

Discover Your Superpower

HRV THERMAL EMG GSR RESPIRATION COMPUTER-AIDED MEDITATION

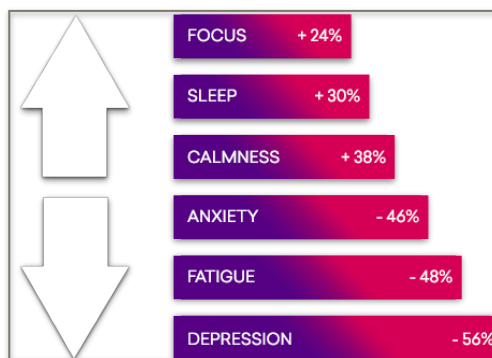
Biofeedback Training at Carolinas Biofeedback Clinic

What Is Biofeedback?

Biofeedback pioneer Elmer Green declared, "We have not been informed that our bodies do what they are told, if we know how to tell them." Biofeedback uses science to teach the art of human self-regulation. Precise instruments measure specific second-by-second physiological activity (such as heart rate variability, breathing, brainwaves or skin temperature), and this data is instantaneously "fed back" to the user using audio-visual cues so clients can learn to interact with their own nervous system. Some techniques are ancient and some are cutting-edge. Some target over-activation and some promote changes in thinking, emotion, and behavior to support desired physiological changes. Over time, these changes can endure without the continued use of an instrument. The scientific research demonstrating that the mind and body are connected and that people can be taught to harness the power of this connection to change and improve health and function has established Biofeedback as a mainstream methodology.

The Benefits of Biofeedback:

- Take charge of your own nervous system
- Play a key role in your own healing process
- Experience NO side effects
- Invest minimal time and money
- Learn it once, use it forever
- Practice makes mastery, mastery gets *results!*



Discover Your Superpower!

Within each of us is untapped power for self-regulation, recovery and resilience. Select a single skill set you want to master from the list on the right, or sample them all and find the one that fits your innate strengths best with our *Discover Your Superpower* series: 5 *Discovery Sessions* including Thermal, GSR, Respiratory, HRV, and MUSE, and 5 *Deep Dive Sessions* on the one or two skills that come most naturally to you...your superpower! You'll be given a portable, high-tech, wearable sensor to practice at home to speed learning, and our highly skilled, certified specialists will be able to review your practice and customize sessions for maximum results.

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To get started

Go to
CarolinasBiofeedback.com

Click on "Login" in the
menu bar

2

For appointment type choose

"Discover Your
Superpower" to select the
10-session series

or

"Skill-Based Biofeedback"
to choose individual skills

3

Book with anyone on
the team in either
location

Problems? Call
888-317-5605

Biofeedback Skill Sets:

HRV

- ▶ Anxiety
- ▶ Depression
- ▶ Pain Management
- ▶ Migraine
- ▶ PTSD
- ▶ Heart Conditions
- ▶ Dyautonomia

Thermal

- ▶ Migraines
- ▶ Cold hands and/or feet
- ▶ Intro to Biofeedback skills

EMG

- ▶ Chronic muscle tension
- ▶ Pain
- ▶ Tension headaches
- ▶ Stress

GSR

- ▶ Stress
- ▶ Anxiety
- ▶ Sweaty Palms

Respiration

- ▶ Stress
- ▶ Asthma
- ▶ High blood pressure
- ▶ Sleep

MUSE

- ▶ Attention
- ▶ Pain management
- ▶ Stress management
- ▶ Sleep