



SYMMETRY

Neuro-Pathway Training®

SYMMETRY @Home Training Manual

Welcome to SYMMETRY!

This manual is designed to help you, in a step by step process, to use the SYMMETRY @Home Training software. Your neurofeedback training sessions are monitored by your trainer. The session type, length of time and reward feedback are all established and preset by the SYMMETRY clinical training staff and will be explained to you as a part of your @Home Training program.

If you have any questions regarding the use of the software, equipment, or supplies provided to you, please contact info@SymmetryNeuroPT.com

STEP 1:

Plug the SYMMETRY Neuro-Pathway Training amplifier into your computer's USB port as instructed. Have all of your training and clean up supplies nearby as well as a mirror if needed if applying sensors on yourself.

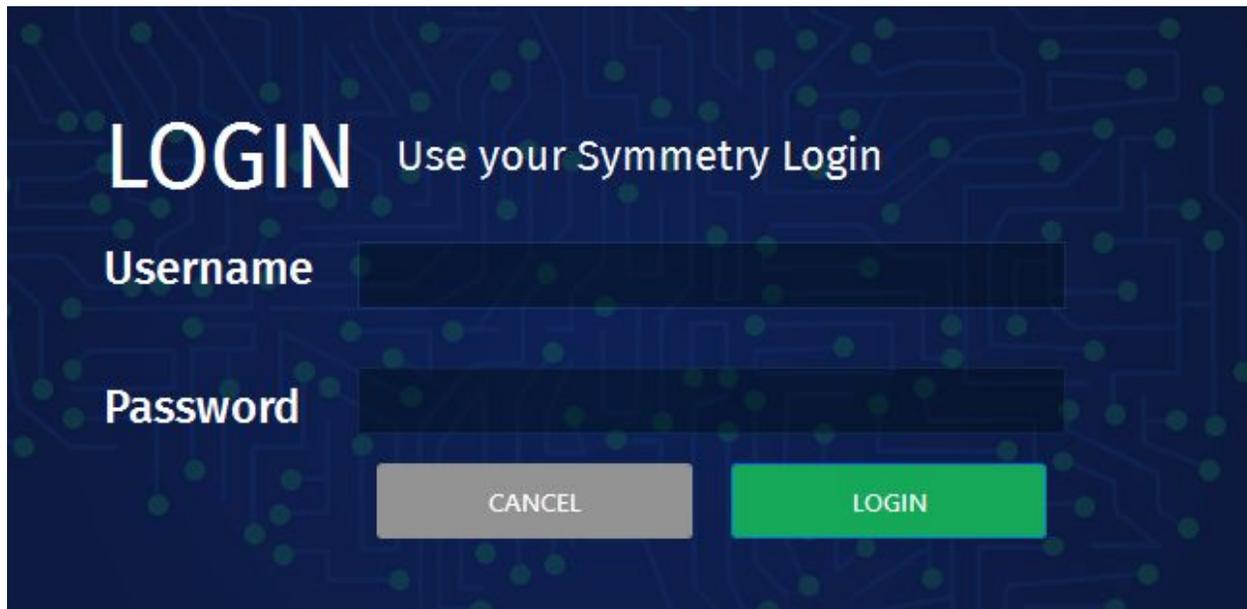
STEP 2:

Click on the following ICON



STEP 3:

The following window appears.



LOGIN Use your Symmetry Login

Username

Password

CANCEL LOGIN

Please enter your SYMMETRY ID (Username) and Password and then click on Login.

This will usually be the email you provided as your main email for contact. The password will be your client ID number and is the same info you used to fill out your Intake questionnaires on mysymmetry.info You will also be regularly logging on to mysymmetry.info to fill out your Progress Tracker, so you may want to save that page to your web browser or link to desktop.

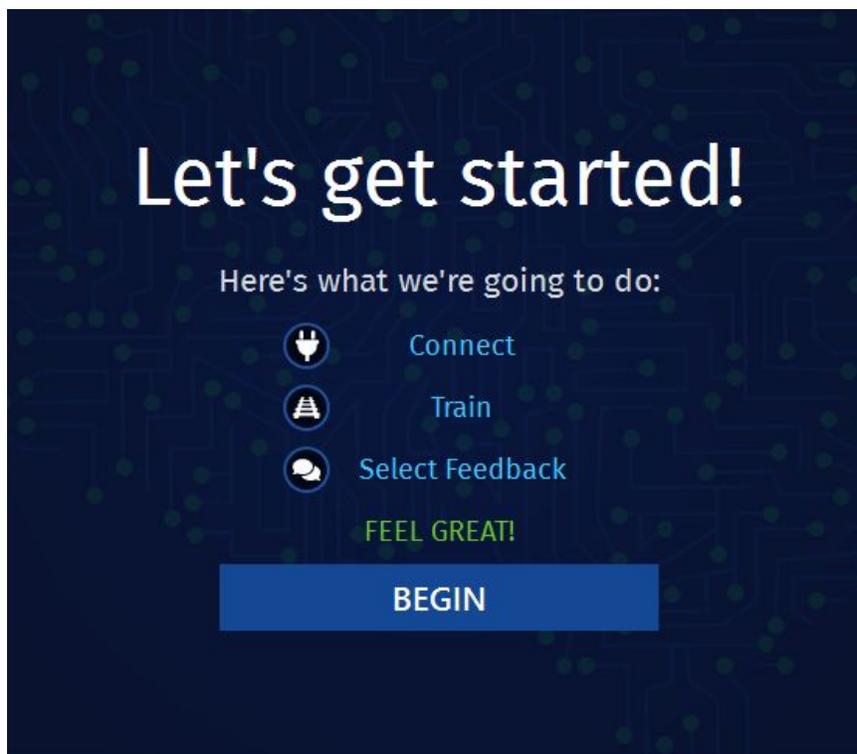
STEP 4:

Once you have logged in, click on Start Training.



STEP 5:

Click on Begin!



STEP 6:

To prep for your sessions you will need a NuPrep Cleanser or Alcohol pumice prep pads and Ten20 Paste.



Clean the areas where you will be placing ear clips and placing the sensors.

This is usually both earlobes, or behind the ear on the mastoid bone if using flat sensors for the ground and reference points. The active (training) sensor will be placed on the area of the head that will be used for training.

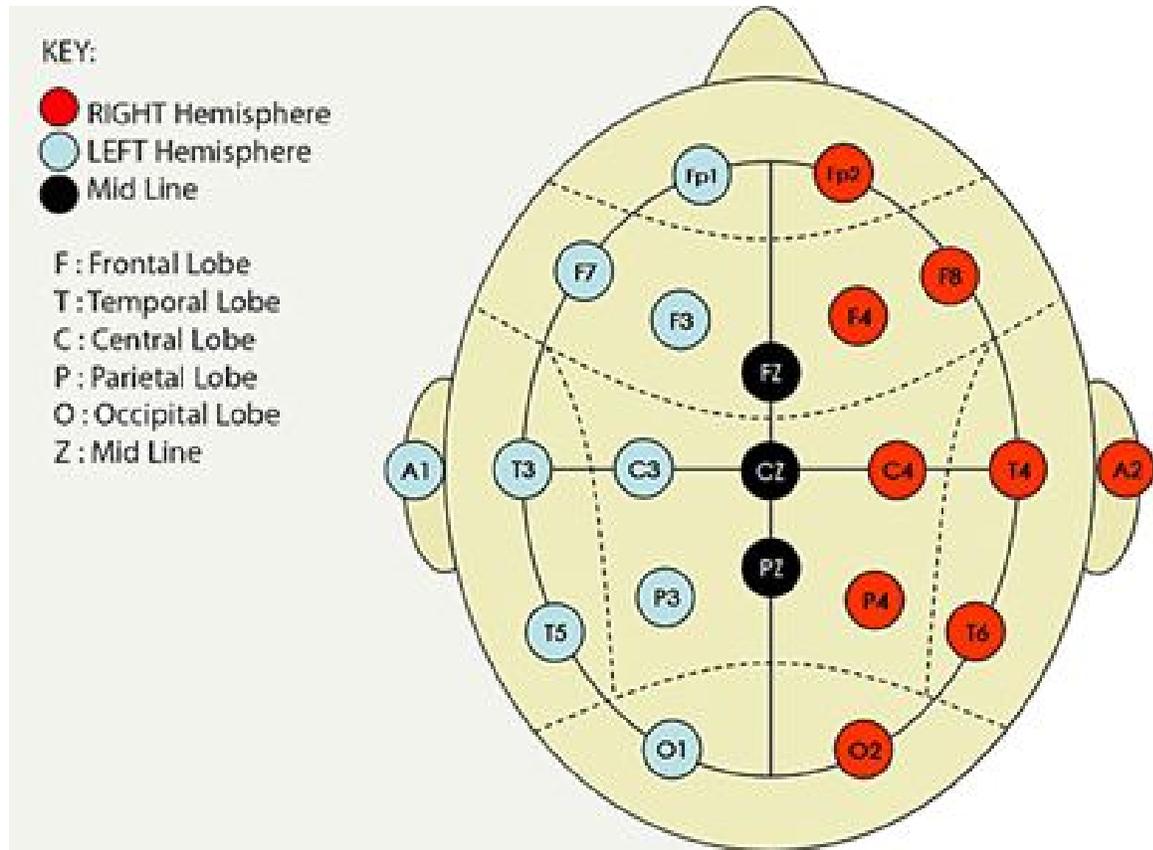


Using plastic applicator gently apply paste to ear clips and cup sensors with approximately a pea-sized amount of paste for each sensor:



STEP 7:

Place the sensors where the Connect Diagram indicates they should be placed after prepping scalp as per instructions below.



1. Locate training point from above map,
2. Part hair and clean scalp area with nu-prep or alcohol prep pad, let dry.
3. Then, place sensor with a pea-sized amount of 10-20 paste gently against the scalp. Check sensor that it is placed firmly but without the metal touching the scalp. A little halo of paste will form when placed properly. You can use a cotton ball or paper towel on

top of sensor to stick to the extra paste. This helps to keep the sensor in place and minimize the extra paste that can get caught in the hair.

*Paste can be removed from hair with alcohol and easily is rinsed with shampoo and conditioner.

Training Screens:

In a One Channel Training the screen may look like this.



For a 1 Channel Training plug in your sensors as illustrated below:



CH1: Cup Sensor on Left side of scalp

CH2: EMPTY

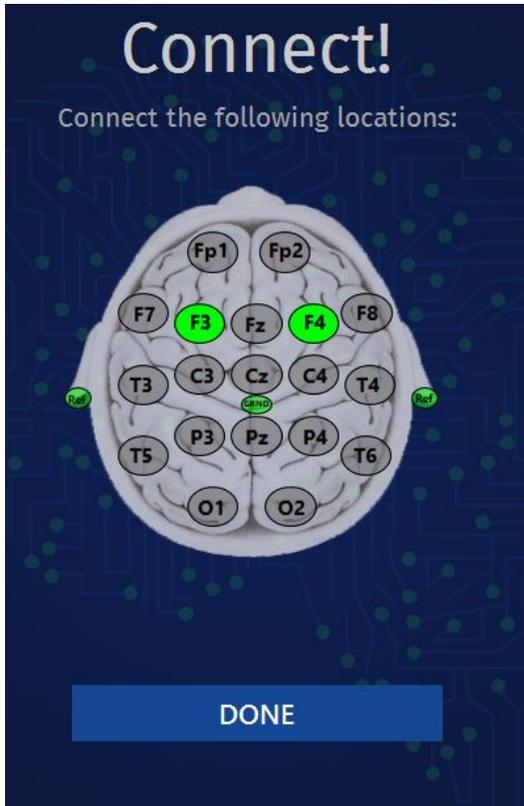
REF1: Ear Clip on Left earlobe

GRND: Ear Clip

REF2: Ear Clip on Right earlobe

NOTE: The small green light labeled GRND on the headmap will stand for the GND earclip to be placed on the same ear each session (Use the right or left earlobe as long as it's the same each time. We recommend the ear closest to the amplifier.)

In a Two Channel Training the screen will look like this.



For a 2 Channel Training plug in your sensors and earclips as illustrated below:



CH1: Cup Sensor on Left side of scalp

CH2: Cup Sensor on Right side of scalp

REF1: Ear Clip on Left earlobe

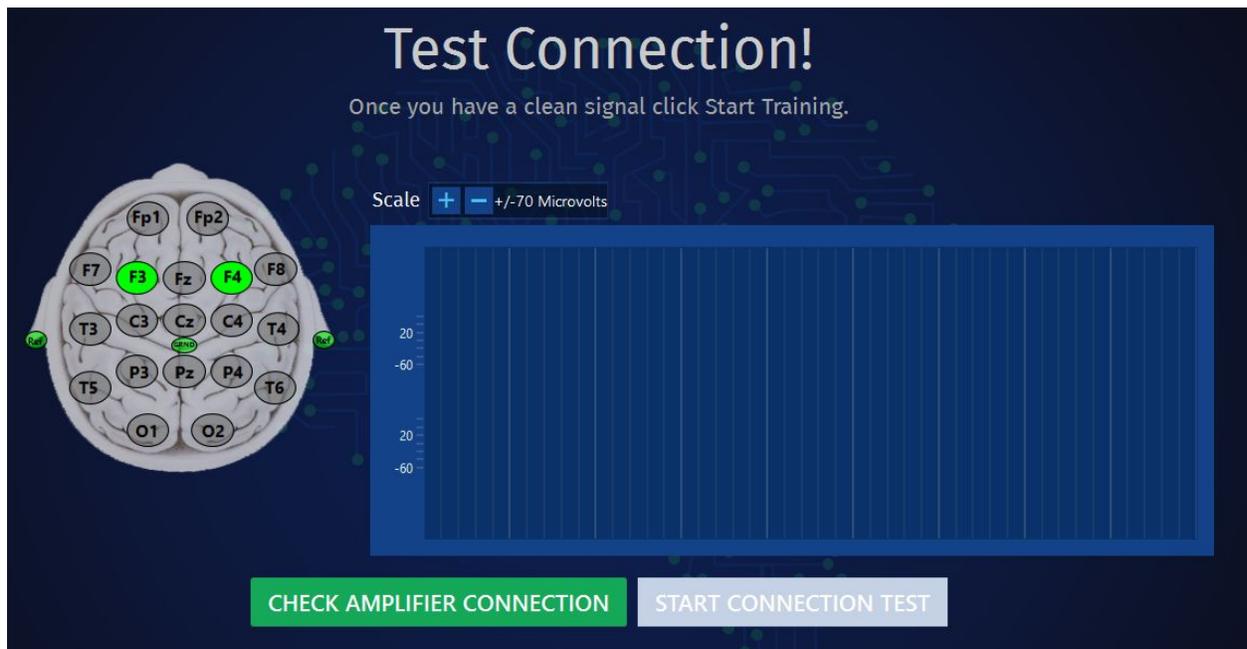
GRND: Ear Clip

REF2: Ear Clip on Right earlobe

NOTE: The small green light labeled GRND on the headmap will stand for the GND earclip to be placed on the same ear each session (Use the right or left earlobe as long as it's the same each time. We recommend the ear closest to the amplifier.)

STEP 8:

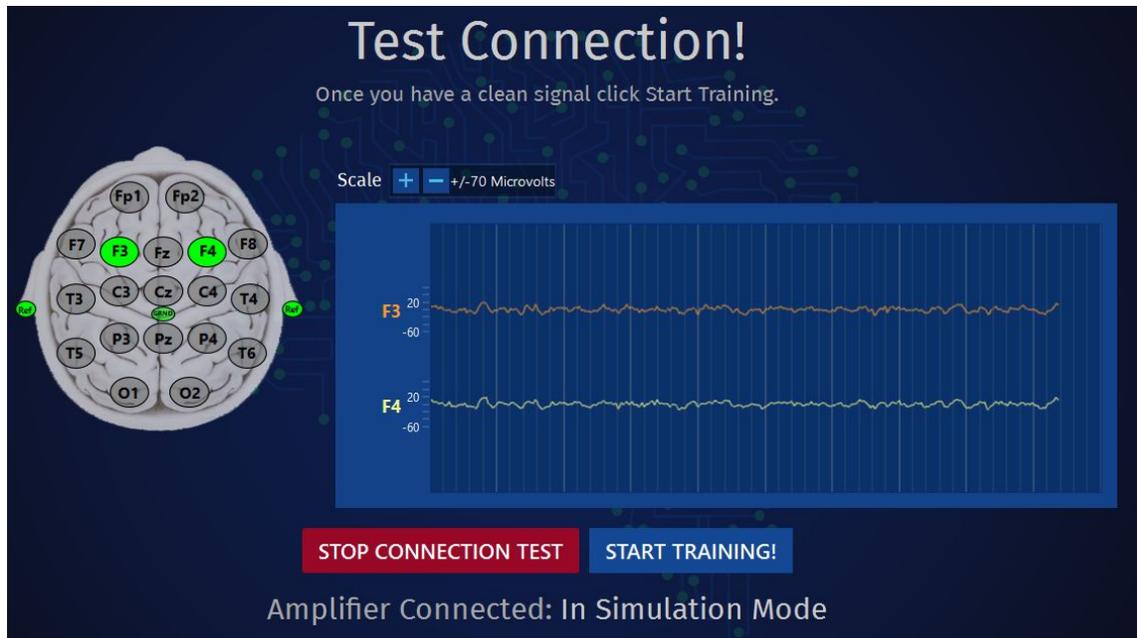
Once you have cleaned each training location with alcohol-pumice prep pad and connected the sensors to the correct locations with the 10/20 paste; **click on Check Amplifier Connection.**



Once amplifier checks the connection, it will tell you the amplifier is connected.

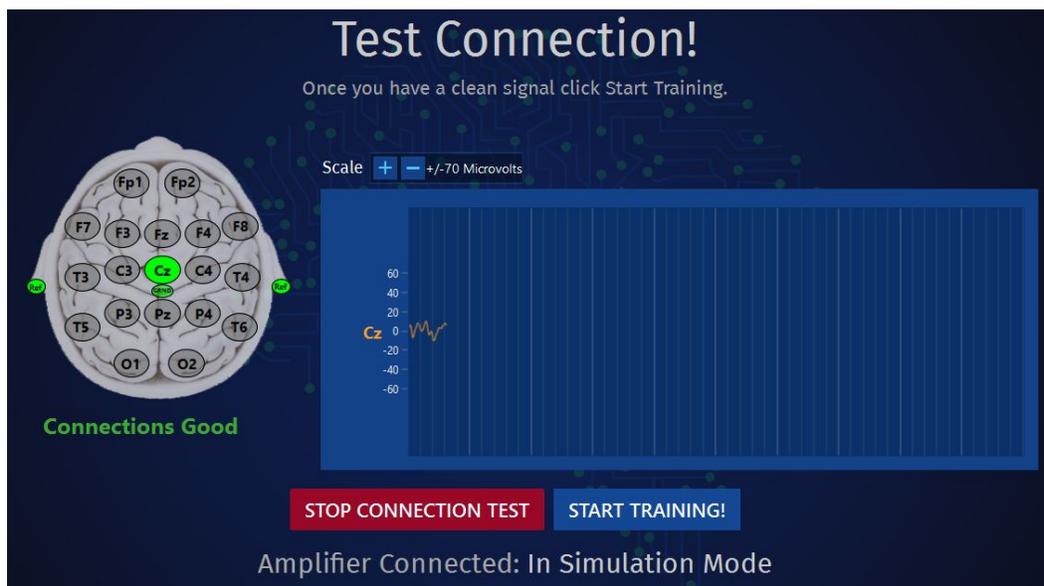
STEP 9:

When the blue bar appears then click on **Start Connection Test.**



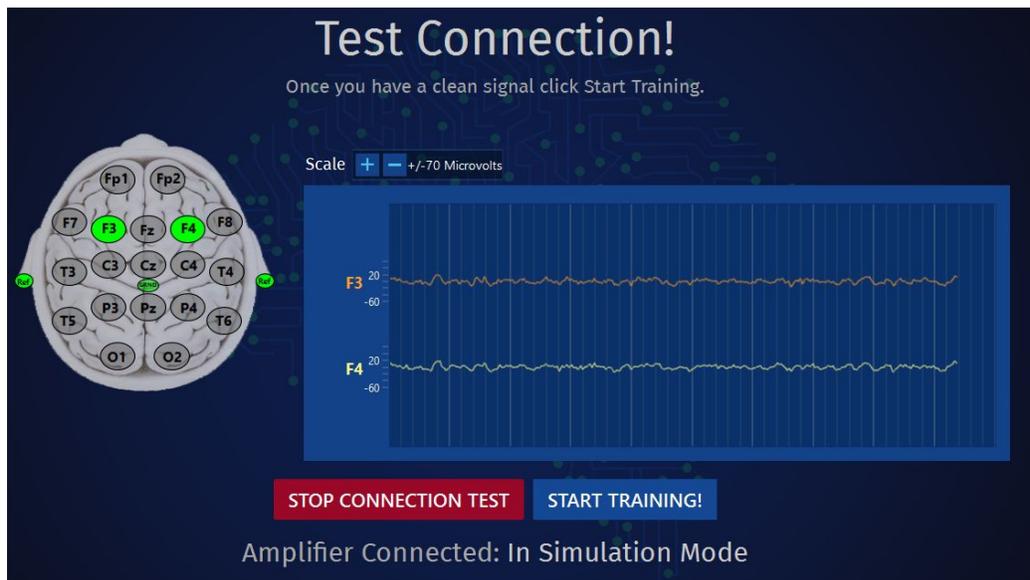
Amplifier will say connected and you will see the connection sites with the brain wave patterns emerge on the screen under the active training sites. This example shows a strong connection at F3 and F4 active sites. If there is movement or a poor connection, the headmap to the left will show yellow or red as not a strong connection at the active, reference or ground locations. You will want each site GREEN prior to clicking Start Training.

Here is another example with 1 Channel Training:



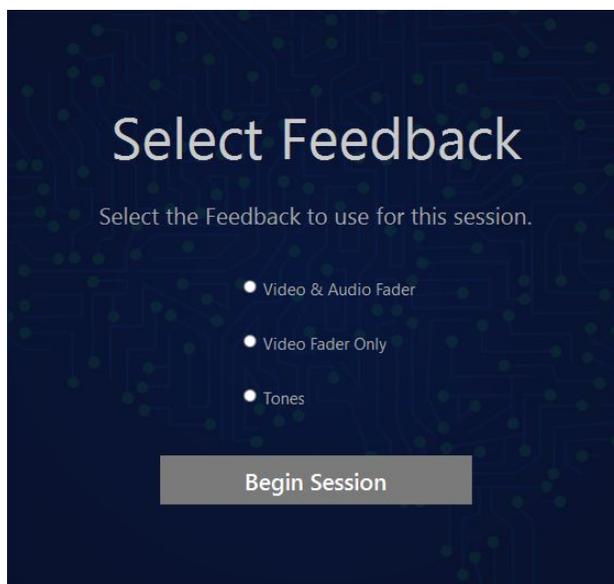
STEP 10:

When the connection test is complete, click on **Start Training**.

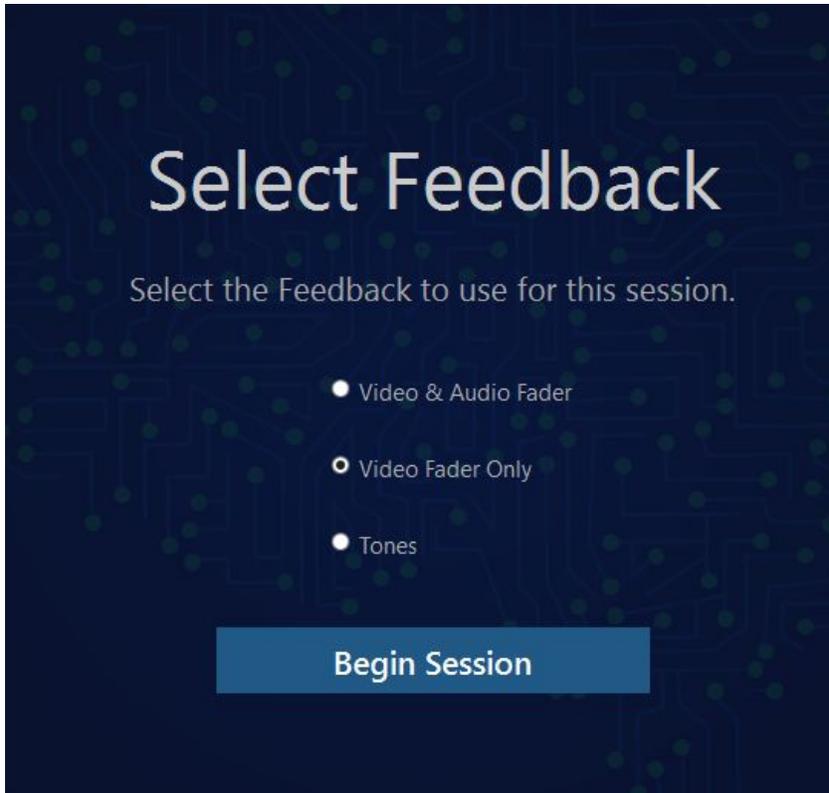


STEP 11:

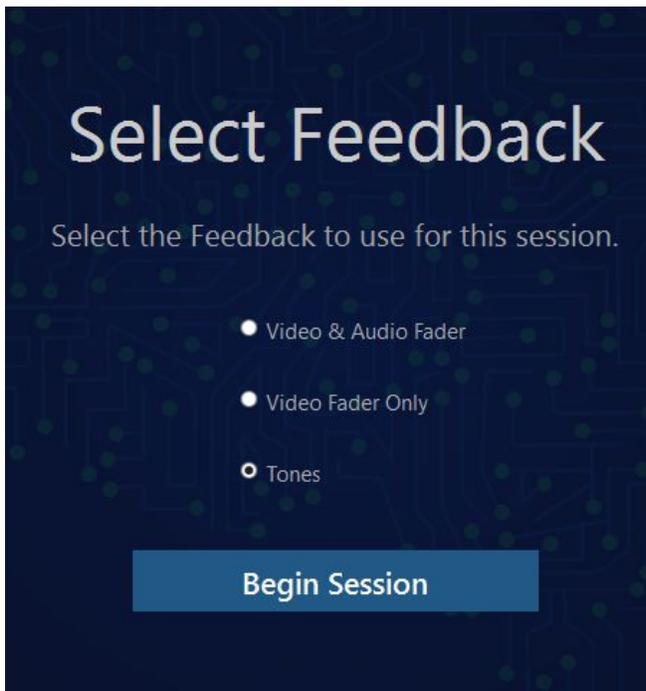
When the Select Feedback window appears, based upon your trainer's instructions select one of the options given... *Video & Audio Fader, Video Fader Only, or Tones.*



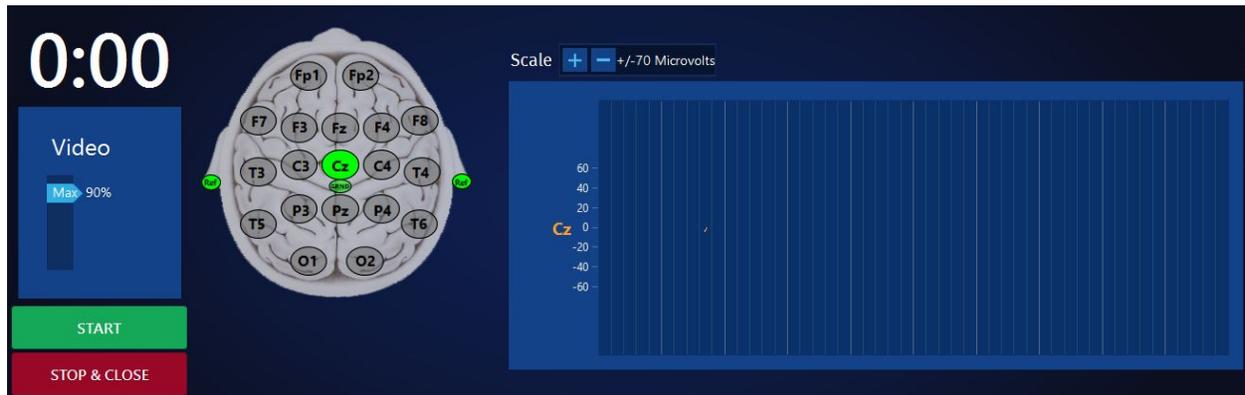
In the example below, the option selected is **Video Fader Only**.



Or in this example select Tones.



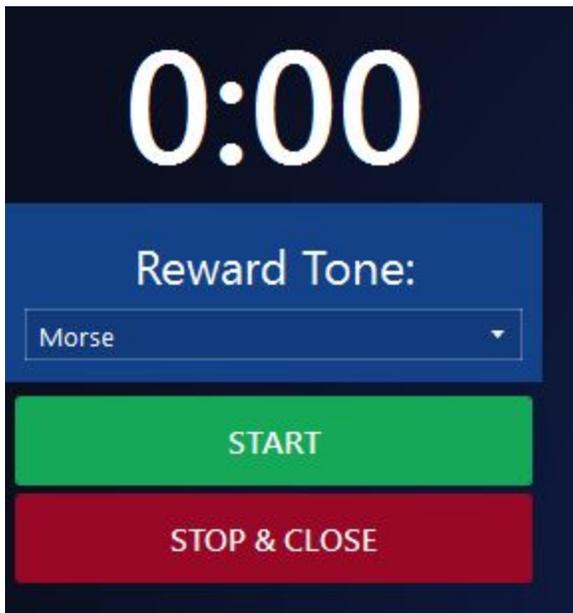
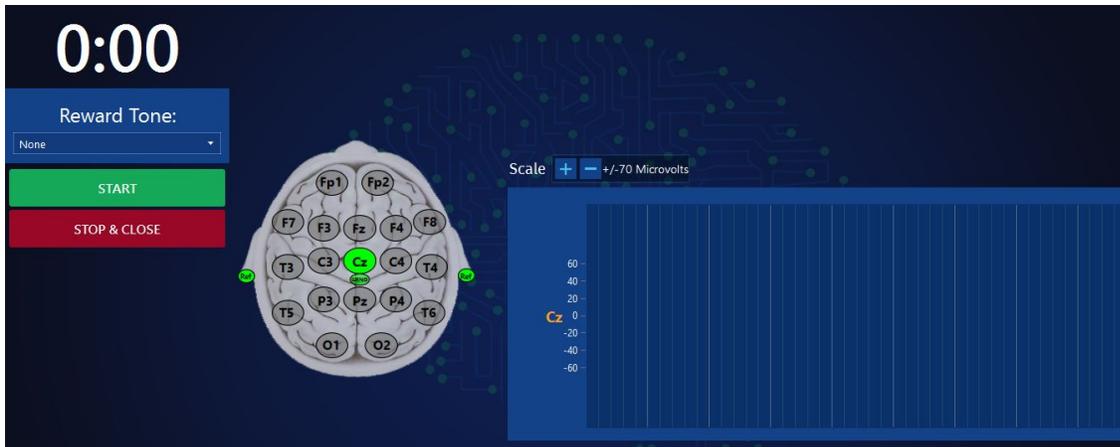
If you selected Video Fading move the slider bar up to the percent indicated by your trainer. In the example below 90% is selected.



If you selected Video Fading you can move the slider bar up to the percent indicated by your trainer or to adjust to the lighting of your room and video. In the example below 38% is selected.

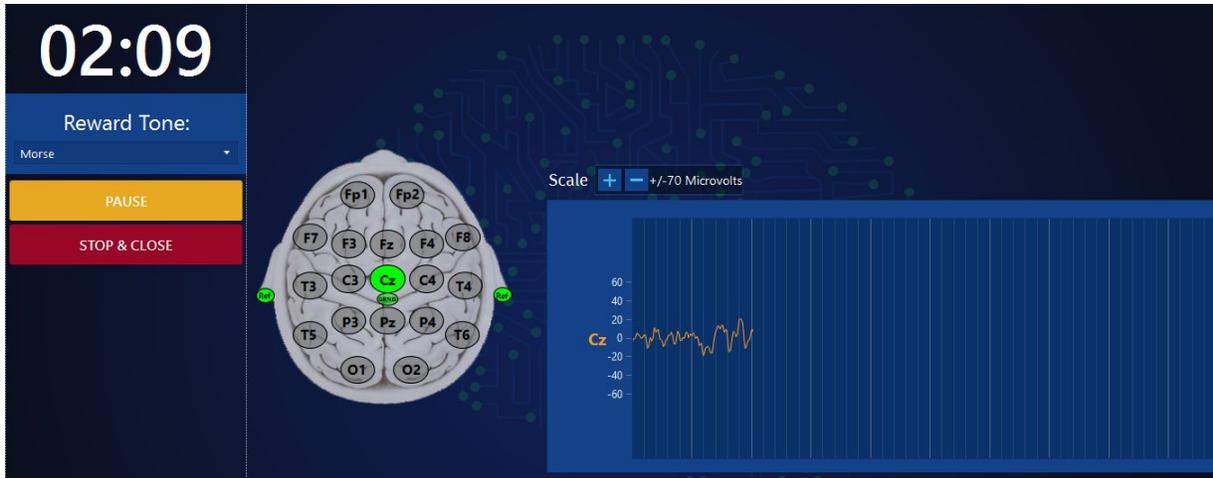


If you selected TONES click on the gray drop down menu and select the tone you prefer to use, i.e., Morse



Then click on Start.

You will begin to hear steady tones as reward noises providing positive feedback to your brain for meeting the training criteria.



For the Video & Audio Fader, Video Fader Only, or Tones:

Once your session is running you will see your actual brain waves on the session screen. If you need to pause your session for some reason, click on Pause





If you pause your session when you are ready to resume your training session, click on Start. It is a good idea to check your signal once or twice throughout your training session to be sure the sensors are not coming loose and you still have a good signal (asymmetrical, not flat lines or thick or erratic signal).



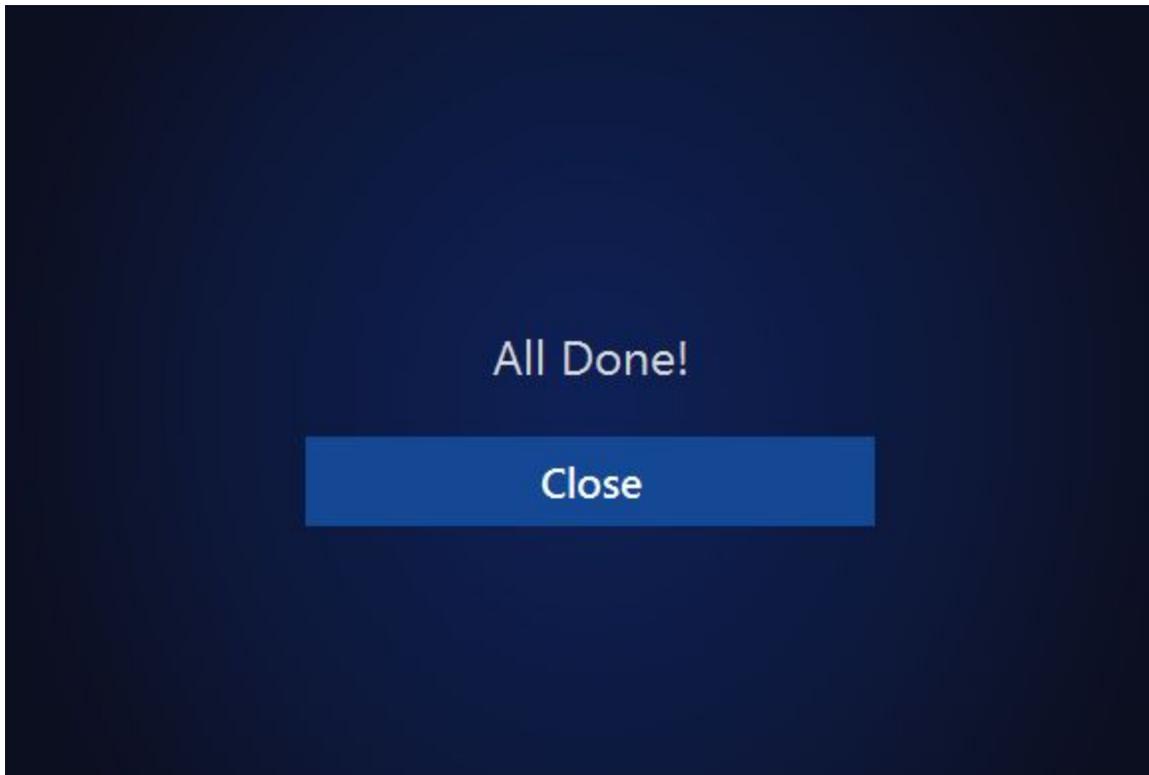
If you need to stop your session early, click on **Stop and Close**.



STEP 12:

When your timed session is completed or if you stop your session early, the session has been recorded and sent to your trainer, a window will appear on your screen that says to wait while the session is saved and uploaded.

Once you see this screen, click **Close**.



Results are instantly available for trainer to review and change. Be sure you regularly report on your progress tracker in mysymmetry.info and with your SYMMETRY Neuro-PT Trainer/Coach.

June 2019 - A new update was added that if you do not complete your progress tracker regularly, an extra step will be added to your plan that you will be required to fill out the progress trackers to proceed to continue training sessions.

Sensor Care and Clean up after a session:

- Try to maintain a clean work space for training, setting up and cleaning sensors and earclips.
- Carefully remove sensors from scalp and place on paper towel to clean.
- Clean scalp with alcohol prep pad.
- Clean each sensor individually using rubbing alcohol or distilled water to clean the paste off the metal only. DO NOT use the alcohol pumice prep pads as the pumice may scratch sensors.
- Support the tips of earclips and the cup sensor when cleaning so it does not pull from wire. A Q-tip with alcohol is great for the cup sensor, and to get the spring coil area of the earclips cleaned well from paste residue.
- Do not pull sensor from wiring. If this happens, the sensor will no longer work correctly and a new sensor will need to be ordered. Contact info@symmetryneuropt.com if this occurs.
- Do not soak entire lead in water or liquid
- Do not tie, wrap together or knot sensors.
- Do not put paste on amplifier or in connection ports.
- Do not store any liquids (such as rubbing alcohol) with amplifier.