

Training Session Overview

NewMind Training Software

- **Getting Started**
- **Creating a Client Folder**
- **Running a Training Session**

Getting Started

- Before you begin, make sure your amplifier and second monitor are plugged in and turned on BEFORE opening the software
- Open up software and select NewMind Training Offline (Basic) or NewMind Training Online (Pro)
 - If online, use your NewMind Maps login
- Select Brain Training

Creating a Client Folder

- Select the orange "Create New Session/Training Plan"
 - From here, you are creating a plan with a specific protocol for a specific client. All your sessions that you run for this protocol with this client will be saved in this folder that you are about to create
 - If you are in online mode, you can select a client that you have created on NewMind Maps website so that the data is linked. Otherwise, simply carry on making the training plan as normal.
- Select your channel count
- Select session length
 - Leave at 0 for continuous training
- Select a protocol
 - You can use your own protocol or use the one suggested from the brain map report
- Select a location to train at
- Name your training plan

- You can name your plan anything you like. It does not have to include the client's name since it will be saved into their client folder
- Click either Save or Save & Start

Running a Training Session

- Select the Client folder that you want to train
- Select the protocol that you want to train for that client
- Adjust session timer if needed or leave at 0 for continuous training
- Hook client up with electrodes
- Start video and move to second monitor
- Open screen fading in the settings at the top of the screen and set to monitor two
- Start session!
- After 1-2 minutes, record your grand averages for standard filters
 - Under the Grand Averages button, you can select or de-select any channels that you don't want to see
 - The "<" button next to the blue Grand Averages button will move the box to the left side of the screen so you can see the trend lines behind
 - Click the Grand Averages button again to close the box
- You can adjust the scale of the live EEG, trend screen, or spectral graphs if needed by pressing the "+/-" next to each graph
- Adjust your filters, change to manual thresholding, or adjust your target percentage by pressing the gear symbol in the bottom left corner of each thermometer. Press done when finished to go back to the thermometer
- Mouse over Training Result Ratios at the bottom of the screen (EMG, Activation, etc.) to get a definition for each ratio. Move your mouse away to close the definition
- Mouse over the trend lines to get info
- Select "2D Heads" or "3D Heads" for live z monitoring
- Run session for pre-determined amount of time
- Stop session when you have reached your time limit
 - Press confirm

- Pause your video on monitor two and record the timer so you can start in the same place next session
- Save
 - Records Trend Data and Averages
 - Save With Playback saves raw EEG for future playback if necessary
- Record your Grand Averages at the end of your session