WANT TO LEARN MORE ABOUT BIOFEEDBACK?

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The greatest wealth is health.
~Virgil

Biofeedback

A TOOL FOR REDUCING STRESS AND ITS PHYSICAL SYMPTOMS

http://www.uml.edu/student-services/counseling/
WHAT IS BIOFEEDBACK?

Biofeedback is a process that enables individuals to learn how to change physiological responses, with the goal of reducing stress and improving health.

Instruments measure internal variables such as muscle tension, temperature, heart rate, and galvanic skin response, and then "feedback" their measurement to the individual.

Observing such feedback can assist in one's increased mastery of their body's reaction to stress.

WHO IS ELIGIBLE FOR BIOFEEDBACK?

UMass Lowell Counseling Center has professionals trained in biofeedback technique.

This service is offered to full time students free of charge.

IS BIOFEEDBACK RIGHT FOR YOU?

Biofeedback can assist individuals learning to:

- Lower muscle tension that contributes to tension headaches
- Modify vascular changes that contribute to migraine headaches
- Reduce overall stress that can lead to panic attacks
- Manage symptoms of Irritable Bowel Syndrome