Institute of Stress Sciences™ Levels 1, 2, 3
(Beginners, Intermediate, & Advanced)
Course Contents & Video Listings

This course package gives you the foundational tools to understand your new device and the software
program and put it into practice quickly! It provides the firm grounding in correct device usage, skillful communication and how Anatomy and Physiology is referred to and referenced on the software’s various panels. It also provides you with the necessary training for taking the Natural Therapies Certification Board (NTCB) Biofeedback tests to qualify as a “Certified Biofeedback Technician” (CBT), the first level of certification, and then onto “Certified Biofeedback Specialist” (CBS).

**BASIC OPERATIONS**

The Basic Operations course currently has 64 "Getting Started" Basic Operations Navigation Instruction Videos recorded with Indigo software, followed by 68 deeper "Basic Operations" videos using Scio for software demonstration. Both have the same navigation steps and button placements but with different colours and sometimes different wording on the same buttons. For example, the Indigo uses the word "train" in place of "treat" more often which is more compliant for North American users (or anyone abroad who is not licensed but training for certification), and is therefore the best introduction to the software.

The program is structured for beginners to watch the Indigo videos first, and then repeat the videos on the next fuller set using Scio software. The first introductory set of Indigo videos is 18 hours. The 2nd set on Scio is also 18 hours. If the Coaching course and Mentorship Group 1 programs are included, it currently equals 80 hours of instruction.

**THE NAVIGATION VIDEOS COVER:**

- Opening the program
- Demographics / SOC / Loading a New Client or Patient
- Demographics / Returning Client / Adjusting SOC
- Demographics and Animal Data
- "Search for Past Client" and Biorhythms
- Calibration and the Main Reactivity Test
- Orientation to the Main Matrix Panel
- Matrix Orientation Subfiles Parts 1, 2, 3
- The Matrix Project Parts 1, 2, 3: How to Activate on the Indigo + Searches
- The Matrix Project Part 4: Intro to HGD (Human Growth, Development and Recovery Abbreviations and Stages of Development)
- The Main Matrix: System Power Settings
- "Train" Button Timer + Individual Reaction
- "Hold Acute Item" and "Harmonic Coupling" as Piggybacks
- Yellow and Pink Hold Trays
- Risks Profile: Double Clicking Items
- Risks Profile: Minerals / Aminos / Oriental Herbs / Perverse Energy
- Risks Profile Panel: Virtual Doctor Test
- Short Sarcodes Panel
- Risks Profile: Other Buttons + Hans Seyle Scale
- Main Matrix: Autofocus Bioresonance Zap / Beginners
- Bodyviewer ("BV")
- Iridology
- Disease Dictionary
- Dis. Dict. Part 2: Other Functions
- Universal Biofeedback: Orientation / the Manfly / Hololinguistic / Rife
- Scalar
- Auto Color
- Auto Frequency Program
- Trivector
- DNA Part 1
- DNA Part 2: AFE Alarm function
- Spinal Program Part 1: Main Spinal Program
- Spinal Part 2: Sarcodes and Timed Programs
- Spinal Part 3: Misc Panels at Bottom
✓ Spinal Part 4: Sports Panel and Chart
✓ Auto Meridian
✓ Hyper-Reactants (ALR)
✓ Timed Therapies / Music / Superlearning
✓ ELF Magnetic Field
✓ Nutrition Panel
✓ Introductions to:
  - Homotoxicology
  - Dental Panel
  - Aging Panel
  - NLP Panel
  - Biofeedback Panel
✓ Electro Physiological Oscillation Frequency Programs
✓ Testing Items on the Tray / Inversions
✓ Retest and Rectification
✓ Sample Session 1 with AFE Emphasis
✓ Sample Session with Unconscious Choice Emphasis
✓ Jurisprudence and Compliance 101
✓ Biofeedback Certification Training Intro
✓ Biofeedback Certification Part 2: Overview
✓ Biofeedback Part 3-1: A & P, Stress and Relaxation of BF
✓ Anatomy & Physiology / Stress / Relaxation
✓ Biofeedback Parts 3, 4

The 2nd set of Scio software demonstration videos covers these panels again with deeper explanation, plus additional panels, such as:
✓ Demographics: Pregnancy and Impairment Data
✓ Optional Calibration Features
✓ Disease Dictionary: different settings on Electroacupuncture and Homeopathy panels
✓ Spinal Panels: Orientation, NEC program, Timed Therapies, Original Sarcode, Pain / Muscle / Nerve / etc. Overview / Sports Program / Cranial Sacral / Allersodes and Hyper-reactants panel
✓ EEG Brainwaves
✓ Timed Therapies / Music and Superlearning Overview
✓ Aging Panel
✓ Homotoxicology Basics
✓ Nutrition Panel / Stress / Cortisol / Male / Female Buttons
✓ NLP Overview and Orientation / Mental Factors + Emotion Chart / Covert Thought Pattern / Unconscious Reactivity / Individual NLP / Survival Awareness Forms / AFE and C-Scan programs
✓ Feedback Homeopathy Panel
✓ Biofeedback Panels
✓ Main Matrix: Info Menu Charts, Superconscious Reduction
✓ EPR Enhancements/ Stimulate Reaction + Duplicate Remedy
✓ Dental Panel and more.

Watching the videos in our Indigo / Scio software sequence is a requirement, and we know that the repetition the 2nd time on Scio software, with additional deeper information provided, is the best way for new device owners to assimilate the information in increments that support the strongest foundations before proceeding to the next tiers of education, which take stress and wellness topics much deeper with background information on these concerns.

ISS LEVEL 2: INTERMEDIATE LEVEL “STRESS MANAGEMENT” 101-801

Level 2 is our “Stress Management Specialist” preparation section, which deepens applications to areas science has recognized relaxation training and biofeedback as efficacious interventions: 22 Hours

* ISS Anxiety 101 Lectures 1 and 2- 60:00
  1 ISS Anxiety 101 Navigation 1-Matrix Searches: 20:47
  2 ISS Anxiety 101 Navigation 2- Yellow & Pink Tray Searches: 10:12
  3 ISS Anxiety 101 Navigation 3- Bottom Hold Trays: 23:25
  4 ISS Anxiety 101 Navigation 4- Expand Name Function: 19:11
  5 ISS Anxiety 101 Navigation 5- Superconscous. Reduction Panel: 27:47
  6 ISS Anxiety 101 Navigation 6- Risks + Short Sarcoodes: 20:13
  7 ISS Anxiety 101 Nav. 7- Universal Biofeedback Programs: 11:04
  8 ISS Anxiety 101 Navigation 8- Ind. NLP Panel: 35:56
 10 ISS Anxiety 101 Navigation 10- Sample Session 1: 53:13
11 ISS Anxiety 101 Nav. 2nd Sample Session w/Anx. 2 files: 24:50 + 21:25
12 ISS Hypertension 101 Lecture: 32:22
13 ISS Hypertension 101 Navigation 1: 15:28
14 ISS Hypertension. + Anxiety 101 Nav 14- Sample Session 2 files: 45:20 + 20:37
15 ISS Stress and Adrenals Lecture 1 & 2- 2 Files:
16 ISS Stress and Adrenals Navigation 1- Nutrition Panel: 23:21
17 ISS 101 Stress and Adrenals Navigation 2 Matrix + NLP: 18:59
18 No video 18 exists
20 ISS Bruxism 101 Lecture
21 ISS Bruxism Nav. 1: Dis. Dict.: adding an entry: 6:27
22 Add Affirmations into the DD "Mental Correction" panel: 13:23
23 Bruxism Introduction to TMJ Panel: 13:22
24 Pain Control 101 Lecture Part 1: 30:00
25 Pain 101 Lecture Part 2: 33:25
26 Pain: Bodyviewer Selection 1: Complete Spinal Program: 14:13
27 Pain BodyViewer Selections 2: 9:45
28 Pain: Iridology: 28:29
29 NLP Neurotransmitters + Shaping Function: 6:52
30 Pain: Biofeedback: The Gentle Approach: 17:29
31 Pain: NLP Neurotransmitters List Zaps: 7:30
32 Pain: NLP Covert Thought Pattern: 10:11
33 Pain: Unconscious Reactivity: 12:32
34 Pain: Connect to Homotoxicology: 15:20
35 Connect to Spinal / NEC: 21:00
36 Pain: Spinal Panel "Pain" Program /Button: 25:34
37 Pain/ Spinal/ Timed Therapies Program/Sports Panel: 12:50
38 Karmic Pain?: 11:23
39 Pain and the Timed Therapies/ Music / SuperL Panel: 23:52
40 Pain and Int. Automeridian Program Quadrants: 12:17
41 Pain Matrix Searches: 5:52
42 Pain Sample Session: 14:59
43 Insomnia 101 Lecture Part 1: 28:26
44 Insomnia 101 Lecture Part 2: 22:33
45 Shaping Function / Matrix Item Choices: 10:35
46 Insomnia/ EEG/Brainwaves: 11:52
47 Expand Name / Subfile Searches: 7:18
48 Insomnia: AutoMeridian Points: 9:43
49 Insomnia/ Dis. Dict. options: 6:42
LEVEL 3: ADVANCED COURSES IN ORDER:

Our advanced courses are “Certified Wellness Coach” preparation and are designed to be proceeded through in the following sequence, however, some professionals desire to skip to the “Human Growth, Development and Recovery Phase 1: Core Foundations” course first for the purpose of taking the separate test for obtaining the “Licensed Mind Energy Spiritual Healer” first. Both are acceptable sequences.

COMPLEMENTARY MODALITIES REPRESENTED ON THE DEVICE: 10.5 HOURS / CEU'S (Continuing Education Credits)

This course is an overview of holistic modalities represented on the device. Understanding their basic premises, language and methodologies will assist in using the device panels they are represented on, as well as possibly help make better choices in session planning.

1 Homeopathy Lecture: 1:04:11
2 Homeopathy Navigation: 56:36
3 Naturopathy Lecture : 53:09
4 Naturopathy Navigation: 58:06
5 Hypnotherapy + Transpersonal Lecture: 1:19:32
6 Hypnotherapy + Transpersonal Psych. Navigation: 1:01:03
7 EAV Lecture: 56:40
8 EAV Navigation: 55:11
9 TCM Lecture (Traditional Chinese Medicine): 56:11
10 TCM Navigation 1:12:00

FOUNDATIONS OF DENTAL PANEL COURSE: 8.25 Hours/ 8.5 CEU's

** Lectures 1 and 2: 60:00
1 Dental and TMJ: Orientation to Dental Panel: Start Info: 9:06
2 Test / Zap / Unzap Buttons Operations: 13:48
3 Clifford Report: 12:40
4 Therapies Dropdown Point Probe Functions: 12:56
5 Teeth Tables/ 5 Functional Terminals: 10:48
6 Teeth Tables/ Teeth Chart + Dental Foci Panels: 15:18
7 TMJ Panel/ Scan Foci: 9:52
8 TMJ Muscle Sarcode Panel: Orientation Lecture: 9:15
9 TMJ Muscle Sarcode Panel: Acupoints + Displacement mm: 7:36
10 TMJ Postural Tests + Results and Balancing: 16:59
11 TMJ Ind. Muscle Sarcode Balancing: 10:40
12 1st TMJ Session-1 Piggybacks / Risks / Mineral + Amino Combo: 23:32
13 1st TMJ Session 2: Short Sarcodes- Pertinent Items: 17:38
14 1st TMJ Session 3-Iridology / Bodyviewer / Disease Dictionary: 14:53
15 1st TMJ Session 4-Autofocus Zapping / Rife / Hololinguistics: 18:06
16 Superconscious Reduction + Spinal + Cranial Sacral: 6:20
17 1st TMJ Session: Dental from Spinal Program: 25:31
18 1st Session TMJ: Muscle Sarcodes Cont.: 13:30
19 1st Session TMJ: Spinal + Cranial Sacral: 5:56
20 2nd TMJ Session On: DeepernMuscle Sarcode Work: 7:44
21 Lecture 2: Cavitations: 28:48
22 Point Prole + Matrix Search: TMJ + Expand Name / Detox: 30:49
23 Stem Cells + Spinal/ Bone Panel: 11:47
24 Matrix Signatures for Mandible Entrainment: 14:56
25 Missing Teeth / Stem Cell + Matrix + Dental Program: 16:10
DIGESTIVE WELLNESS 101-601 COURSE 23.5 HOURS (23.5 CEU'S)

Digestive Wellness 101 Introduction:
An Overview of Stress, Digestion and the Body Electric + Digestive Wellness 101: Preliminary Device usage for Supporting Optimal Digestion due to Low Stomach Acid;
* Intro: Preparatory Navigation for Supporting the Stomach: 23:40
1 Digestive Wellness 101 Course/Stomach part 1, 48:45
2 Digestive Wellness 101Course/ Stomach pt.2, 1:17:54

Digestive Wellness 201: Introductory Pancreas / Bowel / Intestinal Connections
3 Digestive Wellness 201 Course Part 1 Pancreas / Bowel / Intestine, 54:10
4 Digestive Wellness 201 Course Part 2 Pancreas / Bowel / Intestine, 1:16:03

Wellness 301: Worm Signatures and Hyper-Reactivity Panel: Holistic Methodology
5 Digestive Wellness 301 Course / Worm Signatures pt. 1, 52:11
6 Digestive Wellness 301 Course / Worm Signatures pt. 2, 1:27:29
7 Digestive Wellness continued, 1:02:08
8 Digestive Wellness continued, 1:07:53

Digestive Wellness 401: Liver and Digestion
9 Digestive Wellness 401 pt 1, 55:28
10 Digestive Wellness 401 pt. 2, 1:28:53
11 Digestive Wellness 401 pt 3, 57:53
12 Digestive Wellness 401 pt 4, 1:23:48

Digestive Wellness 501: Kidneys + Blood Sugar Regulation
13 Digestive Wellness 501 pt. 1, 45:39
14 Digestive Wellness 501 pt. 2, 1:36:40
15 Digestive Wellness 501 pt. 3, 43:05
16 Digestive Wellness 501 pt. 4, 1:10:09

Digestive Wellness 601: Overview of Session Planning:
17 Digestive Wellness 101-601 Course, 54:27
18 Digestive Wellness 101-601 Course, 1:38:54
19 Digestive Wellness 601 Course/ Session Planning pt. 1, 53:37
20 Digestive Wellness 601/ Session Planning pt. 2, 1:33:08
21 Gentle Zapping: Digestive Support, 12:45

DEGENERATIVE STRESS 101 COURSE, 12.1 HOURS

Lecture 1: Introduction. 9:48
Lecture 2: Staying Within the Stress Reduction Scope, 48:10
Lecture 3: Reactivity Dysfunction Theory, 19:30
Nav 1: Navigation Orientation: Additional Demographics Info., 33:49
Nav 2: Comparing Matrix Reactivity Ranges to Varhope, 22:19
Nav 3: Universal Biofeedback Energy Support, 11:17
Nav 4: Orgone Field + Nervous System Support, 11:50
Nav 5: 1 Echo + Risks Prof. Oriental Herbs / Perverse Energy, 26:16
Nav 6: Virtual Doctor Choices, 17:00
Nav 7: Short Sarcodes, 11:23
Nav 8: First Suggested Therapy, 22:09
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<tr>
<td>DEGENERATIVE STRESS 201 COURSE</td>
<td>5.7 HOURS/ 5.7 CEU'S</td>
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<td>3.4 HOURS / 3.4 CEU'S</td>
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THE HUMAN GROWTH, DEVELOPMENT AND RECOVERY COURSE PHASE 1: CORE FOUNDATIONS

This is our advanced NLP program, a course I taught in 13 different countries around the world with great impact, and prepares the professional to be a Licensed Mind Energy Spiritual Healer after taking the test, and is currently 24 Hours in length.

Thank you,

Gage Tarrant, Founder & Principal Instructor
Institute of Stress Sciences