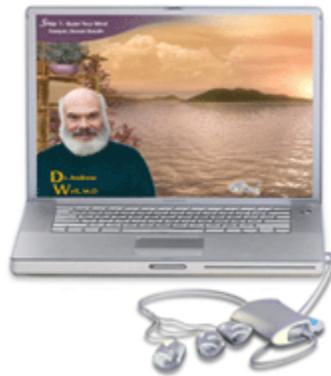


Talk to your counselor or call 239-590-7950 if you're interested in learning more about biofeedback.

Programs:

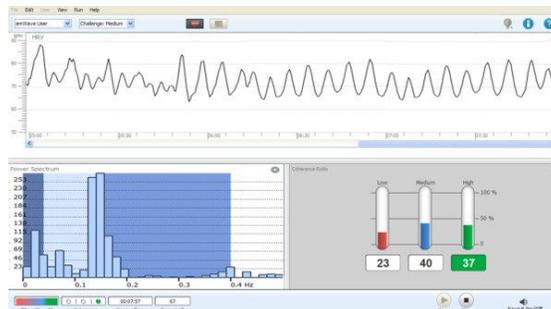
Healing Rhythms biofeedback training computer program

Healing Rhythms is a self-care tool that combines Wild Divine's groundbreaking biofeedback technology and beautiful interactive imagery with expert coaching. Rhythms is a practical mind-body training tool measuring heart rate variability (HRV) and skin conductance level (SCL/GSR). It provides: 1) Guided meditation and breathing exercises led by expert coaches; 2) Visually interactive biofeedback activities allowing you to practice the techniques you learn in the program; and 3) A biofeedback monitor screen that allows you to monitor your physiology as you improve your mind/body skills. You will use the white finger sensors (next to the computer called an IOM).



emWave PC: biofeedback training computer program for dealing with stress/anxiety and improving peak performance.

emWave PC is a biofeedback program that allows you to not only monitor your heart-rate; it conditions you to manage your heart rhythm. The hardware platform measures heart rate variability (HRV) and heart rate coherence (HRC) through the black ear sensor. Using emWave PC regularly will allow you to develop confidence in your ability to manage any task more efficiently by teaching you how to be more calm and centered. Moreover, it can facilitate your ability to get in the zone. Once you've learned how to manage your heart rhythm you are prepared to manage life more effectively and efficiently.



Dual Drive Pro

Dual Drive is a new kind of car-racing game: Relax to win! As you play, you'll use breathing to control your stress levels. This is a proven tool for peak performance and stress reduction in a fun game format. Worldwide, clinical programs including Dual Drive have helped people improve their ability to concentrate and advance toward achieving life goals. These programs have also helped developing children, busy families, and people in demanding physical careers reduce stress.



emWave2 PSR (personal stress reliever)- Hand-held trainer

This tiny personal stress reliever is a portable version of the emWave PC computer training program. Continued use helps you to improve your HRV and coherence. Use this in the comfort of your own home. The center has several of these available for use.

