



# THE OPEN FOCUS™, BRAIN SYNCHRONY AND COUPLES CONNECTION TRAINING WORKSHOP

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THE OPEN FOCUS TRAINING WORKSHOP HELD TWICE A YEAR, IN SPRING AND FALL IN PRINCETON, NEW JERSEY, OFFERS PROFESSIONALS AS WELL AS NON-PROFESSIONALS AN OPPORTUNITY TO TRAIN WITH DR. LES FEHMI USING HIS OPEN FOCUS METHOD OF RELAXATION IN CONJUNCTION WITH HIS NS500-SX NEUROSYNCHRONY TRAINING EQUIPMENT.

DR. FEHMI IS THE ORIGINATOR OF OPEN FOCUS™ ATTENTION TRAINING EXERCISES AND IS CONSIDERED TO BE A PIONEER IN THE FIELD OF BIOFEEDBACK AND NEUROFEEDBACK.

THE WORKSHOP IS DESIGNED TO DEMONSTRATE HOW OPEN FOCUS™ AND SYNCHRONY TRAINING ALLEVIATES STRESS AND ANXIETY SYMPTOMS AND SUPPORTS IMPROVED PERFORMANCE.

THE TRAINING OF WHOLE HEAD, PHASE SYNCHRONOUS BRAIN WAVE ACTIVITY YIELDS SIGNIFICANT PERFORMANCE BENEFITS. OPEN FOCUS™ ATTENTION TRAINING EXERCISES CAN BE USED CLINICALLY ALONG WITH NEUROFEEDBACK INSTRUMENTS TO REDUCE THE MANY SYMPTOMS OF STRESS, DISSOLVE PHYSICAL AND EMOTIONAL PAIN AND TO ENHANCE WELL BEING AND PERFORMANCE.

OPEN FOCUS IS A REGISTERED TRADEMARK OF BIOFEEDBACK COMPUTERS, INC.



## Brain Synchrony Training —Day One

The first day of the training workshop includes participants training each other and experiencing multiple sessions of 5-Channel brain synchrony training. The objectives are to demonstrate how OPEN FOCUS™ and synchrony training alleviate symptoms, dissolve uncomfortable experience and support improved performance

**Day One's topics include:** Introduction to Synchrony Training, Equipment Introductions, Individual training, Introduction to Synchrony and Hands On Training.

## The Couples Connection —Day Two

The second day of training provides linked neurofeedback equipment that trains two or more participants to produce whole head, phase synchronous brain waves in tandem. Less feedback is provided when an individual is out of synchrony in one's own brain, out of synchrony with a partner or with a group. For many, the resultant experience is a sense of harmony and union know as "The Honeymoon Response".

**Day Two's topics include:** Relevance of multi-person synchrony, hands-on training for single and multiple persons, group training, pairs training, and exams.

## Open Focus Training —Day Three

A full day of OPEN FOCUS™ training will consist of Dr. Fehmi's verbally guided exercises, without using instrumentation, and with emphasis on dissolving physical and emotional pain.

**Day Three's topics include:** Theory of Open Focus, Open Focus Applications and Transfer of Open Focus to everyday life.

THE OPEN FOCUS WORKSHOP IS HELD AT THE PRINCETON BIOFEEDBACK CENTER IN PRINCETON, NEW JERSEY ON SATURDAY, SUNDAY AND MONDAY FROM 9AM TO 5PM WITH A TWO HOUR LUNCH BREAK EACH DAY.

DR. FEHMI'S PROGRAM CONSISTS OF HANDS ON TRAINING WITH SINGLE AND MULTIPLE PERSONS. GROUP TRAINING IS HELD ON THE SUNDAY PORTION OF THE WORKSHOP.

TO BECOME A CERTIFIED OPEN FOCUS™ AND/OR NEUROSYNCHRONY TRAINER YOU MUST COMPLETE THE WORKSHOP AND ADDITIONAL TRAINING HOURS ARE REQUIRED. FOUR ADDITIONAL TRAINING HOURS MUST BE COMPLETED AND NEEDS TO BE SCHEDULED IN ADVANCE OF THE WORKSHOP. APPOINTMENT HOURS ARE LIMITED. ADVANCED REGISTRATION IS HIGHLY RECOMMENDED.

DAY ONE AND DAY TWO ARE LIMITED TO 20 ATTENDEES AND ARE RUN IN CONJUNCTION. PARTICIPANTS MUST ATTEND BOTH DAYS.

DAY THREE OFFERS UNLIMITED ATTENDANCE AND DOES NOT REQUIRE PARTICIPATION IN DAY ONE AND DAY TWO.

**\*BONUS OFFER:** ATTEND ALL THREE WORKSHOP DAYS AND RECEIVE YOUR CHOICE OF ONE SET OF OPEN FOCUS CD'S, THE OPEN FOCUS HANDBOOK OR THE OPEN FOCUS BRAIN—HARNESSING THE POWER TO HEAL MIND AND BODY BY LES FEHMI, PHD AND JIM ROBBINS.

Participants will leave these workshops with a body of knowledge and a set of skills to be able to conduct Open Focus exercises.

