

# Overcoming Extreme Challenges

How  
NeurOptimal®  
can be an  
answer for our  
veterans

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# Operation giving back

- Astonishing improvement of our clients suffering from trauma.
- High need of help for veterans and there family where we live.
- As a result a non-profit:  
“Operation giving back”

# Why this non-profit?

- Grand-parent French resistance,
- New citizen,
- Time management: create income vs give to other.



# Operation giving back today

- A passionate team of volunteers. Dedicated professionals Dr. Robert Lloyd, Dr. Danielle Chavalarias, Shalom Frazier, Marie-Laure Wagner, and satellite volunteers.



# Operation giving back today

- 3 years of non stop weekly NeurOptimal training.
- A counselor on Miramar Marines base is sending us the majority of our veterans.
- Many of them have been receiving medications and counseling but have not obtained the improvement they seek.

- We chose to offer quality care and not try to do big numbers. So we help each veteran as much as they express the need.
- The vets sent to us are often not believed in the description of their symptom or do not know where to turn for support especially those who do not want medications.

# Strength of NeuroOptimal approach

- A Non-verbal training. Privacy if needed.
- Painless, no electric current going to the person.
- Training can be done under medication.
- A solution for the people who do not want medication.

- People who have trouble holding still can entertain themselves with a visual.
- Address recent shock/trauma as well as old ones.
- Provide deep transformation.
- Long lasting results.
- With “auto Nav”, you could help as many people as you have the money to invest.  
😊



# Context

- San Diego county: 5 major bases, 260.000 veterans.
- 25.000 veterans diagnosed with PTSD. A big stigma is still exists and not every veterans suffering from PTSD or combat stress reaches out for help.

# Our protocol

- We follow Dr. Sue Brown's approach, then stray at regular session format.
- Start with a commitment of 20 sessions of NeurOptimal; results are experienced through out the process.
- They come two times a week.
- With an option for 10 more sessions.

- We invite each of our clients to provide feedback.
- We began with a qualitative open ended feedback, and what we found was spectacular.

# The case of Daniel

- When the counselor/provider tells you “good luck, I hope it is safe, you know any results are close to a miracle with him.”

Situation:

- Not sleeping more than 30 min at a time,
- not speaking except for work related,
- acts of violence
- with the desire to kill his wife
- and throw his baby out of the window.

## Progressive results:

- First result more continuous hours of sleep.
- Then wake up full of energy.
- Wake up with positive attitudes.
- More desire to do things.
- Speak about his career plan.
- Wife came back home.
- Participate in the activities of the house.
- Took care of his baby alone.

- After a stressful week at work with drama he came to his Neurocare training, smiling: “ the situation was stressful, we had some drama, I took responsibility, I handled very well” .
- From this session on, he was much more engaged, speaking, and asking me questions.

## Our protocol

- So responses like these inspired us to collect quantitative data to better understand the magnitude of progress we were witnessing.
- We began to assess symptoms of PTSD and depression before and after a sequence of NeuroOptimal training using the PCL and BDI.
- So far the results are encouraging.

## Case #1 Robert

- Man, deployed more than 4 times (military career), came for depression, not sleeping, wife left him asking for divorce, 4 kids one handicap, procrastination, extremely low self esteem.
- Total of sessions 20.
- Before: BDI 25 = moderate depression
- After: BDI 4 = Normal.
- Before: PCL 56 = PTSD positive in military population.
- After: PCL 19 = No PTSD.



- Calmer, stand up for himself, feeling more settled, more stable, able to handle more in his life.
- During the training he is dealing with much stress from his work and from his divorce. His wife was threatening not to accept the settlement. Then children and ex wife leave for another state.
- “ I feel NeurOptiam help me stay calm and more clear in my decision”.

## Case # 2 Josh

- Men, age 29, alcoholic, violent, relationship issue, under restriction when we start the training.
- 30 sessions
- Before: BDI 18 = semi-moderate depression
- After: BDI 2 = Normal
- Before: PCL 41 = no PTSD
- After: PCL 9 = no PTSD
  
- The first improvement were deep sleep (Old problem), wake up with better attitude.
- Recall information better.

- Less stress
- Feeling good, stop drinking.
- Aware of his anger realize when and how it start.
- Feeling more able, more comfortable talking.
- Friends find him happier, not as reactive not as angry.

- First 50% of the time he is able to recognize the impulse/anger coming and not just react. Then able to look at the situation and choose reaction.
- “I am taking more time to rest, to reflect since starting the training, I do not have to do things all the time”.
- He feels that he flows through work well, more optimistic.
- Coping well with new change (get married, new base, new house, new work team.)

## Cases #3 Michael

- Man, 18 year old, listening heavy metal all the time, depress, violent, fighter, suicidal. Was not answering any question at the beginning.
- 20 sessions
- Before: BDI 25 = moderate depression
- After: BDI 0 = Normal
- Before: PCL 29 = no PTSD
- After: PCL 16 = no PTSD

- Feel more ease getting up in the morning and having the desire for action.
- Happier character.
- Feel better “like a switch flipped in his head”, thinking differently.
- More interest, energy toward doing things/ himself/ his life. Different out look toward his life. Motivated to go to gym, workout.
- Not as anxious all the time, things don't set him off as before. Feeling good overall.

## Case #4, Wayne

- Man, 45 years old, have been in the Marines corps then Peace corps, dealing with leukemia, general anxiety, poor grooming, not accepting of self, very critical of society, breakfast menu: bear and marijuana.
- Before: BDI 13 = mild depression
- After: BDI 7 = Normal
- Before: PCL 43 = almost (44) PTSD general population.
- After: PCL 28 = no PTSD

- More relax, peaceful. Flow with circumstance more easily, more creative.
- NeurOptimal training help him feel committed to taking better care of himself,
- Accept what's happening.
- Felt a shift in himself.
- Feel lighter, good state of mind, stronger.
- Letting go of self judgment, being ok with self decision.
- Physical body respond better to Leukemia treatment.



- Creating a healthy schedule for himself, with quality of food, yoga, meditation, and hair dresser.
- Maintain calm, open to other spontaneously.
- Able to maintain his quality of life.
- “I reach a place of stability”.

# Conclusion

- We are addressing serious problems very effectively, we have a good protocol.
- We are offering a quality change in people's lives, and we are grateful for the opportunity and for the change we experiences our selves.

# Conclusion

- By helping this man and woman we also help their families.
- I would encourage all of you to not only see NeurOpimal as a healing tool to increase your income ( which is great and I am doing it) but as well a humanitarian tool.

Thank you for listening



[Opgivingback.com](http://Opgivingback.com)