

OVERVIEW OF THE PROGRAM

AUTONOMIC NERVOUS SYSTEM TRAINING

The autonomic nervous system (ANS) is the part of the nervous system that controls the body's visceral functions, including action of the heart, movement of the gastrointestinal tract and secretion by different glands, among many other vital activities. Many research studies have examined the ANS utilizing the analysis of heart rate variability, or heart rhythms, which serves as a dynamic window into autonomic function and balance.

RESPIRATION RATE

Respiration rate is the rate at which we breathe. It is typically measured in breaths per minute (BPM). Most people breathe at a rate between 12 to 25 breaths per minute. However, when our bodies are at their most relaxed, the average breath rate is around 6 breaths per minute. Respiration rate is impacted by stress and can be positively affected by understanding and implementing health and wellness techniques including Biofeedback - Respiration Belt and Heart Rate Variability. Respiration Belt training gives information about the speed of your breath as well as your ability to use your diaphragm correctly when breathing.

HEART RATE VARIABILITY

During this procedure respiration rate is introduced to correct breathing patterns and establish an ideal number of breaths per minute.

Heart rate variability (HRV) is a measurement of naturally occurring, beat-to-beat changes in heart rate. Systems-oriented models propose that HRV is an important indicator of both physiological resiliency and behavioral flexibility, reflecting the individual's capacity to adapt effectively to stress whether its due to a medical condition or environmental demands. Heart rate variability is a powerful, objective and noninvasive tool to explore the dynamic interactions between an individual's processes.

BIOFEEDBACK

Applied biofeedback consists of a group of lifestyle interventions and techniques that utilize electronic instruments to measure, process and "feed back" to individuals information about their psychophysiological activity. Thus, biofeedback can be like a mirror for individuals to help them become aware of their psychophysiological processes, such as muscle tension, skin surface temperature, blood flow, galvanic skin response and heart rate. Combined with relaxation techniques and step by step instructions, an individual can understand the ANS and accomplish greater balance.

OTHER HEALTH & WELLNESS SKILLS

In addition to those described, the Other Health and Wellness Procedures are **not** considered mental health intervention services. These relaxation and breathing trainings seek to modify the cognitive and social factors identified as important to or directly affecting the individual's health and well-being. The focus is to

improve health and well-being via psychophysiological procedures, which has been shown to help individuals live well with specific disease related problems.

An example of this may include, but not limited to, sessions focusing on educational factors impacting awareness and knowledge about the autonomic nervous system and the use of relaxation and guided imagery techniques that directly impact blood flow and heart rate. Health and behavioral approaches for initiation of an appropriate lifestyle and exercise regimen are also included.

Additional Health and Wellness Skills

- Nutrition
- Coping Skills
- Lifestyle Management
- Relaxation Training
- Sleep Recommendations
- Exercise Protocol

HEALTH AND WELLNESS PROCEDURES HAVE BEEN SHOWN TO HELP INDIVIDUALS LIVE WELL WITH THE FOLLOWING CONDITIONS:

- Headaches: Cluster, Migraine or Tension
- P.O.T.S. (Postural Orthostatic Tachycardia Syndrome) / Dysautonomia
- Anxiety—Depression
- Infertility, stress related
- Cervicalgia (Neck Pain)
- Acute Stress Reaction
- Low Back Pain
- Agoraphobia
- Essential Hypertension (High Blood Pressure)
- Myofascial Pain/TMJ
- Raynaud's Disease
- Irritable Bowel Syndrome
- Asthma/Respiratory Distress
- Arthritis
- Insomnia
- Attention Deficit Disorder (ADD)
- Trigeminal Neuralgia