



Alpha-Theta Training

A "brain massage" for your uncomfortable experiences

What is Alpha-Theta training?

Unresolved traumatic experiences, fears, and habits can trigger uncomfortable feelings and behaviors in many people. Alpha-Theta training targets these specific issues by allowing you to enjoy a deeply relaxed state, physically and mentally. While in this deeply relaxed state, traumatic memories can be safely processed by the brain. After Alpha-Theta training, these memories can be recalled without leading to uncomfortable feelings and behaviors.

When would I do Alpha-Theta training?

Alpha-Theta training is typically introduced after ten sessions of infra-low frequency training have taken place. This allows the brain to become stabilized. Once Alpha-Theta training has been introduced, you will continue to do some infra-low frequency training (e.g., alternating every other week between infra-low frequency training and Alpha-Theta training). Infra-low frequency training provides the desired corrections to the brain and body through physical calming and stabilization, while Alpha-Theta training provides you with the opportunity to process unresolved traumatic experiences.

What happens during Alpha-Theta training?

During Alpha-Theta training, you will be encouraged to rest in a comfortable chair that reclines, and will be given an eye mask and headphones in order to block out external visual and auditory distractions. Calming sounds will be played through the headphones and will change as the brain sinks into a deeper state of relaxation. Over the course of thirty minutes, you may experience varying levels of relaxation as your brain processes memories.

How do I request Alpha-Theta training?

You are welcome to discuss Alpha-Theta training with your Neurofeedback Specialist. Your Neurofeedback Specialist may also discuss the benefits of Alpha-Theta training based on information provided during your initial intake session.