

Live Complexity Training - LCT

LCTx1 (Single Channel) for BioExplorer

Includes Theta Alpha Gamma Synchrony

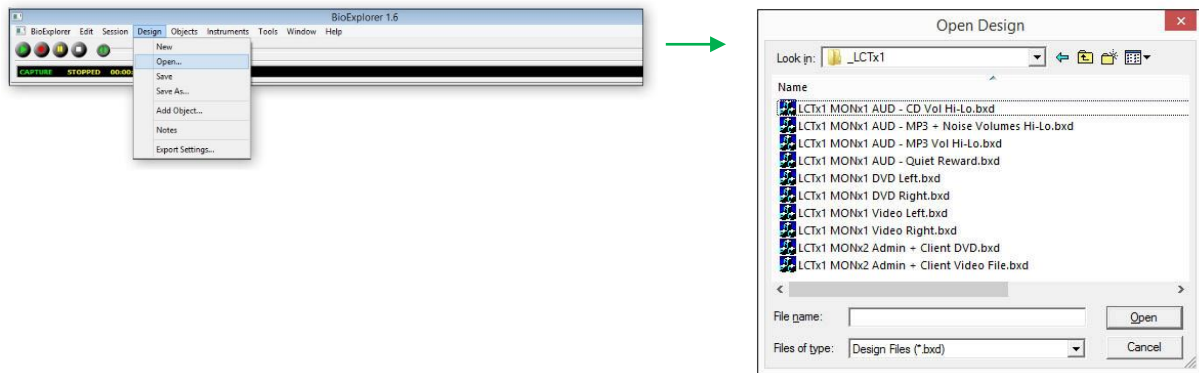
TAG Sync x1

June 2020 - Rev 3

Using your LCT Screens and Designs

1 - Launch BioExplorer and confirm that your screen designs are ready to use.

This step assumes that you installed the BioExplorer designs and media files as described in the accompanying installation manual. Launch BioExplorer and from the its menu bar choose "Design" then "Open...". Then from the list of available designs (not shown) select the category "_LCTx1". You will see the list of your LCTx1 screens as shown below on the right.



2 - Decide Which Screen You Need for this Session.

You will notice that the screen file names indicate 1) how many monitors are used - MONx1 (single monitor) or MONx2 (dual monitor) and 2) the type of feedback such as DVD, MP3, or "Quiet Reward", and 3) where the client is located (to the Right or Left of trainer). Individual screens are described below.

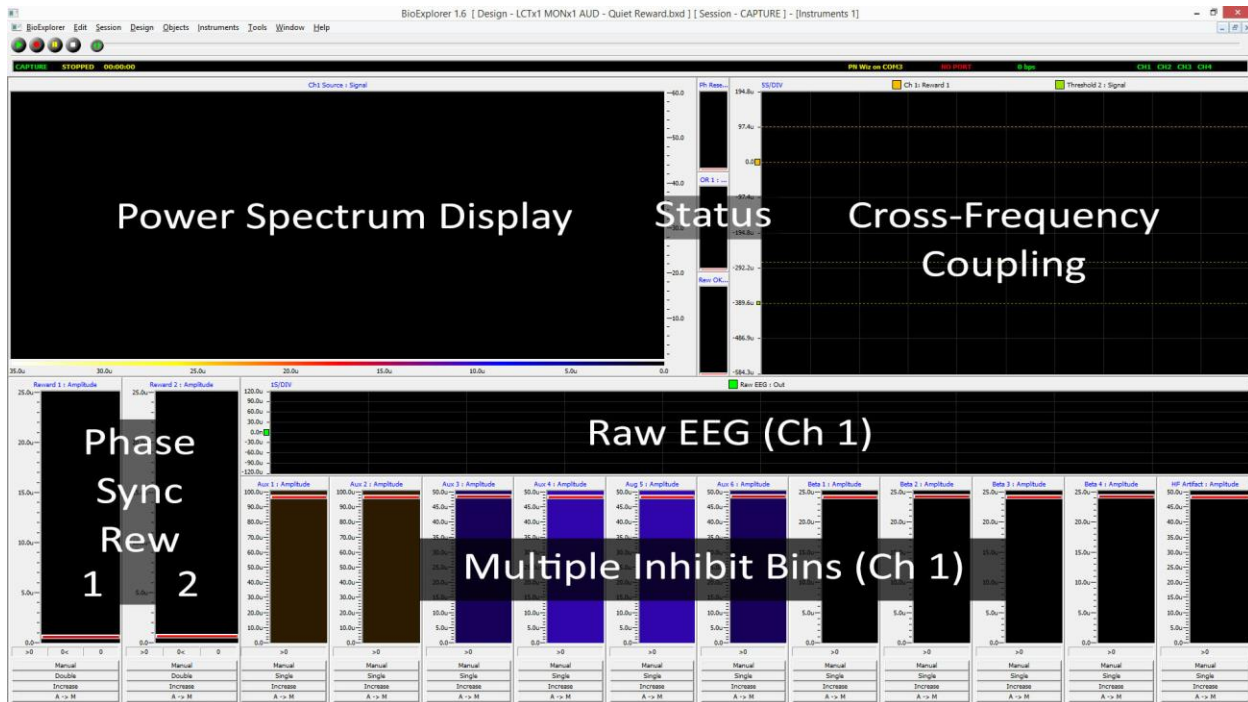
3 - Use Your Screens

Your screens are ready to use as a "TASR" or neurofeedback workstation with instruments for two phase synchrony rewards, multiple inhibit bins, and tools for training cross-frequency coupling (e.g., TAG – theta, alpha, gamma), shaping the spectral display, and promoting a shift away from sickness behavior. For more information on Live Complexity Training (LCT) and TAG Sync visit livecomplexitytraining.com (summer 2020) and tagsync.com. "TASR" means "Technology-Assisted Self-Regulation / Self-Realization".

4 - Descriptions and Images of Individual Screens

First familiarize yourself with the instruments in the following illustration. This is the “Quiet Reward” screen. These instruments are described in detail in the Operations Manual. These same instruments are found in all three versions of my software for the following platforms: 1) BioExplorer, 2) BioGraph Infiniti for Thought Technologies’ ProComp, 3) BioTrace+ for MindMedia’s Nexus. The screen designs for Nexus and ProComp also contain biofeedback instruments (HRV, Temp, and GSR).

The Cross-Frequency Coupling instrument (CFC) is not included in the single monitor (MONx1) screens that have DVD or Video because of the space they require. This does not affect the feedback since the CFC is actually a scrolling history of the amounts of phase synchrony at Rew 1 frequency and at Rew 2 frequency. This is explained in the Operations Manual.



Here are the 10 screen designs included in your LCTx1 download:

LCTx1 MONx1 AUD - CD Vol Hi-Lo
LCTx1 MONx1 AUD – Feedback
LCTx1 MONx1 AUD - MP3 Vol Hi-Lo
LCTx1 MONx1 AUD - Quiet Reward

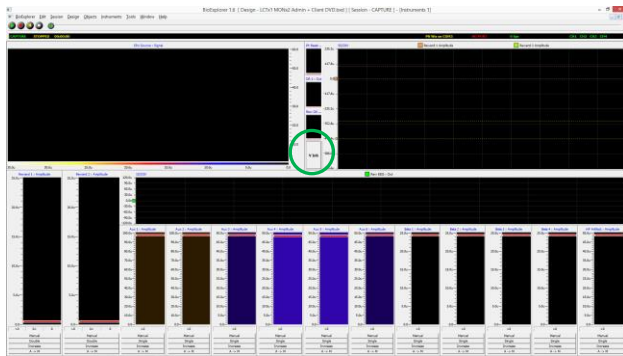
LCTx1 MONx2 Admin + Client DVD
LCTx1 MONx2 Admin + Client Video File

LCTx1 MONx1 DVD Left
LCTx1 MONx1 DVD Right
LCTx1 MONx1 Video Left
LCTx1 MONx1 Video Right

The first 4 screens “MONx1 AUD” use the same screen design as shown above. They only differ in the method of feedback.

The two MONx2 screens use the exact same design as the previous 4 but include a second monitor to display either a DVD or a Video file such as AVI, MPG or WMV.

The bottom 4 screens are different (see below). Since they show DVD or video files on a single screen there is not enough room for the cross-frequency coupling instrument.



LCTx1 MONx2 Admin +



Client DVD



Client Video File

Above you see the two dual monitor (MONx2) screens that are available. On the left is the Administrator's screen. It operates exactly the same as the previous MONx1 AUD but with a different form of feedback. When the client is 1) above threshold for long distance phase synchronization at two coupled frequencies (Rew 1 and 2) *and* 2) the client is below threshold for all the sub-alpha and supra-alpha inhibit bins *then* the DVD or Video File will play. This can be a very jerky experience with multiple rogue energy excursions above threshold.

You can change the feedback mode for the inhibit bins so that rather than causing a video pause they sound an audio alert. Do that by clicking the button below the status lights. In the illustration above you can see the button that currently says "V Inh". By clicking it will change to say "A Inh". This toggles between giving Video or Audio feedback about inhibit bin status. When any inhibit bin threshold is exceeded the middle status light (yellow) will also be in the on state.



The screens labeled "LCTx1 MONx1 DVD Left" and "LCTx1 MONx1 DVD Right" are shown below. You can use these when you only have a single monitor and you want to use a DVD or Video as feedback. Some laptop monitors do not have enough screen resolution or size. That will make the inhibit bins very small and difficult to visually adjust their thresholds. To fine tune the threshold amplitude setting you can right click on the inhibit or reward bin instrument, choose properties, and then type in the precise threshold value. Immediately below the status lights is a button that toggles between "V-Inh" and "A-Inh". The audio inhibit option allows you to give audible signals of inhibit bin threshold breach rather than pausing the video. The two "LCTx1 MONx1 Video" screens work the same.



For details about the use of the screens in Technology-Assisted Self-Regulation / Self-Realization (TASR), including neurofeedback, please consult the “Operations Manual” included in your download

I welcome any questions or comments.

Thank you,

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