

SKILL-BASED BIOFEEDBACK

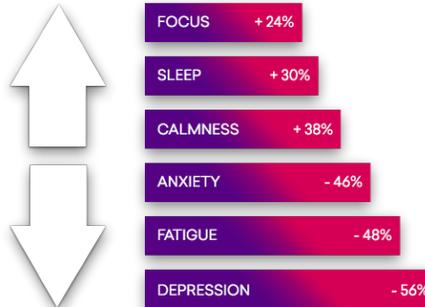
THERMAL EMG GSR RESPIRATION HRV OPEN-FOCUS
at Carolinas Biofeedback Clinic

What Is Skill-Based 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." Skill-Based 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, or skin temperature), and this data is instantaneously "fed back" to the user so that they can learn to interact with their own nervous system. For example, the Swami Rama honed his Thermal Biofeedback skill to such a degree that he could create an 11 degree difference in temperature between his pinky and his thumb on his right hand ... in under 15 minutes! Some techniques are ancient and some are cutting-edge. Some are purely physiological 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!



How to Choose Which Type of Biofeedback:

With Skill-Based Biofeedback, you have the option of choosing the best technique based on target symptoms or selecting General Biofeedback in order to combine multiple techniques that apply to your condition. Use the list at the right to find the best type of Biofeedback for you, or choose General Biofeedback and the clinician will put together a custom plan that will suit your needs.

1

To get started

Go to cbfclinic.com

Click on "Register" in the top right corner or use the widget from the Appointments Tab

2

Select "Skill-Based Biofeedback" in either location

Choose a specific Type or "General" for a custom combination

3

Search available appointments and Book

Problems? Call 888-317-5605

Seven Options to Choose From:

1. Thermal Biofeedback

- Migraines
- Cold hands and/or feet
- Introduction into Biofeedback and Open Focus Synchrony

2. EMG Biofeedback

- ▶ Chronic Muscle Tension
- ▶ Tension Headaches
- ▶ Stress

3. Galvonic Skin Response Biofeedback

- ▶ Stress
- ▶ Sweaty Palms

4. Respiratory Biofeedback

- ▶ Stress
- ▶ Asthma
- ▶ High blood pressure

5. HRV Biofeedback

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

6. Open Focus Synchrony

- ▶ Attention
- ▶ Pain Management

7. General Biofeedback

- ▶ Choose this type for a combination of techniques

Sessions:

6-8 thirty-minute, weekly in-office sessions, with between-session practice at home.