

## BENEFITS

Neurofeedback training can result in faster symptom relief compared to traditional talk therapy. It can help you reset your brain, and regain control of your life. Common benefits include:

- Mental clarity.
- Greater ability to self-regulation.
- Increased emotional resiliency.
- Symptom reduction.
- Improved attention

## RATES

qEEG Brain Map .....	\$350
Remote Training Session .....	\$80
Follow Up Appointment .....	\$100
qEEG Brain Re - Map .....	\$200

Your insurance may or may not cover some or all of the program. Inquire with our office to find out if your insurance covers this service.

STEPHANIE SANZ, MS.ED, LMHC



Stephanie Sanz holds a MS.Ed in Mental Health Counseling from CUNY Hunter College, a certificate in Neurofeedback from New Mind Academy and is a HeartMath Certified Clinician. Stephanie conducts neurofeedback and psychotherapy sessions via telehealth.



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COGNITIVE RESET  
COUNSELING

## NEUROFEEDBACK

Bringing the  
discoveries of  
neuroscience into real  
life clinical practice and  
into your home.

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The brain can course correct and rewire itself with proper guidance. Neurofeedback is the guide to help it through the process by using audiovisual feedback to let the client know when they are producing the targeted brainwaves. The changes that occur over the course of training can help you improve the way you think, feel, and behave.

## Treat your depression or anxiety from home with cutting-edge technology.

Neurofeedback, also referred to as EEG Biofeedback, is a non-invasive, neuroscientifically driven method to record your brainwaves to identify problematic brainwave activity as they relate to your clinical symptoms.

Your brainwaves can reveal how your brain is functioning, allowing the clinician to tailor a neurofeedback training plan to help you transform your brainwave patterns into healthy ones, in the comfort of your own home.

### WHAT ARE THE STEPS?

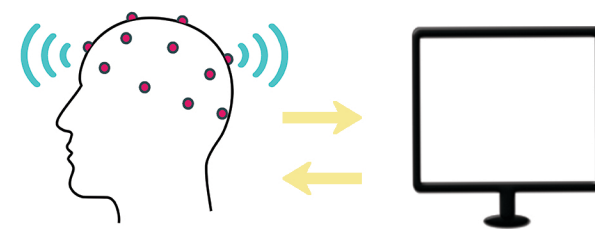
The first appointment will record your idle brainwaves using an electrode cap.

The second appointment will include a review of the results. Your recommended neurofeedback treatment plan will be discussed. You will be shown how to use the training hardware to use remotely, from the comfort of your home.

You will meet with the clinician bi-weekly check-in's to measure and review your progress. Check-in's are

### WHAT HAPPENS IN A SESSION?

Sensors are placed on the scalp to record the brainwaves. Feedback through sounds or video on the monitor will let you know when you are producing the targeted brain waves.



The feedback works by tapping into the brains reward center. It is an unconscious process. In this way, neurofeedback is a form of classical conditioning.