

NeuroVIRZ Dehabituation Collection

App Collections



Brain Optimizer Sessions

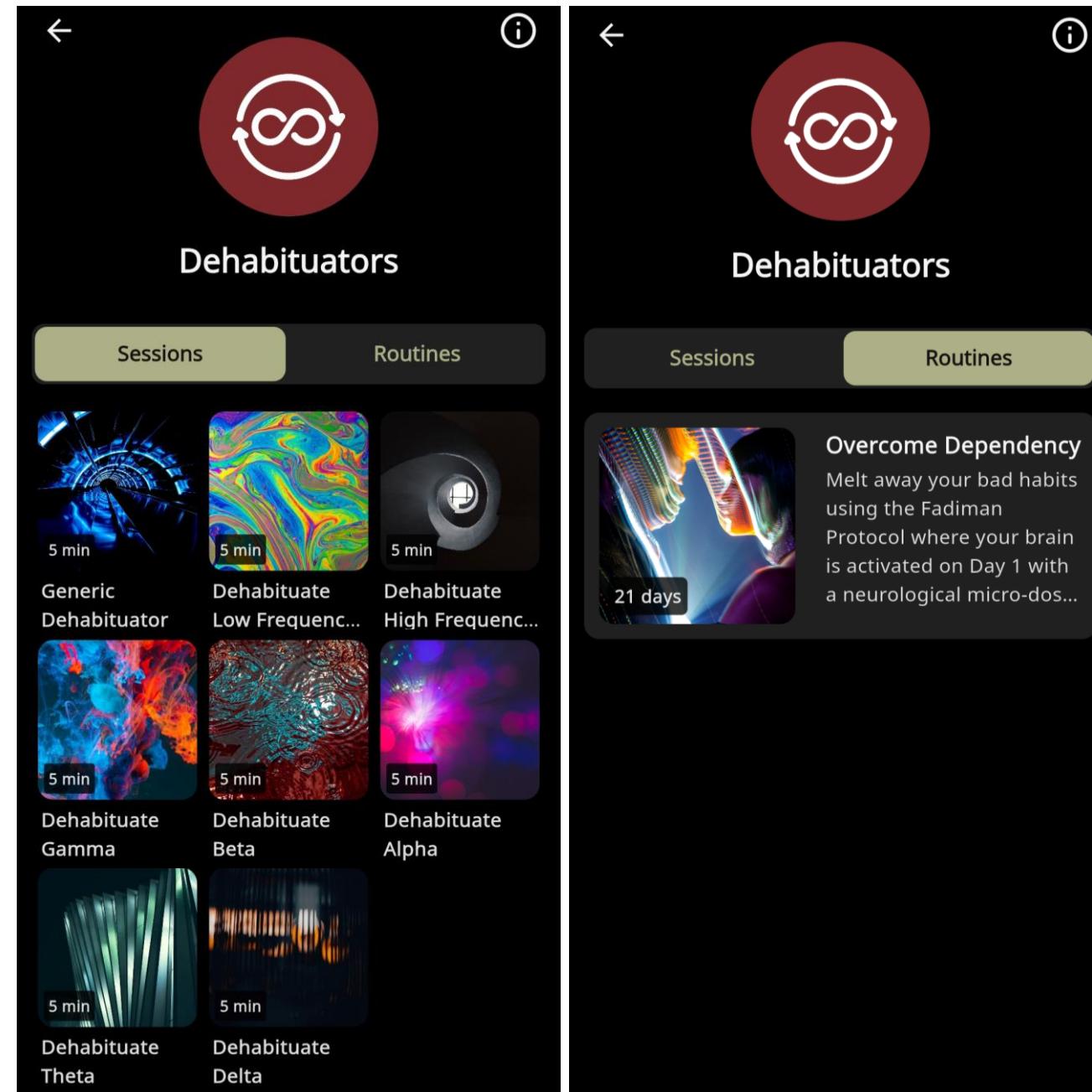
DEHABITUATORS

The Brain Dehabituation Approach

- Neurofeedback is a type of biofeedback that focuses specifically on brain activity. It works by using real-time feedback to help the brain learn more desirable activity patterns and reduce unhelpful ones through a process called reward learning.
- However, during neurofeedback, it's common to encounter rigid or "stuck" brainwave patterns - frequencies that don't easily shift using standard neurofeedback techniques. These patterns tend to resist change through the usual method of operant conditioning.

A New Solution for Stuck Brain Patterns

- To overcome this challenge, the Dehabituation sessions in the NeuroVIZR system use an expanded approach.
- Instead of relying solely on traditional neurofeedback, this method combines light and sound stimulation to help release stuck patterns and guide the brain toward more flexible, adaptive responses.
- While other approaches have experimented with tools like pulsed electromagnetic fields or frequency-specific microcurrent, NeuroVIZR uses light and sound to achieve similar outcomes in a non-invasive and accessible.



The 3-Step Formula: DISCONNECT – RECONNECT – REINFORCE

- Serves as the foundation for these novel NeuroVIZR routines. By disrupting the rigid patterns, facilitating new connections, and reinforcing adaptive brainwave activity, it is possible to break free from excessive habits and promote healthier brain functioning.
- In personal self-administered processes and for those lacking the resources provided by qualified neurofeedback, the following subjective expressions of “excessive” brainwave states may provide adequate guidance in selecting related NeuroVIZR sessions and routines.

1. Disconnect: **This first step uses chaotic or destabilising signals to disrupt the brain's stuck patterns. These signals help “loosen the glue” of rigid brainwave activity, making the brain more open to change.**
2. Reconnect: **Once the stuck pattern is softened, the session introduces positive or preferred brainwave signals. These guide the brain back into healthy, adaptive patterns, moving away from those shaped by negative habits or long-term repetition.**
3. Reinforce: **As the brain begins responding to these healthier patterns, the final step is to reinforce them. This helps prevent the brain from slipping back into old, unhelpful habits.**

The Brain Dehabituator session is specifically designed to handle Step 1: Disconnect.

- It's most useful when dealing with deeply ingrained, rigid brain patterns that have become resistant to change.

The Reconnect and Reinforce steps can be completed in different ways:

- By using other NeuroVIZR sessions designed for positive adaptation and learning
- Or through external techniques or methods that support habit transformation like therapy, mindfulness, or coaching.

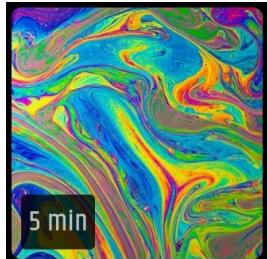
Timing Matters - The Hyperplastic Window

- The brain enters a “hyperplastic” state after Step 1.
- This is a temporary period when the brain is especially open to change.
- This window typically lasts 1 to 2 hours, though in some cases, it may extend up to 4 hours.
- To maximize results, Steps 2 and 3 should be applied during this hyperplastic window, when the brain is most flexible and responsive to new patterns.

More about the – Dehabituation Sessions

Quick Mental Break OR Loosen Up

- When you find yourself feeling overwhelmed or “jammed up”, it can be beneficial to take a «Quick Mental Break OR to Loosen Up.
- This “quick hit” may provide a mild degree of “dissociation” or “depersonalization” which often yields a sense of “relief” from the normal “realities” of personal everyday life.
- Finish with a “body scan” in which you gently survey and surrender to each and every sensation within your body (a shift from “perception” to “neuroception”).



**Dehabituate
Low Frequenc...**

Dehabituate Low Frequency States
(Dehabituator LO 5 - ranges from low delta to mid alpha)

If Geeting jammed in Lower activity dreamy drowsy states.

A session that targets excessive Delta and Theta brain wave activity. Helps you break out of Sluggish Low Frequency States.

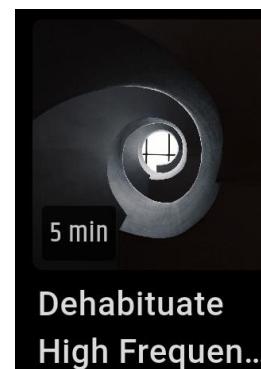


**Generic
Dehabituator**

Generic Dehabituate
(Dehabituator HI/LO 5 - ranges from low delta to high gamma)

If Geeting jammed in General without an obvious state.

A general-purpose session that does not target a specific brain wave range but can help across a whole range of excessive habits.



**Dehabituate
High Frequen...**

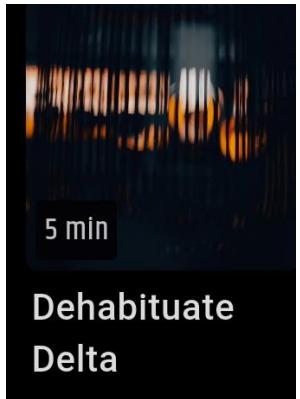
Dehabituate High Frequency States
(Dehabituator HI 5 - ranges from mid alpha to high gamma.)

If Geeting jammed in Higher activity and thinking states.

A session that targets excessive Beta and Gamma brain wave activity. Helps you break Over-Stimulated States.

More about the – Dehabituation Sessions

Unstick A Stuck Brain - Choose The Excessive Habit Where You Get Stuck

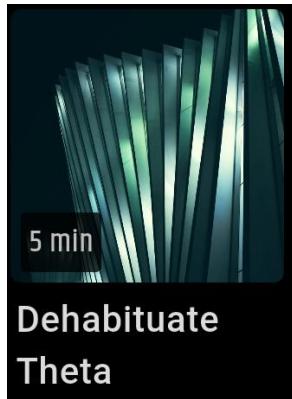


Dehabituate Delta

Try this session if you suffer from brain fog and regularly lack focus and motivation.

Excessive Delta Symptoms:

- **Attention deficit**
- **Hyperactivity**
- **Learning disabilities**

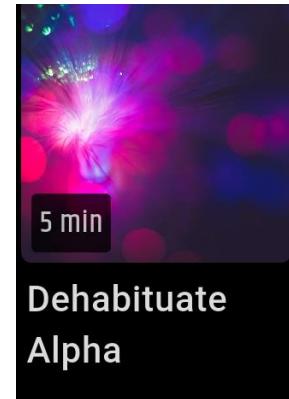


Dehabituate Theta

Try this session if you often find yourself hyperactive or lacking attention.

Excessive Theta Symptoms:

- **Attention deficit**
- **Hyperactivity Problems focusing and finishing**
- **Learning disabilities**
- **Previous head injuries**



Dehabituate Alpha

Try this session if you have a habit of daydreaming and struggle to focus.

Excessive Alpha Symptoms:

- **Too much daydreaming**
- **Difficulty focusing**
- **Being too relaxed and lacking alertness**
- **Anxiety Obsessive Compulsive**

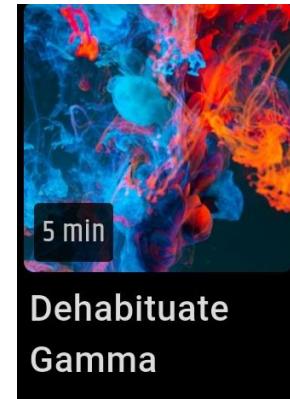


Dehabituate Beta

Try this session if you have a habit of struggling to relax.

Excessive Beta Symptoms:

- **Inability to relax**
- **Mental fatigue**
- **Poor concentration,**
- **Brain fog**
- **Cannot pay attention,**
- **Panic attacks**
- **General anxiety**



Dehabituate Gamma

Try this session if you often feel overstimulated or mentally “wired”.

Excessive Gamma Symptoms:

- **Poor cognitive functions**
- **Previous mild head injuries**

Breaking Excessive Habits - **ADDICTIVE CRAVINGS ROUTINE**

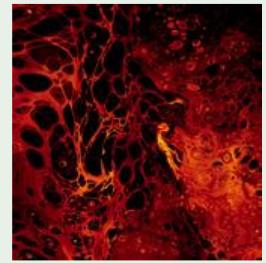
- Choose one of the following Dehabituation sessions suitable for your need.
- Followed by the Brain Gym - Brain Network collection - Emotional Flow session. Following the Emotional Flow session,
- Do 1 minute to Guided Breathing - specifically aimed at easing anxiety. Allow yourself to breathe deeply and consciously, bringing a sense of calm and relaxation to your mind and body.
- Finish with a body scan focusing on the areas of tension and invite a sense of release and relaxation into those areas.
- This routines create a comprehensive experience that promotes flexibility in the brain, emotional regulation, and body awareness.
- Embrace the opportunity to loosen up rigid patterns, organise your brain functions, and find a greater sense of ease and presence within yourself.

IF CRAVING EXCITATORY STIMULATION HABITS

**Go to Dehabuators Collection and Select:
Dehabituate High Frequency States
(Dehabituator HI 5)**

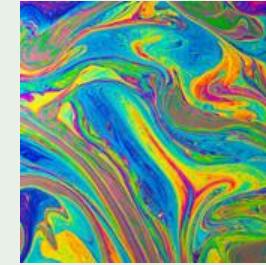


**Then Go to
Brain Gym - Brain Networks. Select:
Emotional Flow**

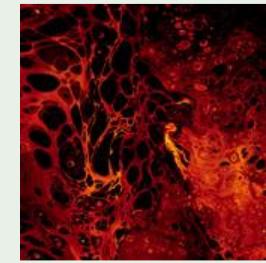


IF CRAVING SEDATIVE STIMULATION HABITS

**Go to Dehabuators Collection and Select:
Dehabituate Low Frequency States
(Dehabituator LO 5)**



**Then Go to
Brain Gym - Brain Networks. Select:
Emotional Flow**

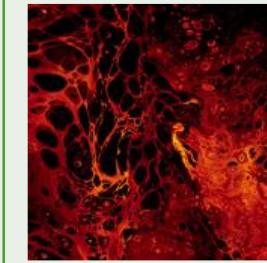


IF CRAVING ARE NOT CLEAR

**Go to Dehabuators Collection and Select:
Generic Dehabituate
(Dehabituator HI/LO 5)**

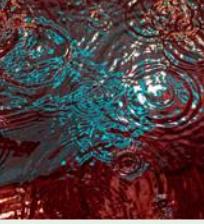


**Then Go to
Brain Gym -Brain Networks. Select:
Emotional Flow**



Breaking Excessive Habits - **EASY DOES IT ROUTINE**

- Choose the Brain Dehabituation session that seems to best align with how you get “stuck”.
- Then follow the selected Brain Dehabituation with a Brain Gym/Brain Entrainment session that is NOT in one of your “stuck” zones.
- This represents two steps of the “Disconnect > Reconnect > Reinforce” “unsticking” process. Here are some possible examples of complementary choices.

Example 1: Go to Habit Rewiring Collection and select: Dehabituate Alpha	Example 2: Go to Habit Rewiring Collection and select: Dehabituate Beta	Example 3: Go to Habit Rewiring Collection and select: Dehabituate Gamma	Example 4: Go to Habit Rewiring Collection and select: Dehabituate Theta	Example 5: Go to Habit Rewiring Collection and select: Dehabituate Delta
				

Breaking Excessive Habits – **EXCESSIVE ALHPA ROUTINE**

Excessive Alpha activity can manifest as daydreaming, difficulty in maintaining focus, reduced alertness, and may also be associated with symptoms of anxiety and obsessive-compulsive tendencies.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Alpha



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Gamma 40Hz



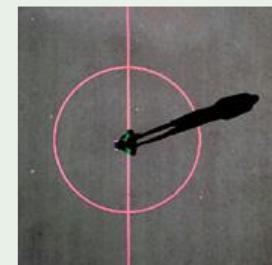
Step 3: REINFORCE

Go to **Relax Collection** Select the session:
GAMMA GAMMA



OR

Go to **Focus** - Select ONE (1) of these session:
Centered **Crystal Clear**

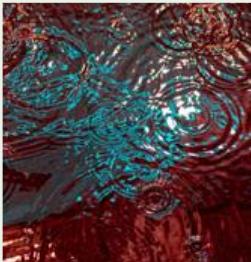


Breaking Excessive Habits – EXCESSIVE BETA

Excessive beta brain frequency can lead to an inability to relax, mental fatigue, poor concentration, brain fog, difficulty in paying attention, panic attacks, and heightened levels of general anxiety.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituation Beta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Theta 6 Hz



Step 3: REINFORCE

Go to **Relax Collection** Select ONE (1) of these session:
Gentle Move **Big Peace** **Now Just Relax**



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Calm Down



Peaceful Heart



Heart Space



Breaking Excessive Habits – **EXCESSIVE DELTA**

Excessive delta brain frequency can contribute to attention deficit, hyperactivity, and learning disabilities.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Delta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Low Beta 12-15 Hz OR
Beta 15 - 30Hz



Step 3: REINFORCE

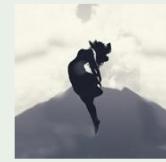
Go to **Elevate Collection** Select ONE (1) of these session:
Creative Pop **Dream Scapes** **Chakra Massage**



Blast Off



Fly High



Mandala Mind



Ollie Impossible



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Bye Bye Blues **Up Beat**



Breaking Excessive Habits – EXCESSIVE GAMMA

Excessive gamma brain frequency is associated with **poor cognitive functions** and may be linked to previous **mild head injuries**.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Gamma



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Alpha 8-12 Hz



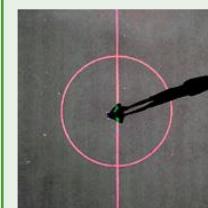
Step 3: REINFORCE

Go to **Relax** - Select ONE (1) of these session:
Gentle Moves **Deep Think** **Big Peach** **Now Just Relax**



OR

Go to **Focus** - Select ONE (1) of these session:
Centered **Crystal Clear** **Still Point** **Laser Focus**



Breaking Excessive Habits – EXCESSIVE THETA

Excessive theta brain frequency can manifest as attention deficit, hyperactivity, problems focusing and finishing, previous head injuries, and learning disabilities.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Theta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Low Beta 12-15 Hz OR
Beta 15 - 30Hz



Step 3: REINFORCE

Go to Elevate Collection Select ONE (1) of these session:
Creative Pop **Dream Scapes** **Chakra Massage**



Blast Off



Fly High



Mandala Mind



Ollie Impossible



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Bye Bye Blues **Up Beat**





MAINTAIN GOOD MENTAL HEALTH
BY ADAPTING IN THE FACE OF ADVERSITY.

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