

Xenia Newsletter

Checking-in

February is the perfect time to check in with yourself. After setting goals for the new year, this month offers a chance to reflect on your progress and assess how you're adjusting to your regular routine.

Use these writing prompts and reflection questions to reconnect with yourself, feel more grounded, and better understand your needs!

Personal Growth & Reflection:

- How can I show more self-compassion and patience with myself in February?
- What is one fear or limiting belief I can challenge this month?

Relationships & Connection:

- How can I be more intentional in my relationships this month?
- What is one way I can strengthen my communication skills?

Health & Well-Being:

- What is one self-care practice I can commit to daily or weekly?
- How can I create a more balanced relationship with rest and productivity?



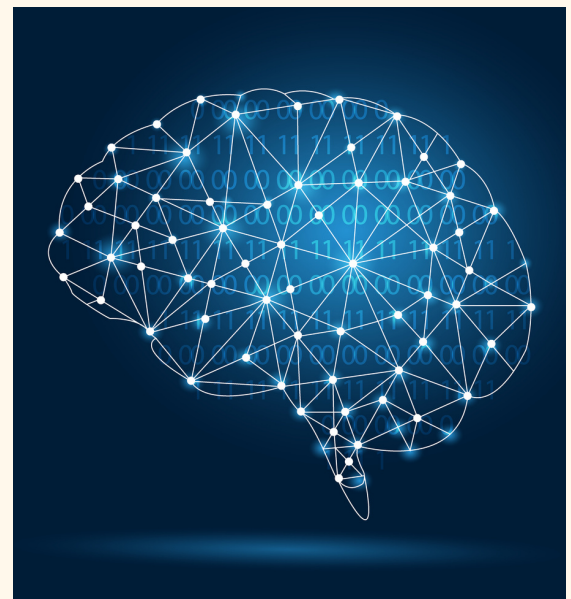
Neurofeedback

We LOVE to talk all about our Neurofeedback services!

This issue will cover Neurofeedback and why we utilize and believe in it so much for our clients, and helping other Therapy Practices with this aspect of supporting their clients.

We will cover:

- Key Points
- How it works
- What symptoms it helps



Key points about Neurofeedback:

Neurofeedback is a therapeutic technique that involves training the brain to improve its function and self-regulation. Here are four key points to understand about neurofeedback:

1. Direct Training of Brain Function:

Neurofeedback provides real-time feedback on brainwave activity, allowing individuals to learn how to regulate their brain function more effectively. This process enhances the brain's self-regulation capabilities, leading to improved mental performance and emotional stability.

2. Non-Invasive and Drug-Free:

The procedure involves placing sensors on the scalp to monitor brainwave activity; it is entirely non-invasive and does not involve the use of medications.

3. Wide Range of Applications:

Neurofeedback has been utilized to address various conditions, including attention deficit hyperactivity disorder (ADHD), epilepsy, and autism.

4. Customized Training Protocols:

The training is tailored to each individual's specific needs, with clinicians selecting sensor placements and frequency ranges based on the person's unique symptoms and goals.

5. Lasting Benefits with Continued Practice

Neurofeedback is a learning process for the brain, meaning the improvements can be long-lasting. With consistent sessions, many individuals experience sustained benefits in focus, emotional regulation, and overall mental well-being, even after completing treatment.

Meet Our New Team Member!

Sydney Daniels, Therapy Intern

You may recognize Sydney from awhile back- she is back and helping us provide the best care for our clients! We LOVE her energy and her interest in how to be the best therapist for her clients.

Specialties:

Sydney works with adults and children, she is utilizing neurofeedback and works with anxiety and depression.



Reach out to schedule with any of our Therapists!



Did you know...

Often people show signs of ADHD when they have Attachment Based issues.

Attachment-based issues stem from early caregiving experiences and impact how individuals form and maintain relationships. They can lead to difficulties with trust, emotional regulation, and intimacy. These issues often manifest as anxious, avoidant, or disorganized attachment styles.

These issues can often be regulated with Neurofeedback that is focused on the back-right part of the brain.



Changes to be aware of: We are moving our office!

... but don't worry, it'll be in the building next door!

Starting March 3rd we will be located at *473 W 1400 N, Orem UT 84057

W 1400 N St

You Used
To Park
Here...



Now Park Here!

*Located
downstairs



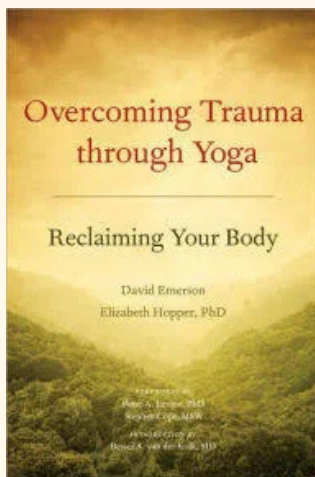
Taco Amigo

State Street

Book Recommendations:

While everyone is getting back into the groove of things I have another book to recommend!

Not your traditional therapy book, but one of my favorites! I got this book in Graduate School when I was helping lead a Trauma-Sensitive Yoga group. "Overcoming Trauma Through Yoga: Reclaiming Your Body" by David Emerson, Elizabeth Hopper Ph.D. is created for everyone. This book helped me see how movement impacts the body and how grounded movement can help heal the body mentally and physically.



One of the main reasons I really like this book (besides it's so small ha) is it has pictures! This book not only explains how the body works through trauma using movement, but it also gives pictures and step by step practices for yoga practices to use on your own. If you've ever felt vulnerable with movement, or felt that you had things to overcome in order to be more connected to your body, this would be a great first step.

-Hailey Maire-Grant, LCSW, CST

Check out our Instagram & Facebook for prompts to consider as you read Overcoming Trauma Through Yoga- @xeniacounseling