

Live Complexity Training - LCT

LCTx1 (Single Channel) for Nexus

Includes Theta Alpha Gamma Synchrony

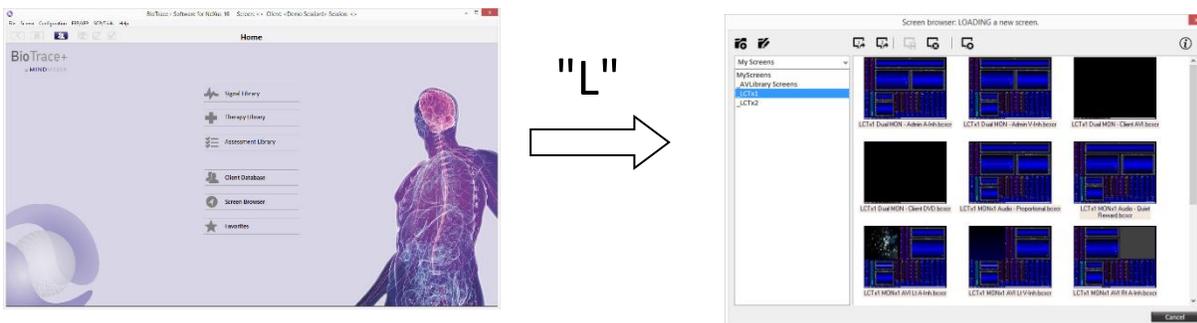
TAG Sync x1

June 2020 - Rev 3

Using your LCT Screens

1 - Using the Nexus Screen Browser confirm that your screens are ready to load.

Launch Nexus BioTrace+. From the Main Menu screen press the "L" key to **Load a screen**. See the Nexus Screen Browser window (below on the right) and from the left hand list of screen categories select "_LCTx1". You will see the list of your LCTx1 screens on the right.



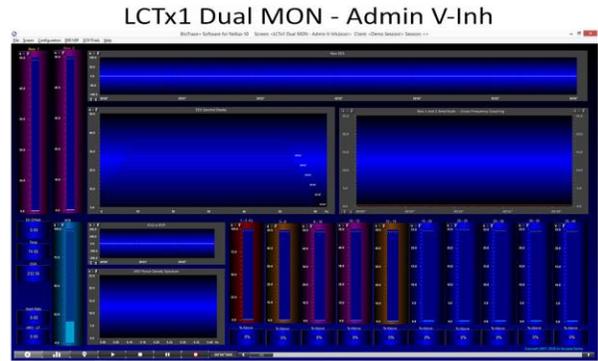
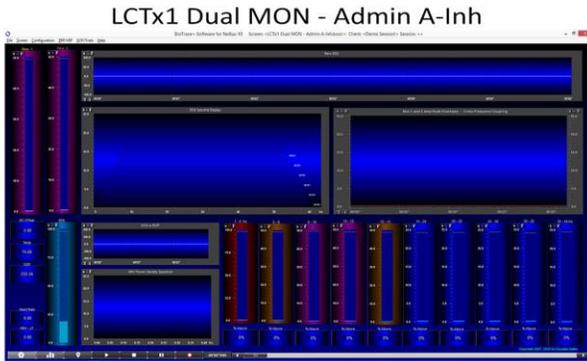
2 - Decide Which Screen You Need for this Session.

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 Rt-right or Lt-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 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.

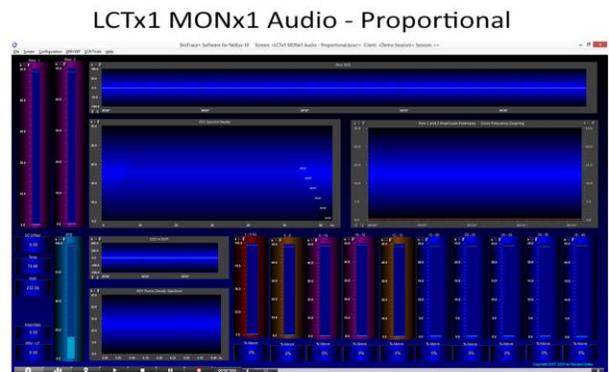
4 – Descriptions and Images of Individual Screens



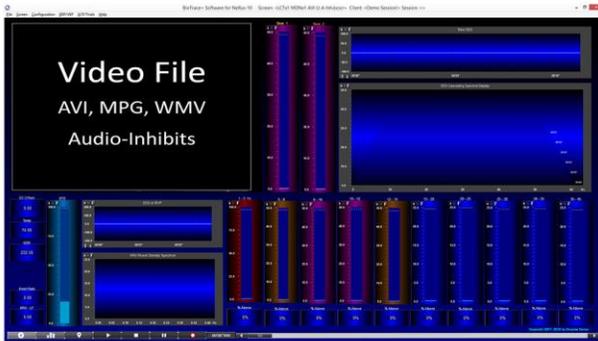
The four screens above are used when there is a dual monitor setup. Either of the bottom two Client screens can be used depending upon whether you want to use a Video File or DVD playback as feedback. In either case the playback will pause whenever one of the Reward instruments falls below threshold. If you use the Admin V-Inh screen (Video-Inhibit) then when any of the 12 inhibit bins goes above threshold the playback will also stop. This can make playback too jerky for some people. It will also not allow them to distinguish the event. By using the Admin A-Inh (Audio-Inhibit) an inhibit bin above threshold will sound an alert. A Reward below threshold will still pause playback.



The 2 screens below give audio feedback. In addition most clients benefit from understanding the basic meanings of state changes seen with the instruments - i.e., Video feedback from the Admin screen. The Audio - Proportional screen increases Audio volume of an MP3 file as the rewards increase. The Quiet Reward screen is best for experiencing the state changes - The Saliency of Silence. When both Reward and Inhibit instruments meet criteria all audio output stops and the client is instructed to be aware of body, feelings and mental state.



LCTx1 MONx1 AVI Lt A-Inh



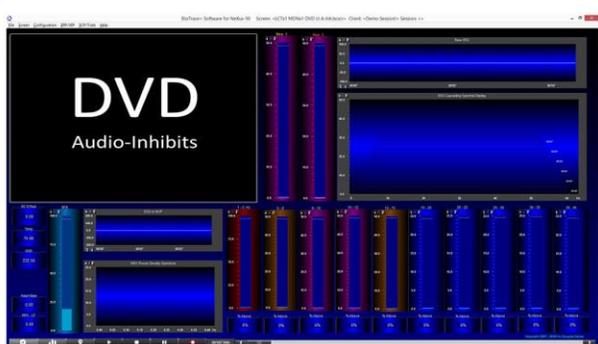
LCTx1 MONx1 AVI Rt A-Inh



If you only have one monitor available and you want to use a Video File (e.g., AVI, MPG, WMV) then you have four choices. The two screens shown above give you a choice depending upon whether the client is to your left or to your right. Notice the screen file names both indicate “A-Inh” (Audio Inhibit). There are two other screens that appear identical but have the file name ending in “V-Inh” (Video Inhibit). In all four screen designs the video pauses when either reward falls below threshold. The behavior when the inhibits rise above threshold differs between the audio and video inhibit designs. If you use a V-Inh screen then when any inhibit bin rises above threshold the video will also pause. This applies to the DVD feedback screens below as well. This makes the video very jerky and can be annoying if the thresholds are not carefully adjusted. A better option may be the audio inhibit (A-Inh) screens. With A-Inh anytime an inhibit bin goes above threshold there will be an audio alert sound. The particular sound and volume of each inhibit bin is customizable by right clicking on the bin and choosing your feedback options. The sound and volume of each reward instrument are also selectable.



LCTx1 MONx1 DVD Lt A-Inh



LCTx1 MONx1 DVD Rt A-Inh



The four single monitor (MONx1) DVD screens include the two above that have audio feedback when any inhibit bin rises above threshold. The DVD always pauses when any of the reward instruments falls below threshold. If you do want the DVD to pause when any inhibit bin rises above threshold choose the MONx1 DVD screen that has V-Inh.

Thank you,

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