

# NeuroVIRZ Processors Collection

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# Brain Optimizer Sessions

## PROCESSORS

The Brain Processor sessions are inspired by well-established psychological and neurological models closely associated with the work of Dr. Francine Shapiro from Stanford University. Sessions adapt the core principles of AIP and EMDR along with compatible enhancements to offer a self-guided, user-friendly experience:

- **AIP (Adaptive Information Processing)**
- **EMDR (Eye Movement Desensitization and Reprocessing).**
- Research Reference: ***Eye Movement Desensitization & Reprocessing (EMDR) Therapy, Third Edition*** by Dr. Francine Shapiro (Guilford Press, 2018). References marked with “\*” refer directly to this source.
- Research Reference: “*The Value of Visioning*” by Peter Carr, which explores bilateral photic stimulation (light stimulation to both sides of the brain) as a therapeutic tool.

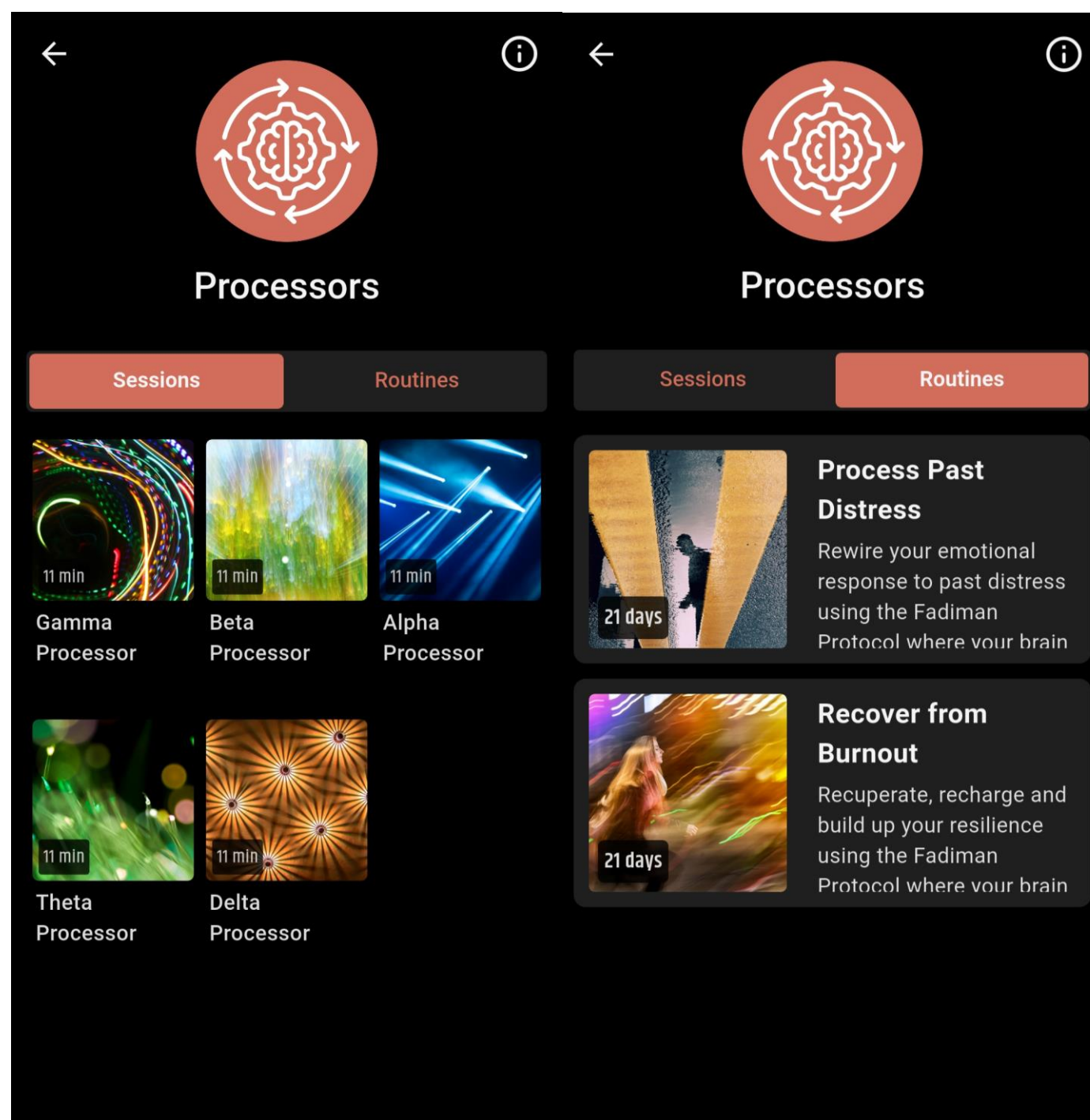
**Brain Processor sessions are designed for everyday users** who may be dealing with:

- Emotional tension
- Stressful memories
- Mild to moderate mental/emotional blocks

**These sessions can also be used by professionals to complement their therapy tools.**

Brain Processor sessions aim to:

- Gently unlock mental and emotional blocks
- Guide the brain through structured reprocessing
- Support positive, self-directed change



## More information about:

# Adaptive Information Processing (AIP) Theory:

- AIP is consistent with Freud's (1919,1955) and Pavlov's (1927) early understanding of what is now referred to as "information processing".\*
- The concept is that there is a natural psychological self-healing mechanism in response to insult, injury, or trauma and that these mental processes move towards a state of mental health. However, these natural processes can be hindered or disrupted by the impact of the challenges, leading to maladaptive responses.
- AIP considers it possible to reactivate the healing resolution processes, even if they have been blocked or imbalanced.
- The AIP model posits that the symptoms associated with post-traumatic stress disorder (PTSD) or other unresolved challenges of various types and severities stem from disturbing information stored in the brain's memory.
- The information related to traumatic experiences is stored in its original form because the information-processing system has been blocked for some reason.
- In effect, the information is "frozen" (or "stuck") in time, isolated in its own neural network, and stored in its originally disturbing state-specific form. \*

# Eye Movement Desensitization & Reprocessing (EMDR) Theory :

- As described before, EMDR is a derivative of AIP.
- Classic EMDR is a structured therapy approach where the patient briefly focuses on the trauma memory while simultaneously undergoing bilateral stimulation, often through eye movements. This technique aims to reduce the intensity and emotional impact associated with traumatic memories.
- It is also possible to develop other methods or variations of EMDR that remain consistent with the principles of AIP. For instance, the inherent alternating bilateral stimulation observed in classic EMDR, involving eye movements, can also be adapted to incorporate alternating bilateral tactile tapping and acoustic stimulation techniques.
- NOTE: such alternating bilateral tapping techniques should not be confused with the popularized Emotional Freedom Technique (EFT).
- EFT tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips. This technique is combined with a focus on an issue or feeling that you aim to address and resolve.



# How the Processors Sessions Work: Step by Step Guide

## Step 1: Device Setup

You wear the NeuroVIZR headset and audio headphones or earbuds.

The device uses both light and sound patterns to guide your brain through the session.

## Step 2: Eyes Closed Experience

The experience happens with your eyes closed.

EMDR uses eye movements guided by a therapist while the Brain Processor uses alternating bilateral light stimulation (ABL) to achieve similar effects.

## Step 3: Light + Soundscapes

You'll begin with low-intensity light signals and a relaxing audio "soundscape," both embedded with specific brainwave frequencies.

## Step 4: Soft Destabilization

After a calming introduction, the session shifts into a short phase of "brain destabilisation".

This helps loosen fixed thought patterns and prepares your brain for deeper processing.

## Step 5: Alternating Bilateral Stimulation

Then, the session moves into its core: bilateral light stimulation, which starts with 2-second intervals and gradually increases to 1-second intervals.

This process encourages your brain to reprocess stuck or unresolved information.

## Step 6: Final Reward Phase

After the main stimulation, the session ends with a "reward" phase by calming brainwave frequencies to stabilize and integrate the experience.

### Alternating bilateral light stimulation

These sessions are intended to be used by Wellness Professional with their patients. The sessions use alternating bilateral photonic stimulation to help integrate emotionally charged memories into a more neutral form. If you are experiencing significant distress or believe you may be dealing with medical-level Trauma, it is recommended to seek the guidance of a qualified professional who can provide appropriate support and treatment.

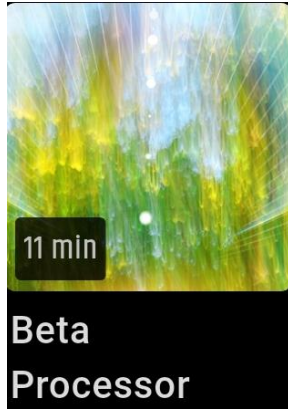
# More about the – Processors Sessions



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

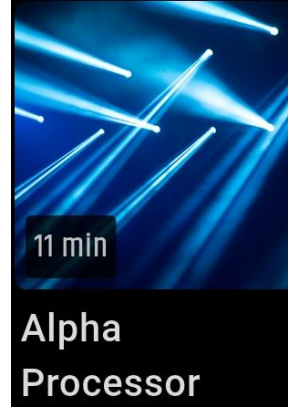
**The light used is in the Gamma frequency range.**



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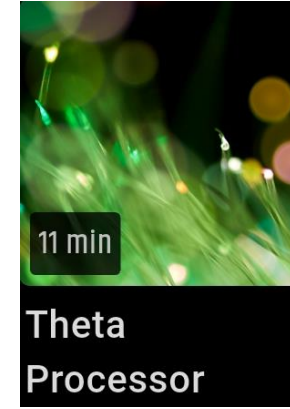
**The light used is in the Alpha frequency range.**



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

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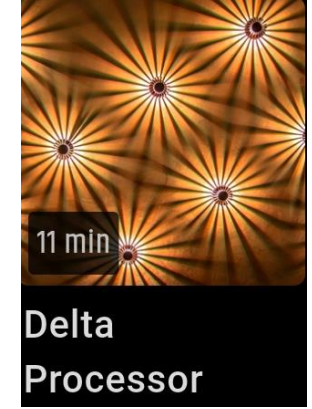
**The light used is in the Theta frequency range.**



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

**The light used is in the Delta frequency range.**





# Dynamic Routine 1: **PROCESSING PERSONAL TRAUMA ROUTINE**

**IMPORTANT NOTE:**

**Medical Level Trauma (capital T) - Requires professional intervention and specialised treatment | Personal Level trauma (small t) - explored in self-applied processes.**

- The Routines provided can be utilised for personal-level trauma and self-exploration.
- Important to recognize that qualified practitioners may use these Routines in conjunction with their standard processing methods for individuals dealing with medical-level Trauma!
- If you are experiencing significant distress or believe you may be dealing with medical-level Trauma, it is recommended to seek the guidance of a qualified professional who can provide appropriate support and treatment.
- It’s always important to prioritize your well-being and seek professional assistance when necessary.

**The routine is a 16 step proses:**

<p><b>Preparation time: 5min</b></p> <p><b>Step #1:</b> Set &amp; Setting</p> <p><b>Step #2:</b> Go to Processor Collection and select Processor Alpha Session Long.</p> <p><b>Step #3:</b> Understand 11 minute &amp; 5 minute versions</p> <p><b>Step #4:</b> Being Realistic</p> <p><b>Step #5:</b> Target the “Event</p> <p><b>Step #6:</b> The Negative Belief</p> <p><b>Step #7:</b> The Alternative Positive Belief</p> <p><b>Step #8:</b> Back to the Negative Belief</p>	<p><b>Brain Prime Sessions: 18min</b></p> <p><b>Step #9:</b> Do the Light/Sound Brain Processor Session:</p> <p><b>Step #10:</b> Take a Moment to Reflect:</p>	<p><b>Dynamic Brain Prime: 5min if needed</b></p> <p><b>Step #11:</b> Repeat to Evolve the Experience</p> <p><b>Step #12:</b> Stop When Nothing New Comes to Mind</p>	<p><b>Post Session inner work: 15min</b></p> <p><b>Step #13:</b> Be Kind to Yourself:</p> <p><b>Step #14:</b> Reinforce the Alternative Positive Belief:</p> <p><b>Step #15:</b> Scan Your Body:</p>	<p><b>Stabilization: 15min if needed</b></p> <p><b>Step #16:</b> Help to Stabilize:</p>
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# Brain Processor Session Flowchart

## Phase 1: Preparation (5min)

Step	Title	Description
		Ensure a safe, comfortable environment. Allocate time for both the session and post-session integration. Use the <i>Butterfly Hug</i> if needed.
1	<b>Set &amp; Setting</b>	The Butterfly Hug is a self-soothing technique that involves crossing your arms over your chest and tapping your hands on your upper arms or shoulders in a rhythmic, alternating motion, like a butterfly's wings. It's a bilateral stimulation method that can help regulate the nervous system and promote a sense of calm and grounding, particularly when experiencing anxiety, distress, or trauma.
2	<b>Select Processor</b>	Open <i>Processor Collection</i> and choose one of the 5 brainwave session. Experiment to find your best fit.
3	<b>Session Duration</b>	Choose one of the <b>11-minute</b> sessions. You may switch mid-session for progressive stimulation.
4	<b>Start Small</b>	Work with manageable trauma. Begin with unresolved but <i>minor</i> issues. Avoid diving into deep trauma early on.
5	<b>Target Event</b>	Identify a memory or event linked to your current emotional challenge.
6	<b>Negative Belief</b>	Recognize the <b>negative belief</b> associated with the memory (e.g., "I'm unlovable").
7	<b>Positive Belief</b>	Propose a <b>positive belief</b> alternative (e.g., "I am worthy of love") and rate how much you accept it (0–10 scale).
8	<b>Return to the Negative</b>	Revisit the original memory. If too overwhelming, seek professional help.

## Phase 2: Brain Prime Sessions (18min)

Step	Title	Description
9	<b>Begin Brain Processor</b>	Start the light/sound session. Observe without judgment. Let thoughts and images surface naturally.
10	<b>Reflect</b>	After the session, neutrally acknowledge any thoughts, emotions, or insights that came up.

## Phase 3: Dynamic Brain Prime (5min if needed)

Step	Title	Description
11	<b>Repeat if Needed</b>	Re-enter the session if more material surfaces. Stay open to unexpected insights.
12	<b>Know When to Stop</b>	Stop when nothing new emerges. Trust the natural endpoint of each session.

## Phase 4: Post Session inner work (15min)

Step	Title	Description
13	<b>Self-Compassion</b>	Acknowledge your emotional courage. Be kind to yourself through this vulnerable process.
14	<b>Reinforce Positive Belief</b>	Revisit your chosen positive belief. Try to embrace it at a deeper emotional level.
15	<b>Body Scan</b>	Check for bodily sensations (tension, warmth, relaxation). Anchor in the present.

## Phase 5: Stabilization (15min if needed)

Step	Title	Description
16	<b>Stabilize</b>	If feeling fragile, use <b>Alpha 10 Hz session (11-min, low intensity)</b> with guided breathing for relaxation.



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

✉ [info@mentalresilience.co.za](mailto:info@mentalresilience.co.za) 🌐 <https://mentalresilience.co.za/>