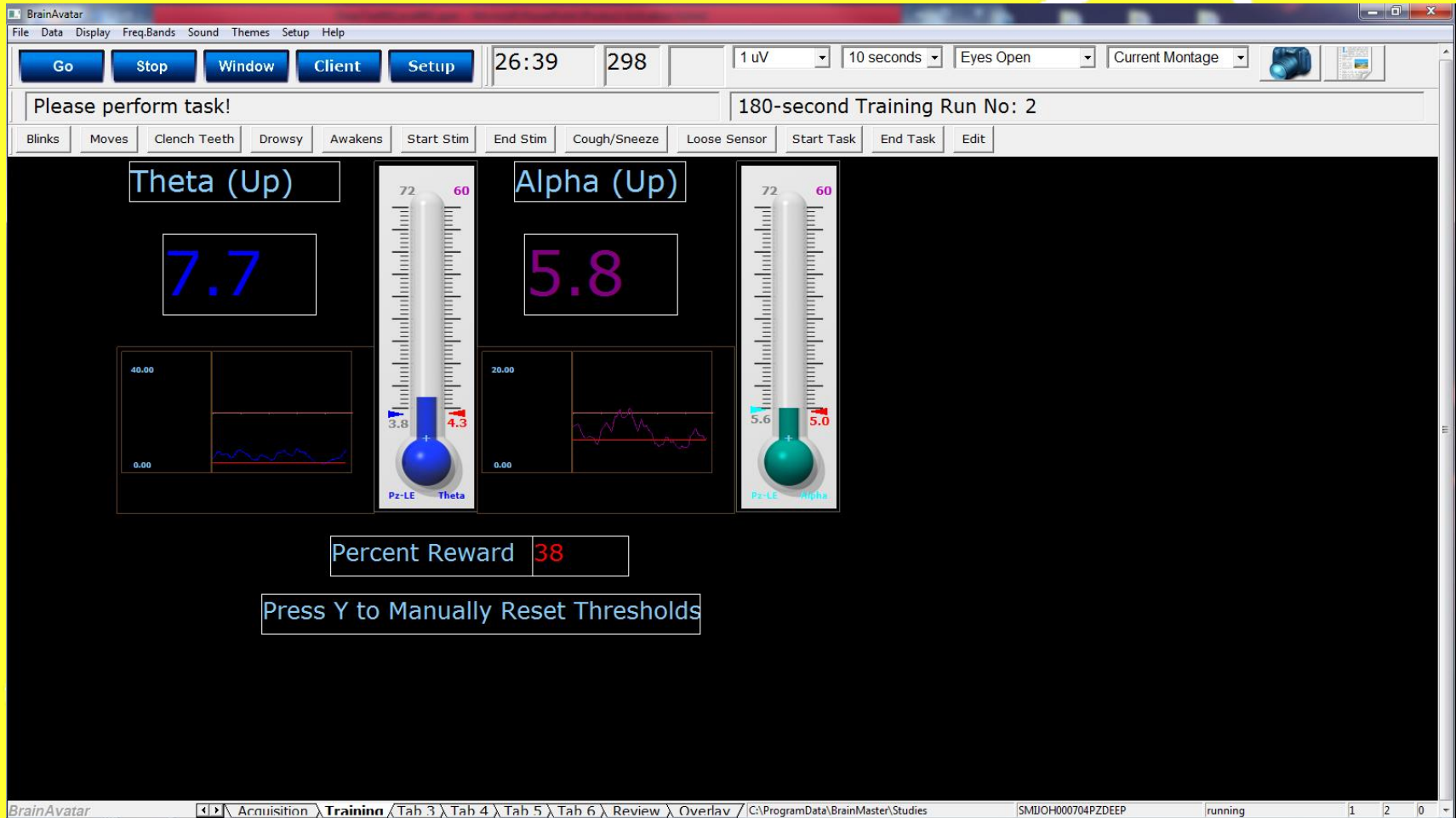
Take a moment and check that the EEG is good. If not, then take necessary action.



Next...please switch from the Acquisition Tab to the Training Tab

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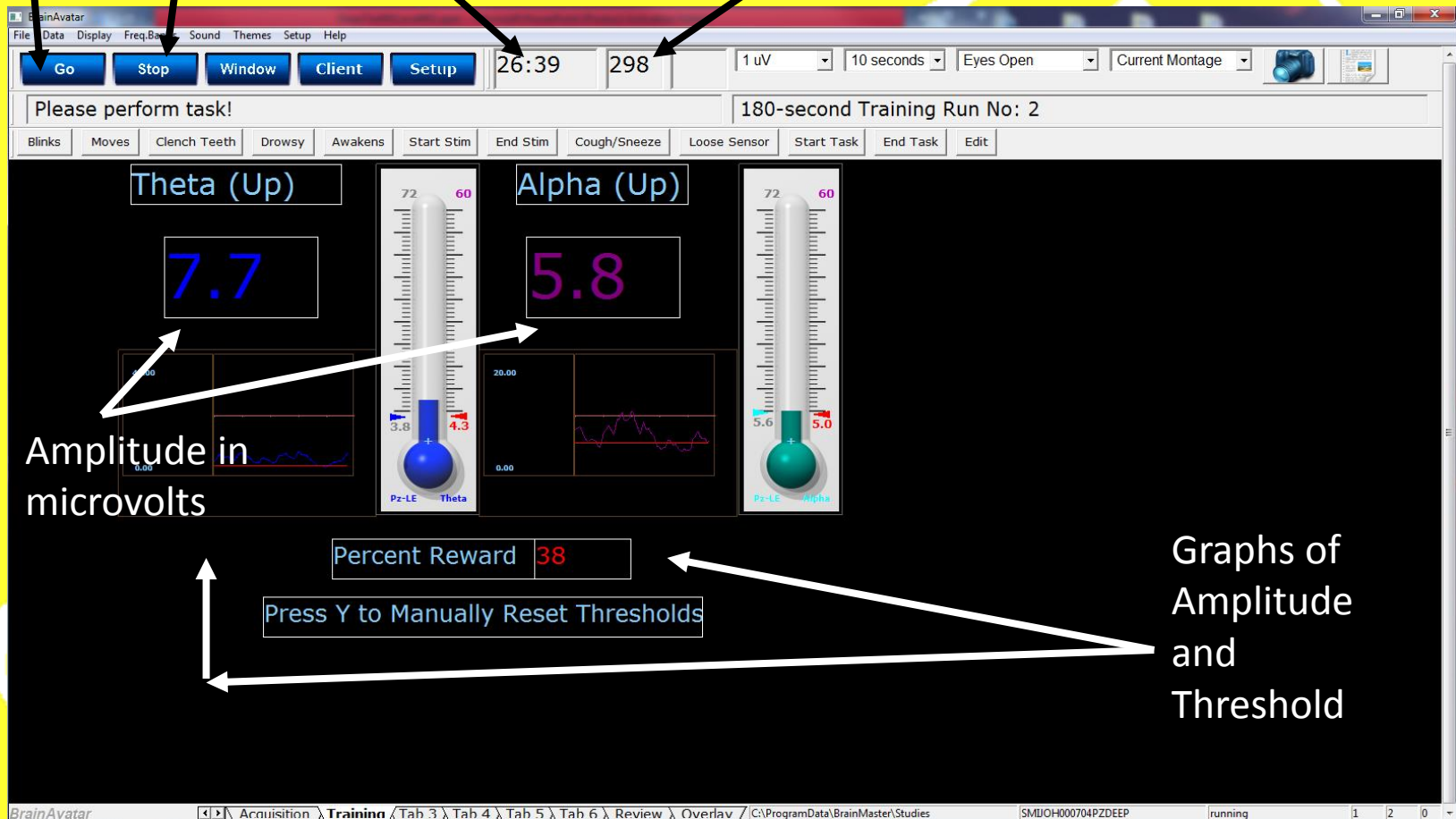
Deep



Your screen should now look something like this.

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Start Session Stop Session Countdown Timer started at 30 min Points scored when all criteria have been met



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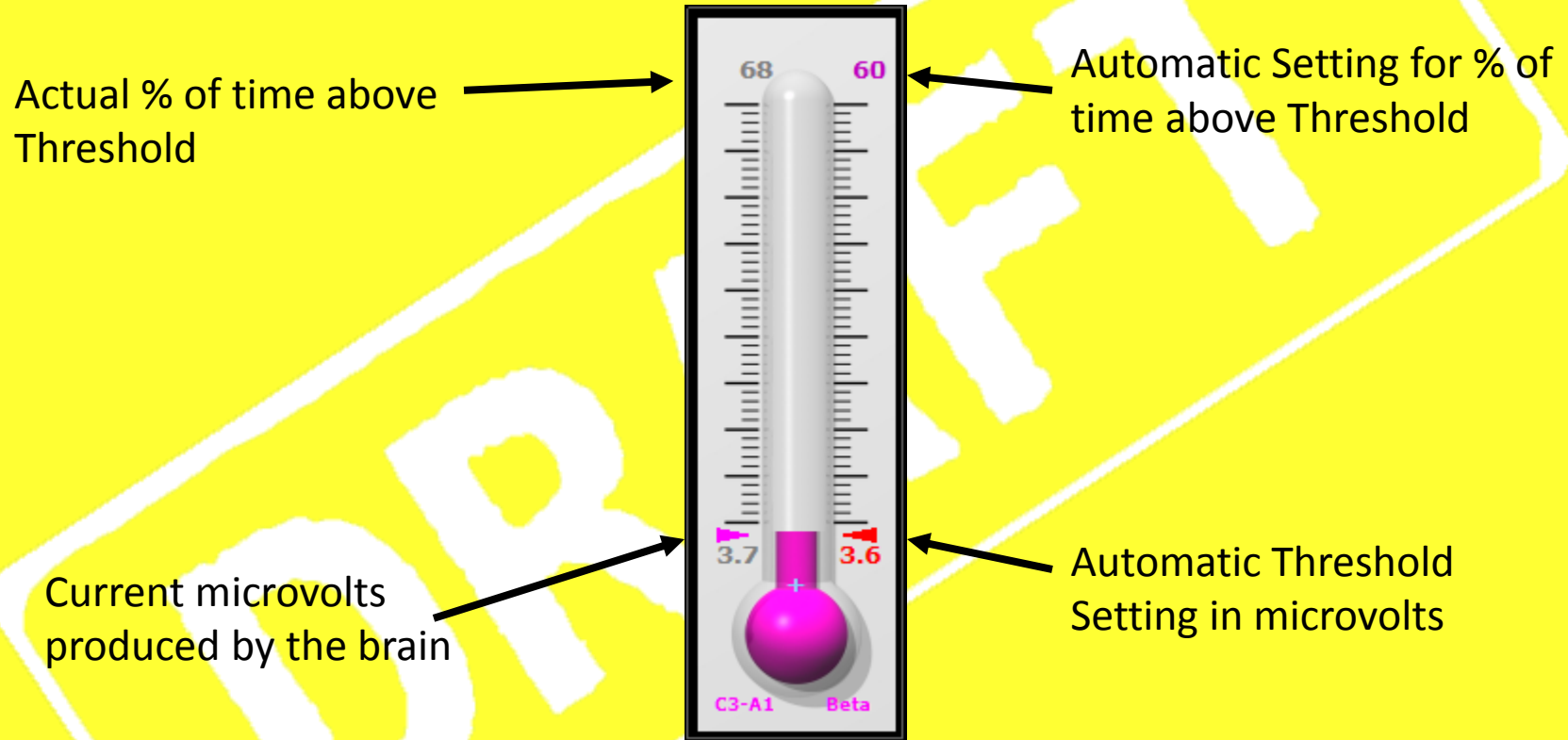
Deep

TO PRIME THE AUTOMATIC
THRESHOLDING CLICK THE “Y” KEY
THIRTY (30) SECONDS AFTER THE
PROGRAM IS STARTED.

If there seems to be a disparity between the automatic thresholding and the actual microvolts, hitting the “Y” key anytime will cause the threshold to equal the actual

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Reading the Thermometer



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The Deep Setting is intended to be performed with the Eyes Closed.

Have the client recline in an easy chair or sit comfortably...Close her/his eyes...and gently go into a relaxed state. The tones reward the brain when Alpha increases and rewards the brain when theta increases over threshold

This Setting is a precursor to Alpha/Theta Training. For a more in depth Alpha/Theta Protocol look for Deep Level 2.

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