

What is Biofeedback?

Virtually any disorder that is caused by stress or made worse by stress can be treated with Biofeedback.

Biofeedback is non-invasive and comfortable. Sensitive scientific instruments are used to measure some of the processes in the body that can be affected by stress and/or pain.

Small electrodes are attached to the skin and this enables the instrument to read information from you and "feedback" this information to you in real time on a monitor. As this information can be seen immediately, this allows you to determine which techniques can be most beneficial to you as an individual.

It is a fact that there is a measurable response in your body, in varying degrees, for every thought and emotion that you experience. This can create many types of harmful body responses and, as you can be unaware of these responses, this can develop into an ongoing cycle of anxiety, insomnia, pain, and of numerous medical problems.

In my practice I use EMG, Thermal, and SCR measurements:

EMG will measure muscle activity and show the amount of muscle tension or muscle relaxation that is occurring at that moment.

The Thermal sensor will measure blood flow by way of surface temperature.

SCR (Skin Conductance Response) will measure the level of sweat gland activity on one's palm.

Biofeedback can be helpful with these disorders as well as others:

- Anxiety And Panic Attacks
- Fibromyalgia
- Gastro-Intestinal Disorders (*Irritable Bowel, Etc.*)
- Hypertension (*High Blood Pressure*)
- Insomnia
- Migraine And Tension Headaches
- Myofascial Pain
- Neck And Back Pain
- Phobias (*"White Coat Syndrome", Etc.*)
- Raynauds Syndrome
- RSD
- TMJ Pain

Kathleen's stress, anxiety, and pain management techniques are both effective and practical. The techniques can easily be integrated into the busiest of schedules, in an unobtrusive way, and still be very helpful in accomplishing your Biofeedback goals.

Clearly both stress management and pain management are not a one-size-fits-all situation and shouldn't be treated as such. Everyone is unique in what will be helpful in reaching goals. Whether your goal is to reduce and better manage anxiety and panic attacks, or to learn how to control your high blood pressure, you will be able to select techniques to use in daily life that have proven to be affective for you when tested during one of your previous Biofeedback sessions. You will never be struggling with or wasting your time with a technique that is simply not a good match for you.

Overwhelming stress and pain can create the feeling that you have lost control over your own body and therefore your own life. Finding your power and taking it back through Biofeedback training is **self-empowering!**