

# Power Point Manual

Get On The  
BUS



BrainMaster  
Universe  
Simplified



“Deep”  
level 2

# DEEP - ALPHA/THETA

Level 2

- How can I perform alpha theta training with the Deep Setting file?

*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 - ALPHA/THETA

## Level 2

- The Level 1 Base Setting for the Deep Protocol included the electrode placement of Pz to train up theta (4-7Hz) and alpha (8-12Hz).
- Perhaps the specification for this client is to perform alpha theta training much like the Penniston Protocol.
- Lets learn how to perform alpha theta training.

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# DEEP - ALPHA/THETA

## Level 2

- Alpha training was brought to light by Joe Kimiya in the 1960's as a way to elicit relaxation and help alleviate stress and stress-related conditions.
- This work was continued by Barbara Brown, Elmer Green and Thomas Budzynski among others in the next decade.
- It was noted that the EEG of alcoholics was deficient in alpha and that this calming brainwave was augmented with alcohol usage.

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# DEEP - ALPHA/THETA

## Level 2

- Green, Green and Walters studied theta waves in the early 70's and reported how these waves were associated with vivid visualization, imagery and dream-like states. They also occur strongly during Zen Meditation.
- With the advent of relatively inexpensive computer systems, Penniston and Kulkosky came up with the alpha-theta protocol for the treatment of alcoholism and to prevent its possible relapse.

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# DEEP - ALPHA/THETA

## Level 2

- During the protocol, theta waves are increased to exceed alpha waves, forming an alpha/theta crossover whereby abreactive subconscious imagery may be visualized in the conscious mind and thus be processed.
- The alpha theta protocol is one in which clients may need counseling to process what is experienced and thus should only be administered by a professional with appropriate licensure.
- Also, alpha theta training is available through Stress Therapy Solutions in order to gain expertise in its proper administration.

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FIRST: It is so very simple to make changes and experiment with BrainAvatar Settings Files without concern because if something just doesn't seem to work as planned, you always can reload the original Settings File you downloaded to your system.



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Consider manipulating the settings in your working folder as a sandbox. You can always replace it with the original setting file.



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# DEEP - ALPHA/THETA

Level 2

## Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

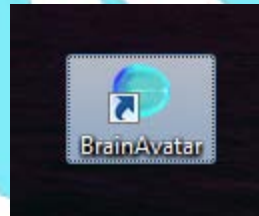


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# DEEP - ALPHA/THETA

## Level 2

- Open BrainAvatar by double-clicking the BrainAvatar Icon



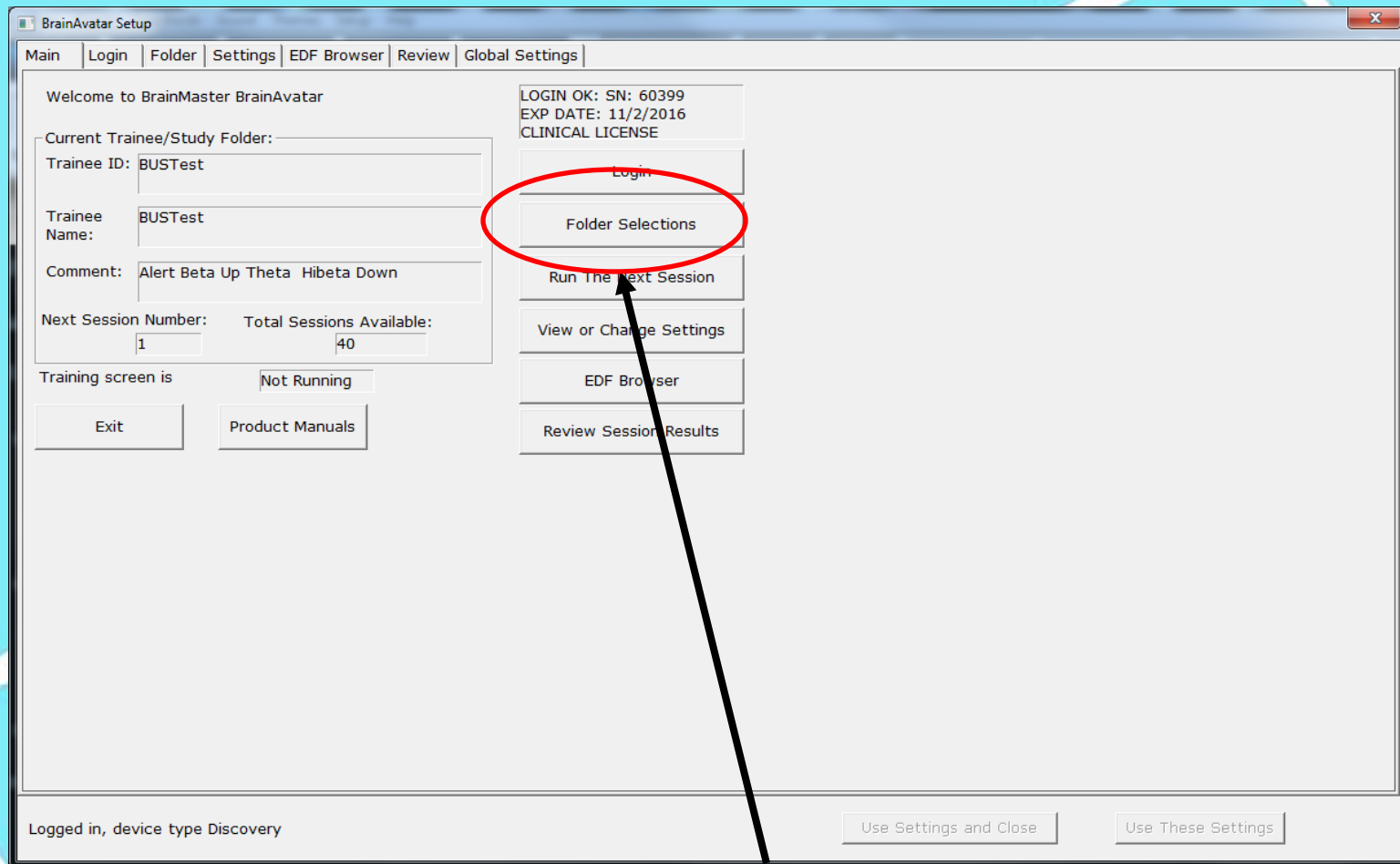
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- The Select Folder Screen will appear.
- By now you should know how to either create a new client folder or recall an existing client folder.
- For the purposes of this exercise let's open and utilize the "BUSTest" Folder which may already be resident on your system. If not, then create one.

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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

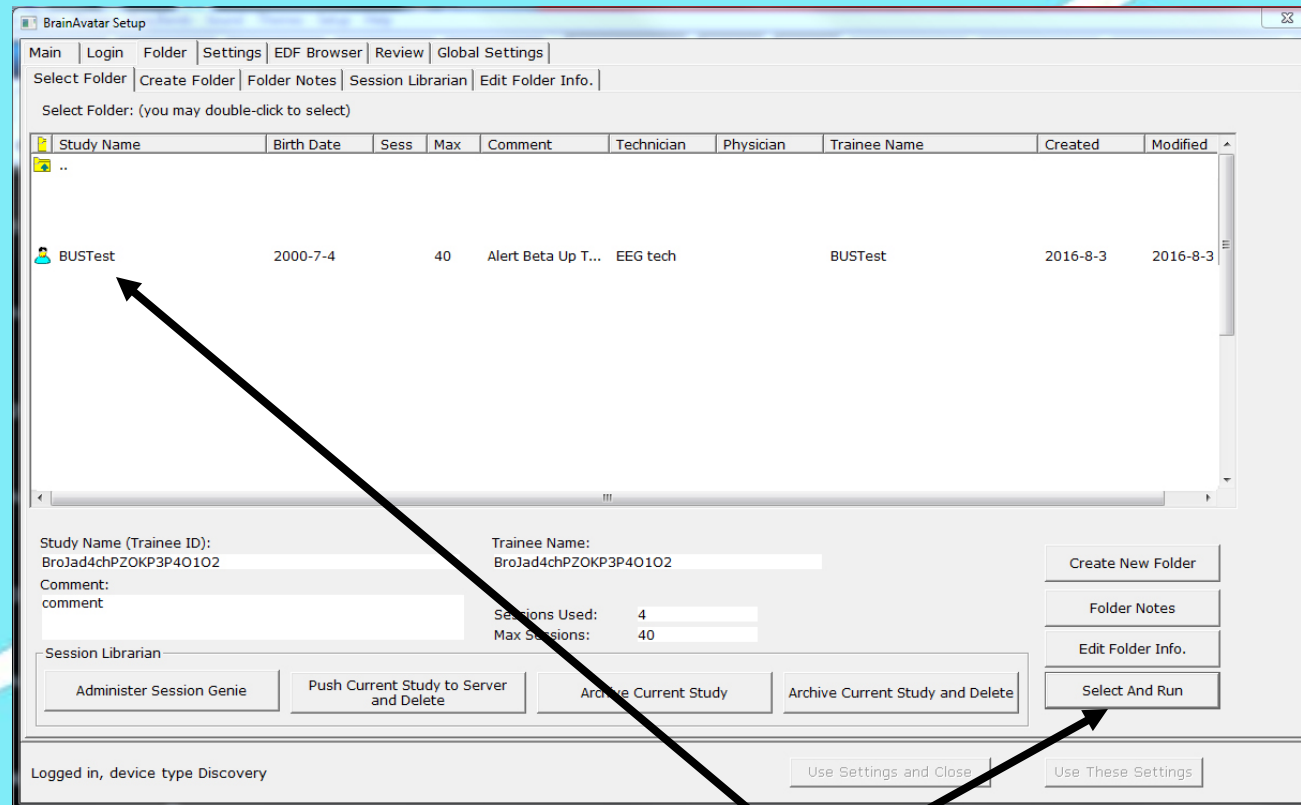
Create New Folder | Folder Notes | Edit Folder Info. | Select And Run

Logged in, device type Discovery

Use Settings and Close | Use These Settings

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- The Select Folder Screen will appear.

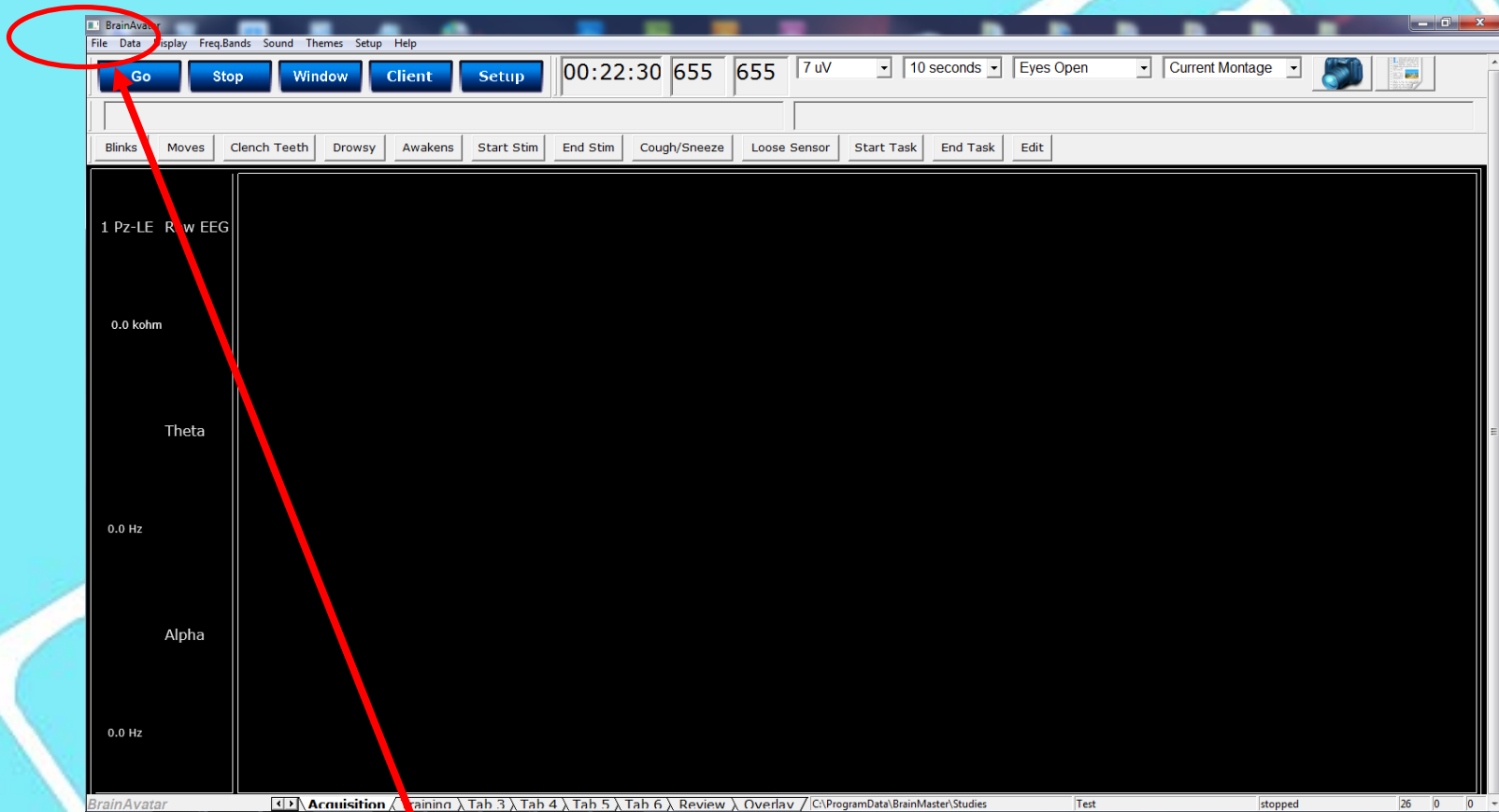


- Click the Study (Folder) you would like to open (in this case BUSTest) and then click “Select and Run”.

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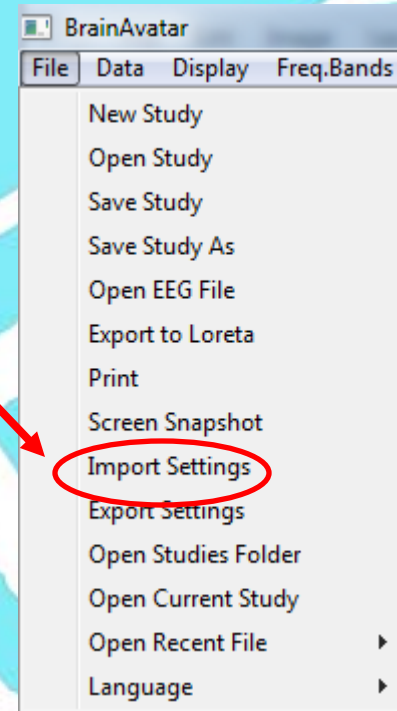
- The BrainAvatar Acquisition Screen is illuminated. The original DEEP Level 1 Setting File should be loaded.




- However, if it is not then click “File” from the Main Menu at the top.

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- Next select “Import Settings”.



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

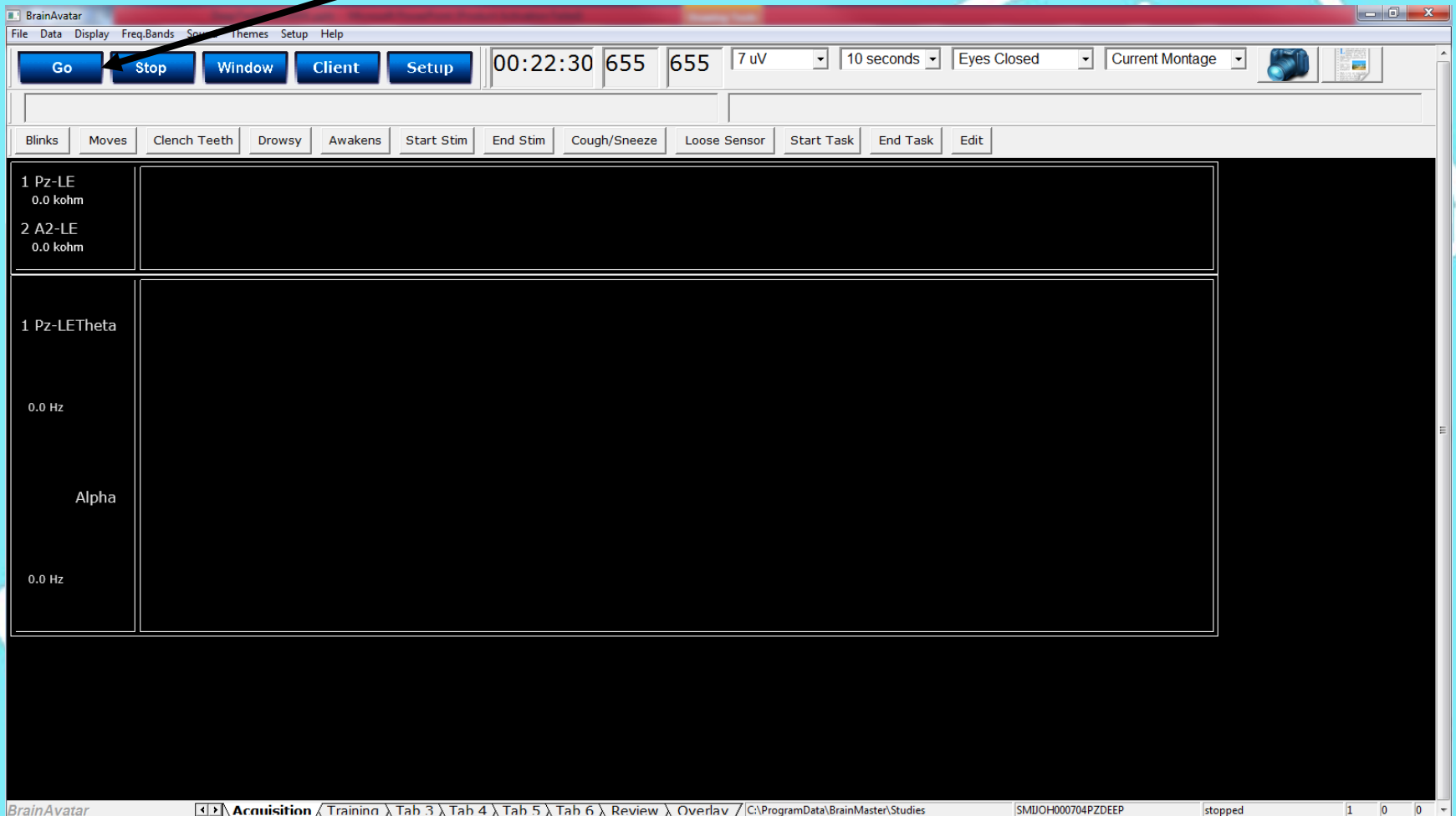
Name	Date modified	Type	Size
 0301001DeepLevel001.bdb2	11/16/2015 6:53 PM	BDB2 File	136 KB

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

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# DEEP - ALPHA/THETA

Click the "Go" Button

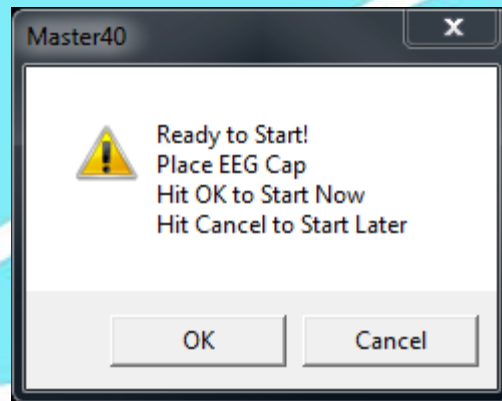


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# DEEP - ALPHA/THETA

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.

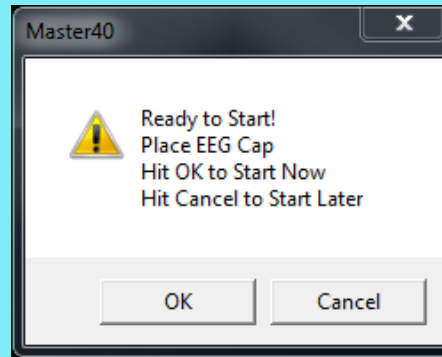
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# DEEP - ALPHA/THETA



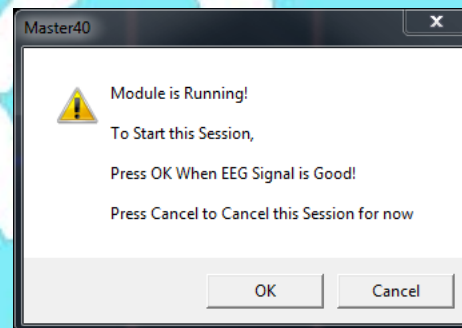
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# Select OK



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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# DEEP - ALPHA/THETA

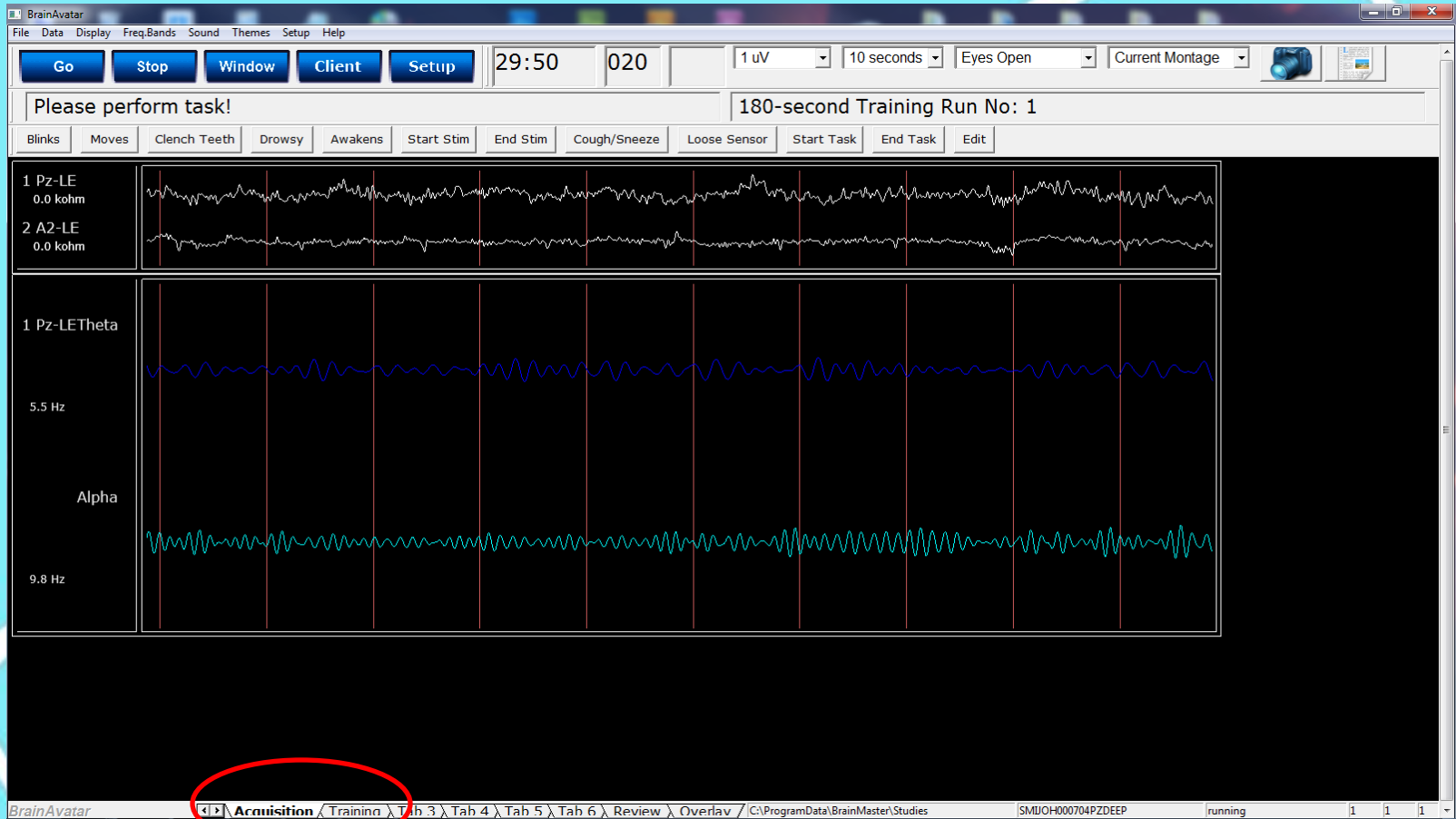
The protocol is designed to run for :

1. 10 contiguous 3 minute runs or 30 minutes. You may shorten the length of the session by hitting 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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# DEEP - ALPHA/THETA

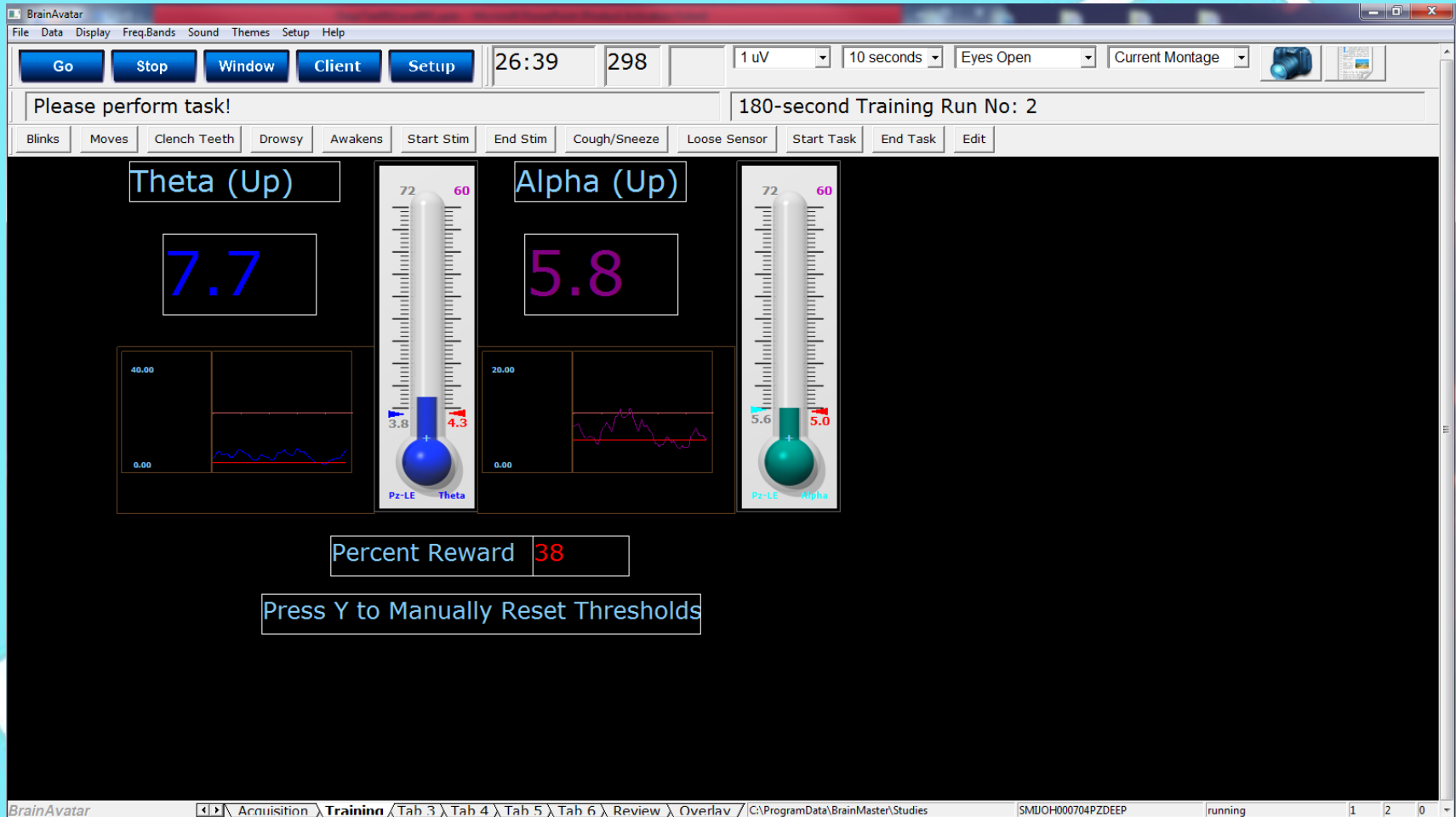
Take a moment and check that the EEG is good. If not, then take necessary action



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

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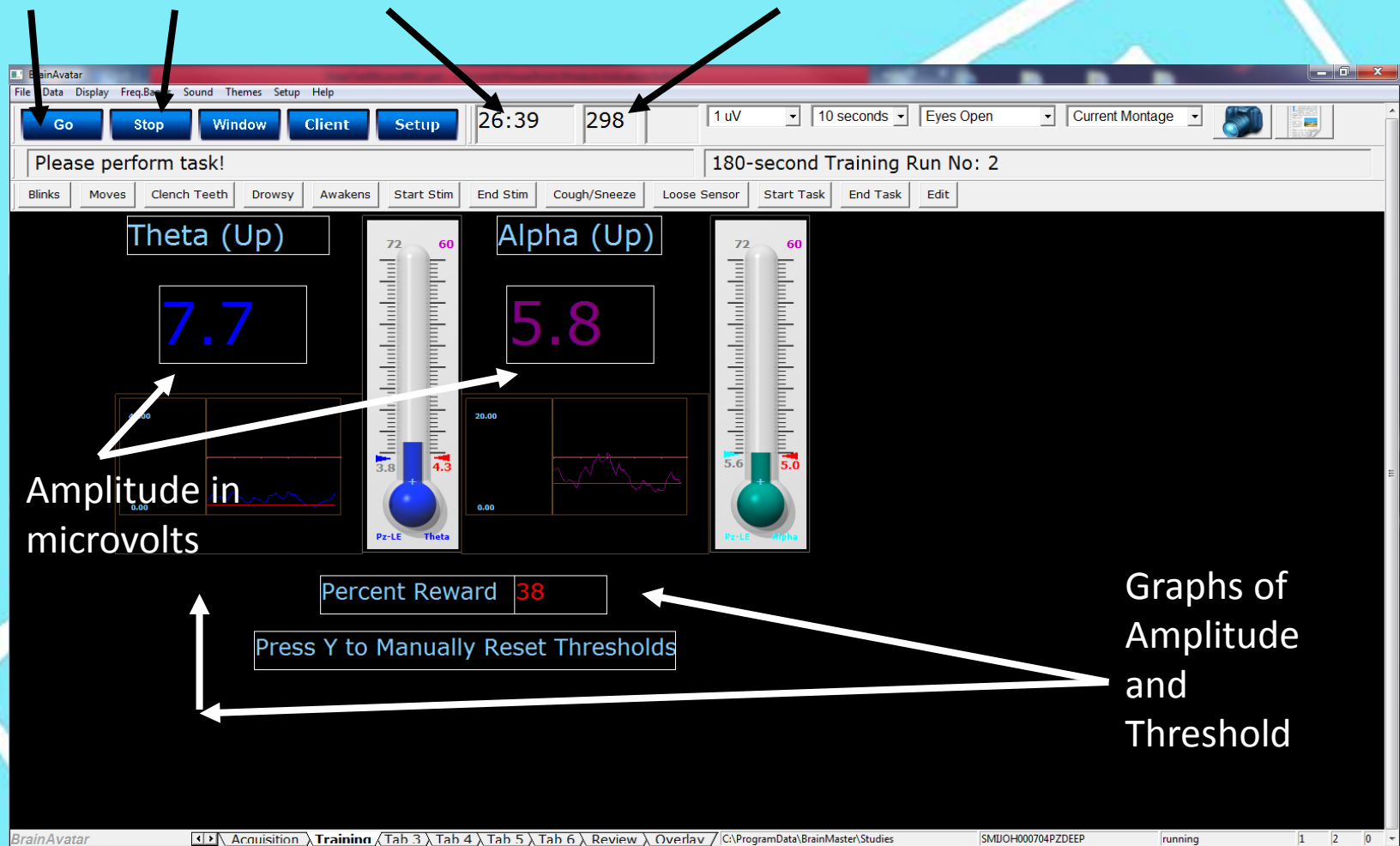
# DEEP - ALPHA/THETA



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 - ALPHA/THETA TO PRIME THE AUTOMATIC THRESHOLDING CLICK THE “Y” KEY THIRTY (30) SECONDS AFTER THE PROGRAM HAS 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

Actual % of time above  
Threshold

Automatic Setting for % of  
time above Threshold

Current microvolts  
produced by the brain

Automatic Threshold  
Setting in microvolts



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# DEEP - ALPHA/THETA

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.

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# DEEP - ALPHA/THETA

Theta rewards include a deep gong when progressing over threshold. The higher the theta ventures, the more into the subconscious the client's journey progresses.

Alpha rewards include a ding when progressing over threshold. The higher the alpha ventures, the more into a conscious relaxed state the client's journey progresses.

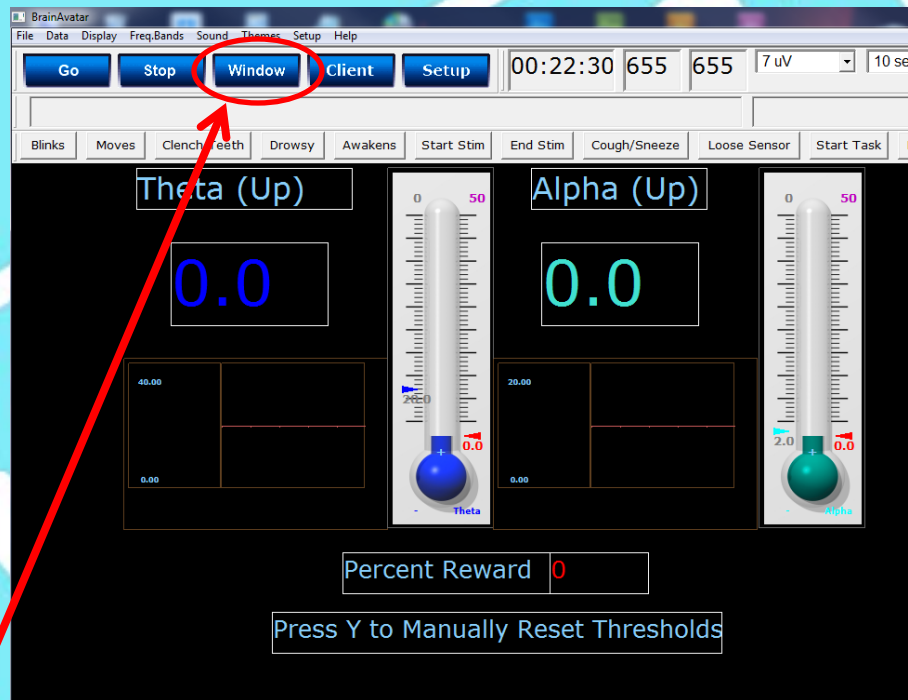
To help enhance the experience, Brainmaster has included an AVI extension to provide background sounds for a greater experience.

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# DEEP - ALPHA/THETA

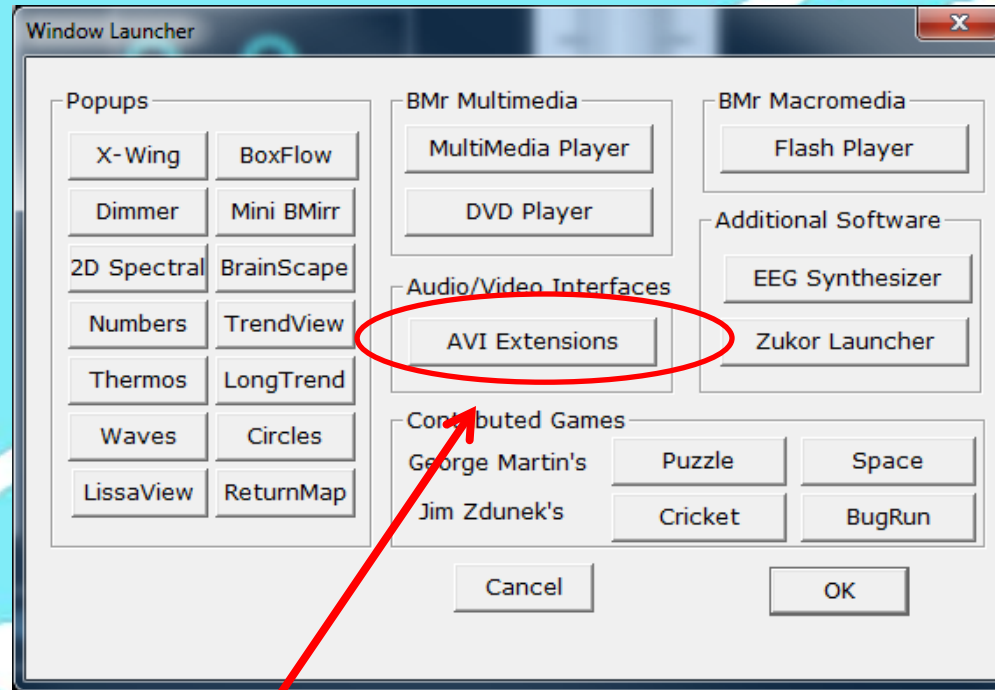
In order to access this, once the protocol has begun select:



“Window”

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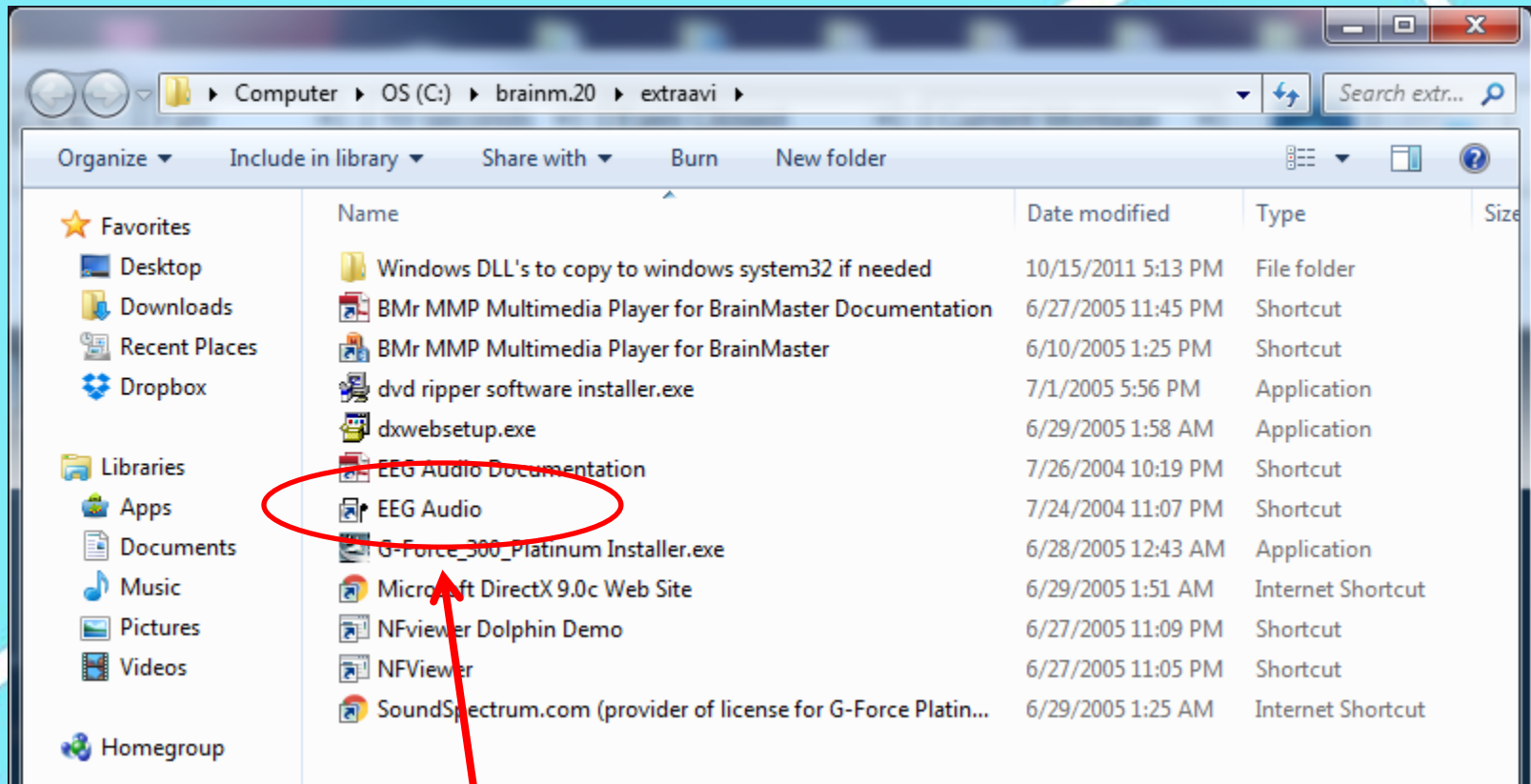
# DEEP - ALPHA/THETA



Next click "AVI EXTENSIONS".

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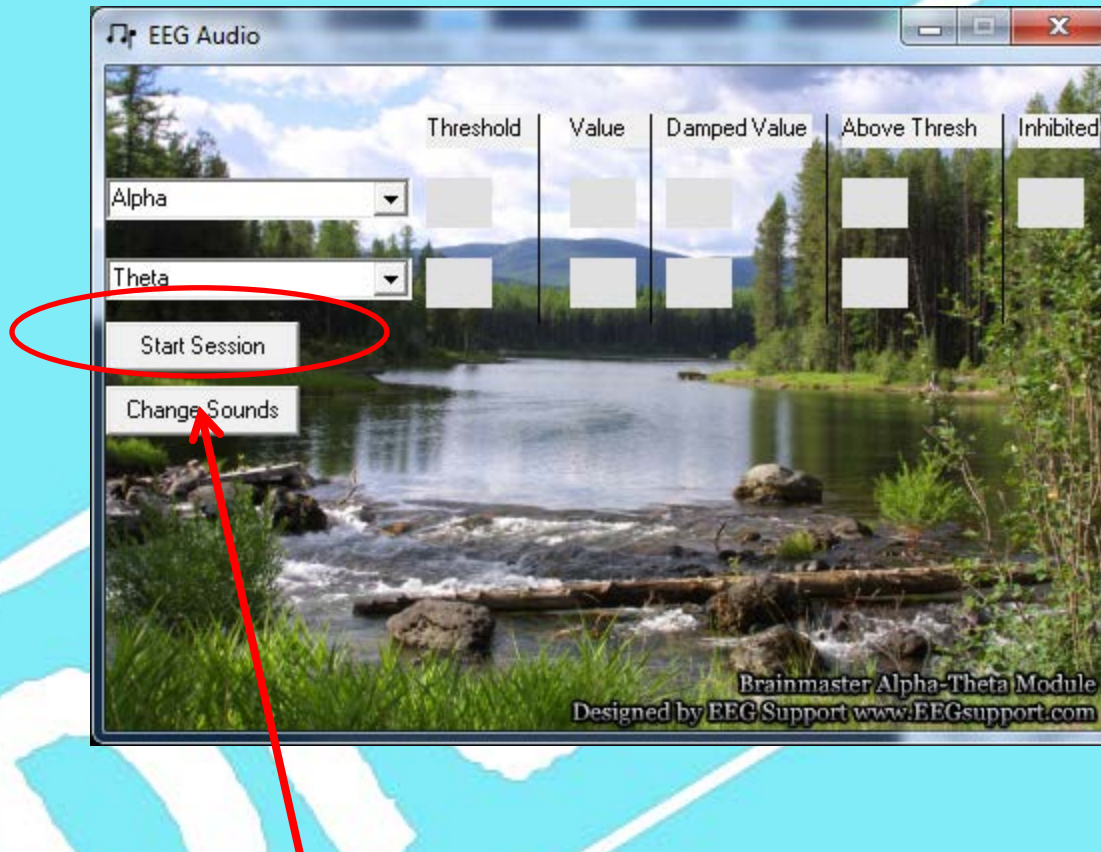
# DEEP - ALPHA/THETA



Next double click “EEG Audio”

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# DEEP - ALPHA/THETA



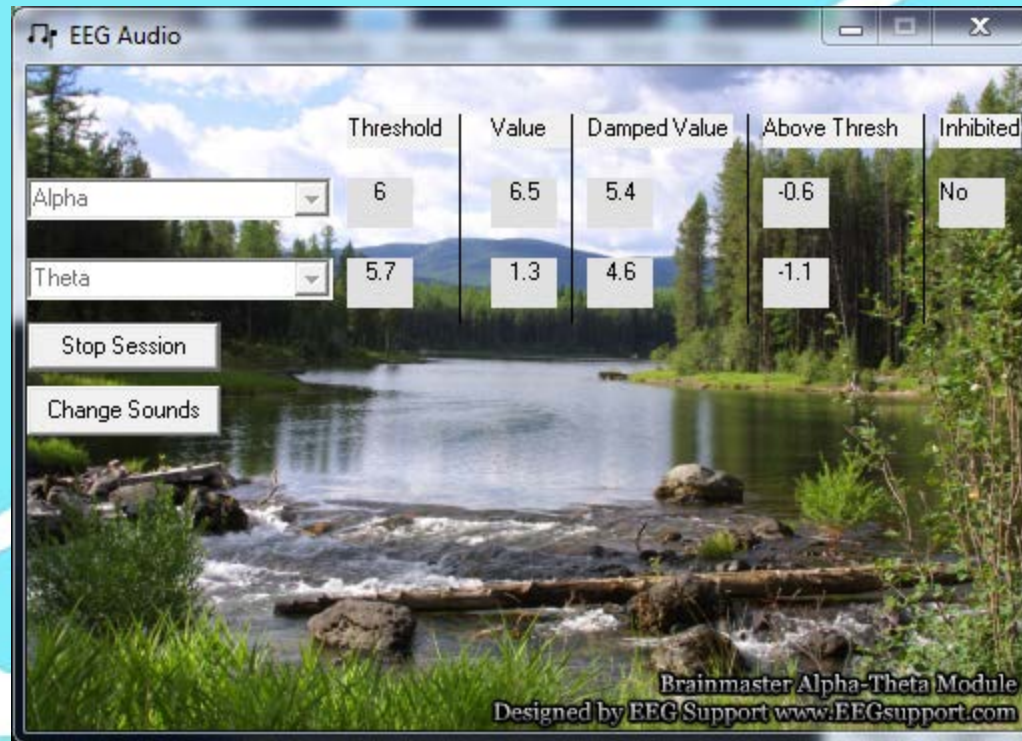
Next click “Start Session”.

\*If the EEG Audio Screen does not come up please contact Brainmaster Support @ 440-232-6000.

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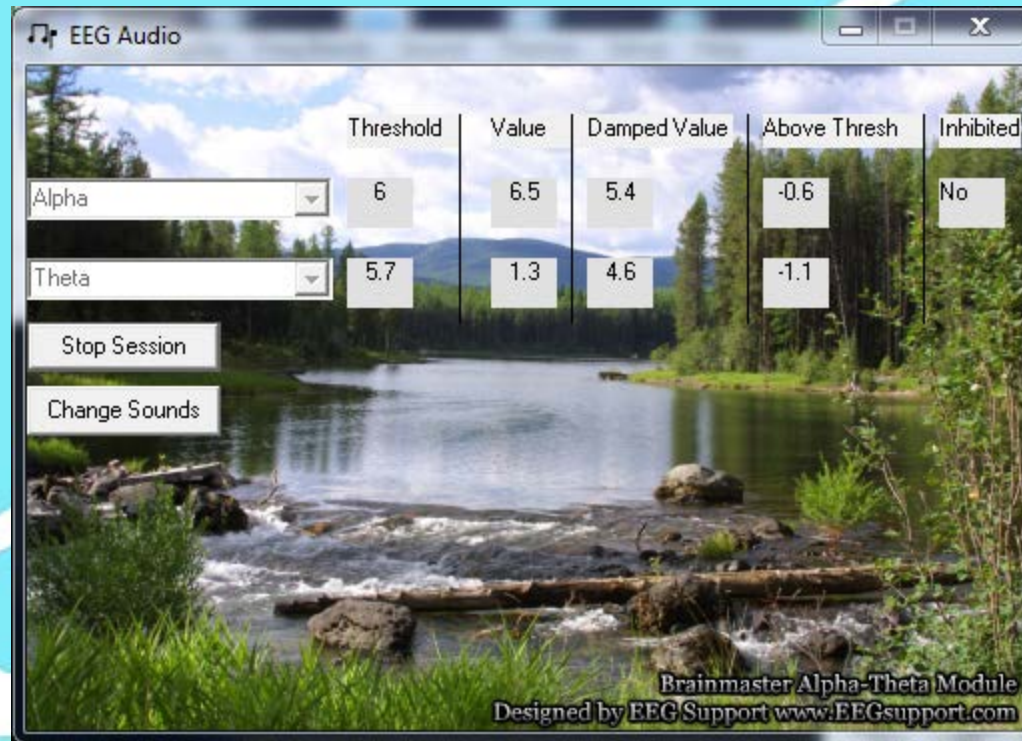
# DEEP - ALPHA/THETA



After about 15 seconds the EEG Audio will take over control of the session and produce the same tones as the Deep Protocol with an additional sound of waves crashing when theta is the dominant frequency and a gentle brook when alpha is the dominant frequency.

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# DEEP - ALPHA/THETA

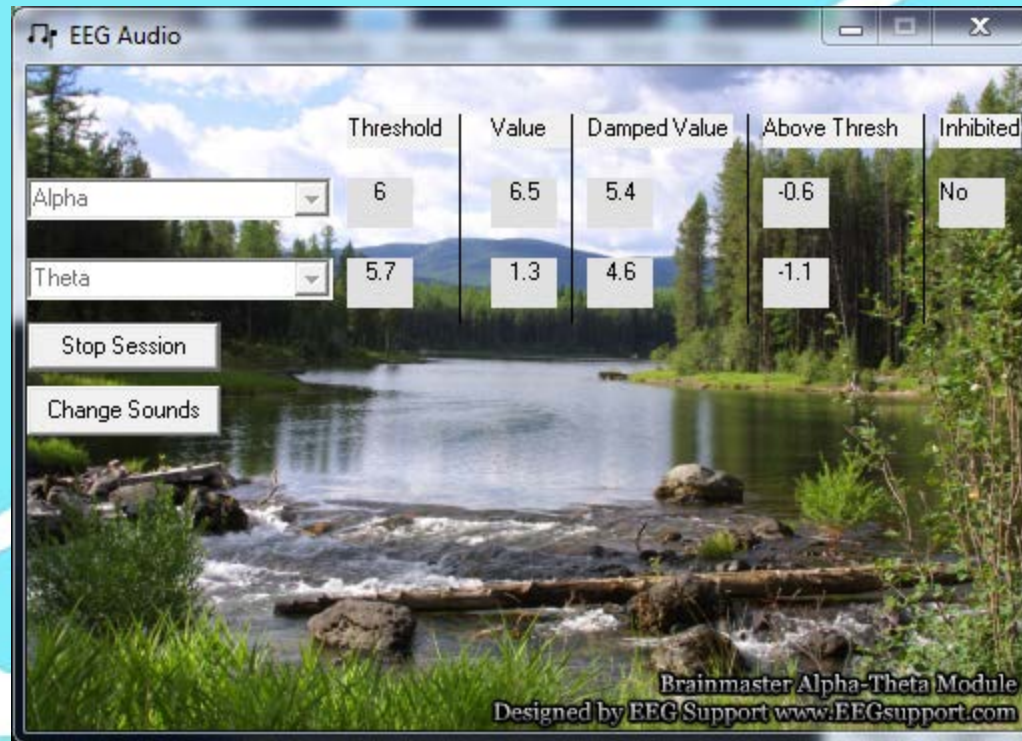


Also, note that alpha and theta thresholds and values are delineated as well as whether the amplitudes are above or below the threshold.

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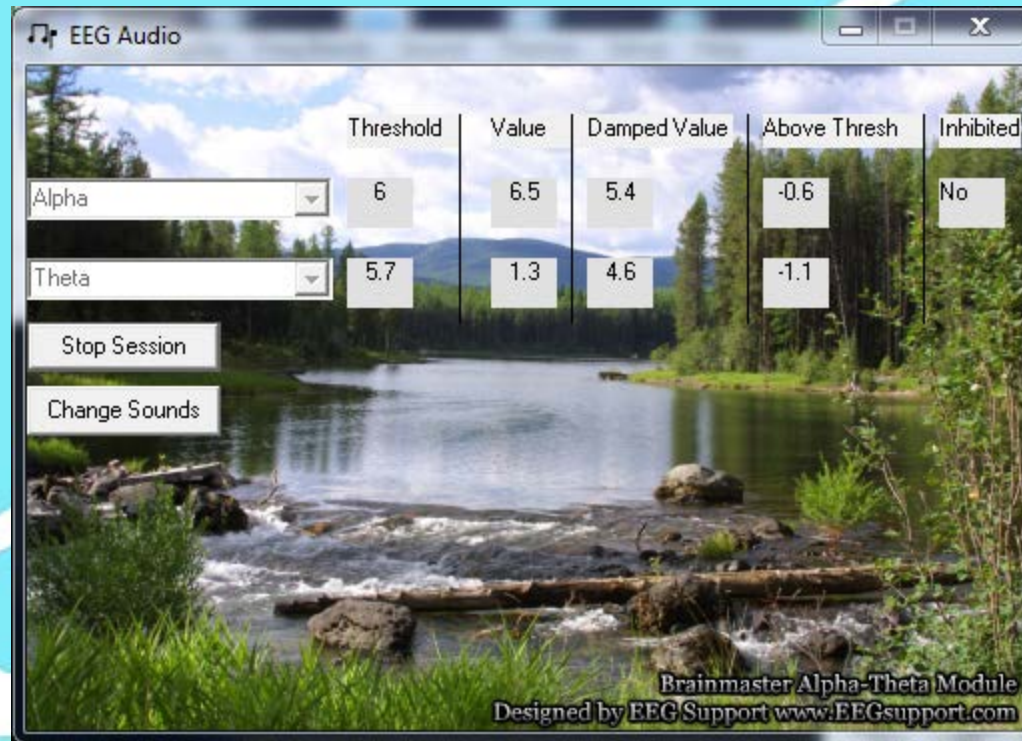
# DEEP - ALPHA/THETA



For more information as to the use of audio system you can refer to the Brainmaster Knowledge Base File: <http://www.brainmaster.com/kb/entry/140/>

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# DEEP - ALPHA/THETA



In a future Level 3 setting file you may find out how to change background sounds and import your own Audio Files to be played in the Alpha Theta Protocol.

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