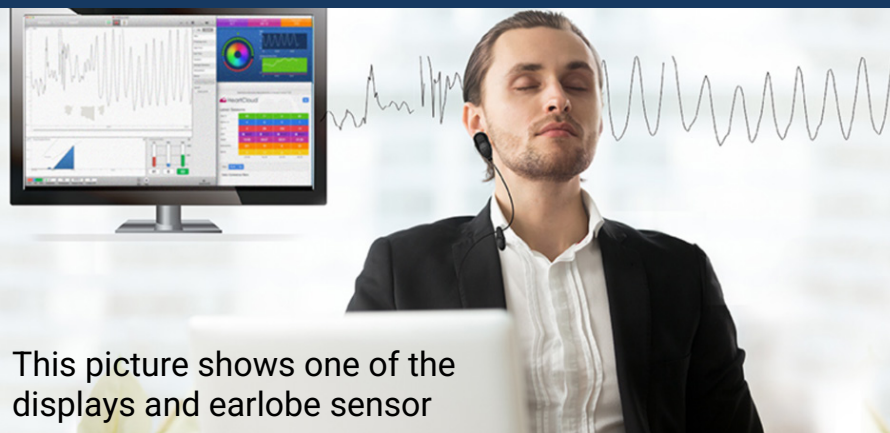


# BIOFEEDBACK SESSIONS

Conducted by Dr. Rebecca Wood, Ph.D., BCB-P (Board Certified Biofeedback Performance)



Central Community Health Education Clinic  
180 Paul Manafort Dr., New Britain, CT



This picture shows one of the displays and earlobe sensor

**What will I learn?** You will learn how to adjust your breathing to promote a calm, focused state.

**What will I do?** You will sit in a quiet room and breathe in response to prompts on a computer screen while your heart rate is measured by a padded sensor attached to your earlobe.

**How long will it take?** One hour for the first session and 30-45 minutes for follow-up sessions.

**How many sessions will I do?** Four weekly sessions work best, but you may schedule as many as you wish.

**Is this psychotherapy or medical treatment?** No. It is psychoeducation designed to teach people how to manage their physiology in stressful situations or when they just need to relax.

**Questions?** Call Dr. Rebecca Wood at 860.832.3106

## Session Dates:

- September 4 & 11
- October 2 & 23
- November 6 & 20

## Session Times

- 11AM & 1PM on each date

To schedule an appointment, please email [clinic@ccsu.edu](mailto:clinic@ccsu.edu) or call 860.832.0235. Walk-ins will not be accepted

