

NOW OFFERING NEUROPTIMAL® NEUROFEEDBACK

Client reported benefits...

Feeling more relaxed

Feeling calmer

Having increased productivity

Coping with things better

An increase in alertness and focus

More healthy sleep habits

Waking refreshed

Being more flexible and resilient

Improvement in relationships

A boost in self-esteem

Feeling more confident

Increases in energy

Better impulse-control

Less feelings of fatigue

Better regulating moods and emotions

Being better able to manage stressful situations better

Managing their reactions better by not over- or under-reacting

Improvements in general wellbeing and mental fitness

You may see improvement in frequency, intensity, and duration.



Institute for Psychological
Advancement

www.ipa-kc.com/neurofeedback

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