

BIOFEEDBACK (GSR) Training Device

An Excellent Tool to Reduce Stress, Facilitate Counselling and Group Work

For less than the cost of a good dinner

- ✓ Teach yourself what stress relaxing techniques actually work
- ✓ Assist clients in reaching the relaxation response in significantly less time
- ✓ Teach yourself or clients how to achieve deep relaxation by finding their own personal strategy
- ✓ Assist men (in anger management & men's behaviour change groups) to personally experience, understand and accept personal responsibility and take self control.

Additionally

This unit can assist:

- ✓ An individual learn effective stress management and relaxation strategies.
- ✓ A Counsellor to identify “emotionally charged” experiences which the client may not be aware of and which may be a significant component in the counselling process.
- ✓ An Emotional Focused Therapist (EFT) to detect on a physiological level if a clients emotional stress has been resolved in response to particular intervention.
- ✓ A Kinesiologist to get additional audio and visual feedback which supports their muscle testing.
- ✓ A Neuro Linguistic Practitioner to identify physiological changes that occur as a result of their interventions.

What is Biofeedback?

A biofeedback device is an instrument that measures electrical resistance on the surface of your skin which changes with a person's emotional state. This Galvanic Skin Response (GSR) unit provides a visual and auditory signal corresponding to the little things your body does when it is under stress, depressed, etc. These changes are usually very subtle and often not in conscious awareness. There is substantial evidence which has identified the relationship between sympathetic activity and emotional arousal. The GSR is highly sensitive to emotions in some people. Fear, anger, startle response, and sexual feelings are all among the emotions which may produce similar GSR responses.

One of the first references to the use of GSR instruments in the counselling and psychoanalysis realm is in the book by Carl Gustav Jung, entitled "Studies in Word Analysis", published in 1906. Here the Swiss psychologist describes a technique of connecting the client via hand-electrodes, to an instrument measuring changes in the resistance of the skin. Words on a list were read out to the client one by one. If a word on this list was emotionally charged for the client, there was a change in body resistance causing a deflection of the needle in the galvanometer. Any words which evoked a larger than usual response on the meter were assumed to be indicators of possible areas of conflict in the client, and these areas were then explored in more detail with the client in counselling. Jung used observed deflections on the meter (or tone and light indications on this unit) as a monitoring

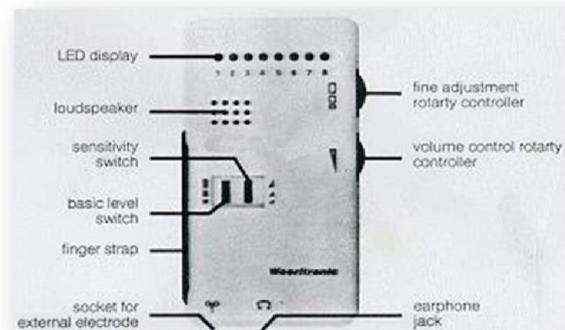


device to aid his own clinical judgement in determining which particular lines of enquiry were most likely to be fruitful with each client.

How is this device used?

This Biofeedback (Galvanic Skin Response – GSR) monitor works by placing two of your fingers on the receptor on the side of the unit, as per the photo above. Alternatively, you may use the supplied finger electrodes for “hands free” operation and greater convenience.

This is particularly useful in a counselling situation where the client has the external electrodes connected to their fingers and the counsellor monitors the changes and adjusts sensitivity of the unit where needed. Eight Light Emitting Diodes (LED's) on the front of the device and a speaker indicate the response level. Snap in the earpiece for privacy. When the earpiece is inserted the speaker turns off automatically. When you are feeling calm the tone of the monitor and visual indicator decreases. Alternatively, when you are tense and agitated the tone of the monitor and light indicator increases. All these changes occur in real time corresponding to your physiological/emotional arousal at the time. You can immediately try a different method to achieve deeper relaxation, such as meditation, breathing exercises, etc.



The monitor includes a button to set the sensitivity level of your skin, a knob that fine tunes the sensitivity level, a button for altering the monitors sensitivity to change (this can come in useful when deepening relaxation efforts by making the change sensitivity button less sensitive when you want to improve your ability to relax more deeply) and a volume level control.

This method is completely NON INVASIVE and THE RESULTS ARE IMMEDIATE. This type of device is often used by physical therapists and psychologists to assist clients in their treatment and recovery.

Historically, certain Biofeedback devices were also used to treat?

- ✓ Migraine headaches, tension headaches, and many other types of pain
- ✓ Disorders of the digestive system
- ✓ High blood pressure and its opposite, low blood pressure
- ✓ Cardiac arrhythmias (abnormalities, sometimes dangerous, in the rhythm of the heartbeat)
- ✓ Raynaud's disease (a circulatory disorder that causes uncomfortably cold hands)
- ✓ Epilepsy
- ✓ Paralysis and other movement disorders
- ✓ Stroke recovery and rehabilitation
- ✓ Stress and Anxiety

Product Specifications	
Included:	Vinyl hard side carry case, biofeedback unit, earpiece, external electrode (finger) attachment, and instruction booklet
Power Source:	Single 9V battery (included)
Sensor Type:	Electrical skin resistance (surface electrodes)
Display Type:	(not software controlled), optically and acoustically displayed
Weight:	less than 1lb in carry case (with battery included)
Dimensions:	9" x 4" x 1" in carry case

Return Policy	
Items must be returned within:	30 days of purchase at purchaser's expense.
Remedy will be fulfilled by:	Replacement
Return Policy Details:	Due to health reasons, this brand new item is sealed and cannot be returned unless by reason of defect. Defective items are replaced upon return for identical items, on a 1:1 basis. We have had a very low defect rate of less than 1% for this item, based on a volume of several thousand units.

This GSR Monitor was developed in West Germany and retails for over \$250. It operates on a 9-volt-battery which IS included. It comes with a one year manufacturer's warranty (which you return directly to the manufacturer IF needed). **This unit will cost you significantly LESS than \$200. In fact, your investment would be only \$169. But wait there's more.... Absolutely FREE.**



BONUS:

In addition to the biofeedback unit, external finger electrodes, ear piece, instruction manual, hard carry case, **You Also Get** a CD with meditation music and another CD with a number of free e-books related to stress reduction, meditation and improved health. These include:-



- ✓ **Ananga Sivyer: *Beautiful Calm* (25 pages)**
How many times have you felt you "should" learn to relax more. Or maybe learn to meditate? But learning doesn't sound very inviting when you're already busy and feeling stressed. This beautifully presented eBook offers eight quick and easy ways to shrug off stress and tension and experience the relief of feeling relaxed and calm.
- ✓ **Bill Cozzolino: *The Nuts & Bolts of Meditation: Unleash Your Quantum Brain* (59 pages)**
Dr. Tomio Hirai reports that Zen meditators are able to alter Alpha/Theta frequency according to their depth of meditation. According to Dr. Hirai, "Meditation is not merely a state between mental stability and sleep, but a condition in which the mind operates at the optimum. In this condition the person is relaxed but ready to accept and respond positively to any stimulus that may reach him."
- ✓ **Matthew Roberts: *70 of the Most Inspirational Quotes You Will Ever Find* (9 pages)** A collection of quotes that will inspire you and your clients to action.
- ✓ **Eva Gregory, PhD: *Daily Pearls of Wisdom* (35 pages)**
"A pearl is cultivated from a grain of sand; sand being the contrast or the discontent from which a desire is born and from which a knowing – a 'pearl of wisdom' comes. These pearls are cultivated from many sources over a lifetime through experience and introspect. It is with appreciation and gratitude that I share my pearls with you."
- ✓ **Wes Hopper: *The Astonishing Power of Gratitude* (18 pages)**
What happens when we're doing all that stuff in the books and tapes, at least to the best of our ability, and we're not really getting where we want to be? Is it possible that there is a missing link in our program for success? It's also one of the few things that Mum taught me about life that turned out to be true! "Wes," she said, "when you get something, say thank you!" Of course, there's more to it than that, and Mom was only half right, but at least she was on the right track..."

Please Consider

This biofeedback monitor would be a terrific help to you if you want to learn stress management techniques that actually work. Additionally, this unit will be also particularly helpful in your counselling practice if you are a healthcare professional.

If you consider the long-term consequences of stress, you are now in a better position to accurately identify what stress strategies actually do work on a body and mind level. You will be amazed at the insights you will gain from this device as well as the benefits your clients and group members can gain through empowerment and personal responsibility. When you consider these few key points then, the cost for this unit which is **less than the cost of a dinner for two..** is probably the best low cost investment you have ever made both personally and professionally. Additionally, as an adjunct to your own counselling practice you may even distribute the e-books to clients for their own reading and growth if you so choose or you may simply read them yourself.

Inform your colleagues and friends. Even at \$169, the GSR unit is even further discounted for multiple units. See order form for details. Hurry before you miss out on this terrific offer.