

STRESSED CLIENTS!?

GET THE RIGHT TOOLS TO HELP

- ASSESS** stress response
- MONITOR** arousal during therapy
- TRAIN** self-regulation
- TEACH** relaxation



UNITED STATES STRESS STATISTICS

Reported lying awake at night due to stress	48%
Cited money and work as the leading cause of their stress	76%
Feel their stress has increased over the past five years	48%
Feel they are living with extreme stress	33%
Regularly experience psychological symptoms caused by stress	73%
Regularly have physical symptoms caused by stress	77%

Source: American Psychological Association, American Institute of Stress, NY. Research Date: March 6, 2012



ENHANCE YOUR CLINICAL PRACTICE

Use classic protocols and objective measures to teach your clients stress control and relaxation skills.



ASSESS

Assess and track your client's stress response patterns using a 15 minute stress test and simple report.

TEACH

Use simple biofeedback methods to teach your clients self-regulation and body awareness.

RELAX

Teach your clients to rapidly and efficiently relax and return to baseline with classic, effective relaxation methods.

WE CAN HELP

Our team of professionals is ready to help you with the education, training, hardware and software you need to get started. Call us or go online for more information.



800-521-4640