

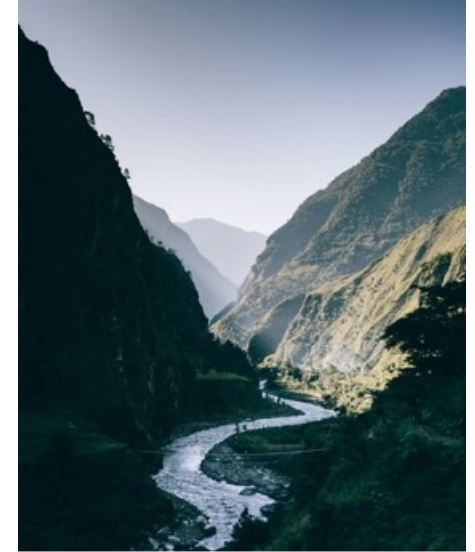
LENS Neurofeedback Journey

Discovering the Freedom to Be You

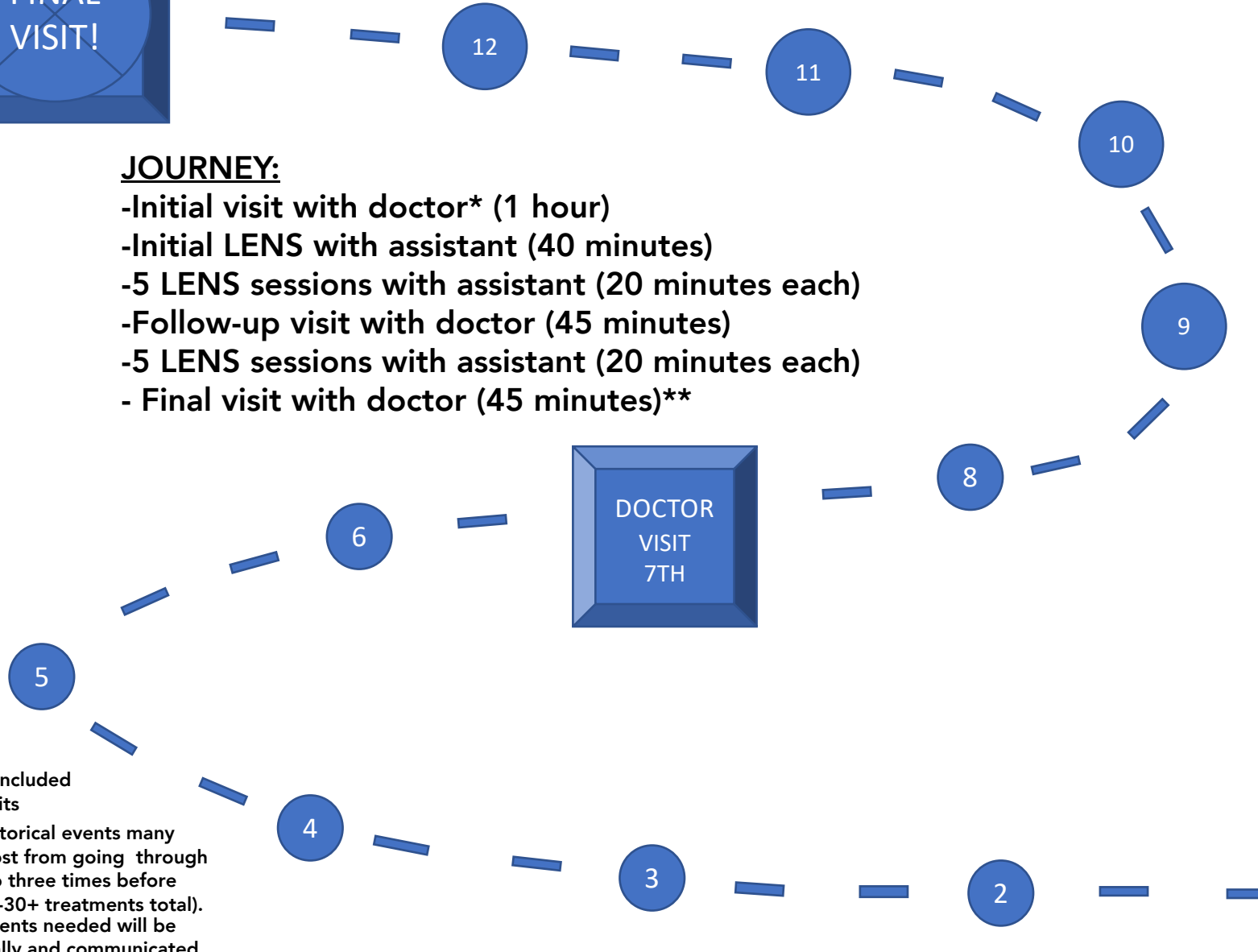


JOURNEY:

- Initial visit with doctor* (1 hour)
- Initial LENS with assistant (40 minutes)
- 5 LENS sessions with assistant (20 minutes each)
- Follow-up visit with doctor (45 minutes)
- 5 LENS sessions with assistant (20 minutes each)
- Final visit with doctor (45 minutes)**



***The journey that creates space,
awareness, clarity and
connections so you can more
freely be***



*LENS treatment included during doctors visits

*Due to recent historical events many people benefit most from going through the journey two to three times before their final visit (20-30+ treatments total). Number of treatments needed will be assessed individually and communicated regularly along the way.

LENS Neurofeedback: What to Expect

Discovering the Freedom to Be You



FLEXIBILITY AND FREEDOM

Going more with the flow and not being as overwhelmed or overpowered by things, supports a more rich, authentic and free life



INCREASED AWARENESS

Noticing may occur like an opening of a door to the different parts of you. Colors might seem brighter or sounds sharper



MOVEMENT AND SURFACING

Varied emotions, memories or vivid dreams may come up



FORMATION AND CHOICES

Like layers in an onion, stuck layers peel away getting to the core of who are so you can make more empowered choices



CONNECTONS AND CLARITY

Like a puzzle, your body and mind make more connections impacting your responses, reactions, thought processes and perspectives

You may experience any of the following in this or any other order as well as other things your body and mind might surface to help you. This information is a summary of clinical experience.

Refer to LENS Informed Consent for more research driven data.

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LENS Neurofeedback

Everyday our brains come in contact with information through our senses and waves. Just like microwaves, radios and cell phones emit waves, your brain has specific waves for when it is asleep, awake, working, and in a creative mode.

LENS Neurofeedback is an FDA approved treatment that can help with self-regulation. LENS supports the brain to work in a more optimal and effective state by giving it feedback to support your nervous system. Since your nervous system is connected to your digestive tract, muscles and other major organ systems, your mind and body can experience shifts through LENS neurofeedback.

LENS Neurofeedback is an effective tool that has been helpful for focusing, mood, addiction and conditions related to the nervous system including PTSD, ADD/ADHD, OCD, migraines, concussions, traumatic brain injury, anxiety, and sensory processing issues.