

## Clinician Information Sheet/Integrative Referral Guide

If you have a patient whose nervous system is chronically activated or dysregulated (PTSD, stuck in fight/flight/freeze/fawn/flop states, autonomic nervous system dysfunction, limbic impairment, mood disorders, learning/focus/behavioral issues in children/teens, chronic illness), consider referring to NeurOptimal® training as an adjunct. Helps the Brain and CNS interrupt persistent, consistent cortical patterns the brain gets stuck in that results in unwanted symptoms and behaviors.

Provider: Marly Jones, Naturopath & Neurofeedback Specialist

Email: [marly.jones@neurooptimal.com](mailto:marly.jones@neurooptimal.com) | Website: <https://harmonyneurofeedback.com/>

NeurOptimal® is a fully automated, non-linear neurofeedback system that supports the central nervous system's ("CNS") innate ability to self-regulate. Rather than pushing the brain toward predetermined targets, it provides real-time feedback based on what the brain is actually doing—enabling neural reorganization, improved stability, and functional resilience.

### Scientific Basis

- Built on dynamical systems theory and realtime monitoring of brain oscillations.
- Aligns with neuroscience showing the brain is adaptive, self-organizing and non-linear in design.
- Algorithms detect micro-shifts in duration, intensity, frequency and stability of brain oscillations; the system then delivers subtle audio/visual cues that allow the CNS to “notice” and reorganize rather than be forced.
- This process supports neuroplasticity and epigenetic regulation—by reducing CNS overload, the body becomes more receptive to repair, detoxification, immune balance, and whole-system healing.

### Why No QEEG Mapping Required

NeurOptimal® doesn't rely on a snapshot or mapping of the brain at one point in time. Instead, it monitors ongoing, moment-by-moment fluctuations in brain oscillations and provides feedback accordingly—making the training individualized, dynamic, and aligned with how the nervous system actually works.

### Clinical Relevance & Use

When the CNS is chronically up-regulated—due to trauma, illness, environmental stressors or dysregulation—this neurofeedback brain training system gives the brain space and information to restore homeostasis. The result: improved autonomic regulation, better sleep, greater mental clarity, emotional stability, and enhanced functional wellness.

Selected Peer-Reviewed Studies of NeurOptimal® can be accessed here: [Research for Neurofeedback & Brain Training - NeurOptimal®](#)

#### Clinician FAQ

- Is it diagnostic? No — it is an information-based CNS training tool.
- Does it interfere with therapy or medication? No known contraindications when used alongside medical or psychotherapeutic care.
- Can it support trauma, pain or dysregulation? Yes — by helping stabilize the CNS and enabling the body's self-repair systems.
- Is it safe for vulnerable populations (children, older adults, dysregulated CNS)? Yes — because it does not impose protocols or push the brain; it gives space.
- Does the practitioner control the training settings? No — the system is fully automated, responding in real time to the brain's activity.

More questions? Set up a DISCOVERY CALL:  
<https://calendly.com/marlyjones/discovery-call?back=1>