

# LIFEWORKS RECOVERY

## Neurofeedback



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## Heart-Rate Biofeedback

- 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

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Cara completed 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.

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