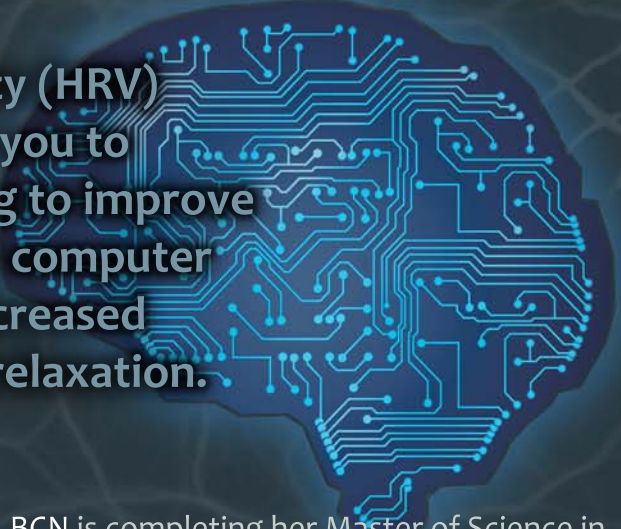




- Activate brain-body connection
- Learn self-regulation
- Find understanding and lasting change
- Empowering way to help yourself heal
- Drug-free, non-invasive, convenient
- Brain- and heart-based approach
- Fast-forward button for mental wellness

Neurofeedback & Heart-Rate Biofeedback

Neurofeedback and Heart-Rate Variability (HRV) Biofeedback are modalities which allow you to gain control of brain or heart functioning to improve focus and health. Just by observing on a computer screen, you can train yourself to have increased awareness, reduced stress, and greater relaxation.



**LEEWORKS
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Cara Guziak, BCN is completing her Master of Science in the Clinical Mental Health Counseling program at the University of North Texas. She is BCIA certified in neurofeedback and working toward a certificate in HRV.

Cara sees biofeedback and addiction counseling as the balm to fears of unworthiness, imagined brokenness, and perceived failures of will. Through her work with her clients, she hopes to provide a different perspective and a means to help clients to help themselves find peace, wholeness, and wellness in their lives.

Cara's specialties and interests include addiction, anxiety, depression, ADD/ADHD, mindfulness, women's emotional health, couples counseling, multicultural counseling, dreamwork, and transpersonal/spiritual counseling.

Cara is supervised by Chris Lorenc, MS, LPC, NCC, CSAT, and Lisa Schulz, PhD, LPC-S (GA), NCC

