

HOW TO MAKE AN APPOINTMENT

Registered students are encouraged to call
or walk in to make an initial appointment.

Please indicate your interest in biofeedback.

An appointment will be given to you with
one of the professional staff.

STUDENT COUNSELING CENTER

UNIVERSITY PARK

GC 211
348-2434

Hours: M-Th 8:00 am - 8:00 pm
Fri. 8:00 am - 5:00 pm

NORTH CAMPUS

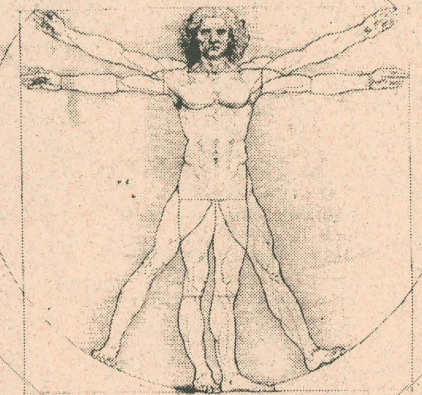
WUC 139
919-5305

Hours: M-F 9:00 am - 5:00 pm

EMERGENCY NUMBER:
SWITCHBOARD OF
MIAMI
358-HELP (4357)

Biofeedback Program

The Mind-Body Connection



Student Counseling Center

Florida International University

BIOFEEDBACK TRAINING:

WHY IT WORKS, THE MIND-BODY CONNECTION

In our lives we frequently are challenged by situations and events which are stressful. When we are stressed, our mind and body are tense and anxious. We have all faced situations in which we wanted or needed to perform our best, but our tension and anxiety not only affect our performance, they also affect our bodies. For example, our body reacts to stress by increasing blood pressure, heart rate, or muscle tension.

*When our mind is stressed,
our body is stressed.*

However, we can be taught to relax our body and, as a consequence, our mind. A relaxed mind and body can perform as we desire.

With biofeedback training, a skilled therapist trains us to relax our body by controlling blood pressure, heart rate, brain waves, or muscle tension. By gaining control over our body, we control our tension and anxiety which improves our performance.

BIOFEEDBACK EQUIPMENT

The equipment is an electronic instrument which measures changes in blood pressure, heart rate, muscle tension, or brain waves. As we use the techniques presented by the therapist, the biofeedback equipment gives either an auditory or visual signal to indicate the changes in our body's reaction. As we become more aware of these changes, we also become more able to control our body's reactions.

BIOFEEDBACK PROGRAM

CAN BE USED FOR:

- Muscle tension
- Weight loss
- Cigarette cessation
- Generalized anxiety
- Phobias
- Sport performance
- Academic performance
- Stage fright
- Test anxiety

S T A F F

The professional staff of The Student Counseling Center are licensed psychologists and mental health counselors. The professional staff have extensive training and experience in biofeedback equipment and treatment applications.