

Get One of The Best Neurofeedback Training At Home



Today, more than ever, many people are facing the unique challenges of suffering with anxiety. Often driven by fear, individuals who struggle with anxiety or panic disorders feel limited in everyday life. To help people expand their world, we offer neurofeedback therapy, a noninvasive modality of braintraining to help decrease unwanted symptoms and better cope with anxiety. To make help more accessible, we also offer Neurofeedback Training At Home.

Anxiety manifests in different forms for different individuals. Panic attacks occur in the context of an anxiety disorder and are usually a sudden onset of fear with physiological symptoms like palpitations or shortness of breath. Even without a formal diagnosis, many people are familiar with the feeling of anxiety and can relate to situations of increased worry and fear. Anxiety disorders can be characterized by the presenting symptoms and context of occurrence. Regardless of the specific diagnosis, anxiety can often limit everyday functioning or enjoyment of life. Reducing symptoms and minimizing the excessive worry or fear are often the goals of neurofeedback therapy.

The approach of [Neurofeedback Training At Home](#)-

The most commonly prescribed treatment for an individual who struggles with an anxiety disorder is prescription medications. Pharmacological treatment does have its benefits. However, there are many other options of treatment with less side effects and are less invasive.

Neurofeedback therapy is the treatment option to train the anxious brain back to its most efficient and effective state. It involves an EEG biofeedback machine and a trained neurofeedback therapist. Through consistency in training, neurofeedback utilizes the natural healing power of the brain and the biofeedback system to change the way of your brain functions.

Neurofeedback therapy is a completely natural and non-invasive process with no side effects. With the support of a certified neurofeedback technician or therapist, individuals who receive neurofeedback therapy can reflect on progress with goals or changes in focus, concentration, flexibility, and resilience.

Neurofeedback Training At Home is now available. It is an affordable and convenient option that provides an opportunity to train more often. We offer two types of systems to choose from, as described below-

NeuroOptimal Advanced Brain Training System- This system trains the entire EEG spectrum for improved flexibility and resilience. It delivers brain feedback when these patterns are occurring to reinforce desired function.

Myndlift Protocol-Based Neurofeedback System- This system enables modification of the brain training to target the EEG frequencies as per desired goals. It records the electrical brain activity from five locations on the head for data.

Professional service providers monitor this training session from their office and protocols are adjusted remotely. For the best Neurofeedback Training At Home, visit www.sojourncounselling.com



CONTACT US

Address:

17696 65A Ave, Suite 211

Surrey, BC, V3S 5N4, Canada

Phone: 778-381-5868

Email: jon@sojourncounselling.com

Web: <https://www.sojourncounselling.com/>