



Dee Wacker, MA

Assisting in the Improvement of
Physical and Emotional Control

Educational Credentials

- ♦ MA in Counseling, Sioux Falls Seminary
- ♦ RN, Bismarck Hospital School of Nursing
- ♦ Trained in Provision of Biofeedback

Licensure

- ♦ Licensed Professional Counselor
SD # LPC 7080
- ♦ Licensed Registered Nurse
SD # RN R012876

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2109 S. Norton Avenue Sioux Falls, SD 57105

biofeedback services by
Dee Wacker, MA



**SIOUX FALLS
PSYCHOLOGICAL SERVICES**

Dee Wacker, RN, MA, LPC
Licensed Professional Counselor
Licensed Registered Nurse
Biofeedback Services

605.334.2696



Biofeedback Services



Anxiety, depression, and stress affect people of all ages and from all walks of life. These problems not only affect one physically but also impact one's

emotional well-being. We are all born with the most magnificent machine ever imagined, our own body! Unfortunately, it doesn't come with an instruction manual or suggested maintenance schedule.

All day long, our bodies are subject to good and bad stress, and we don't recognize the problem until it reaches a certain crescendo including a pounding heart, sweating hands, muscle tension, headaches, and so on. The goal of Biofeedback is to train you to be in control.

What is Biofeedback?

As knowledge of health and well being has grown, so has the appreciation of self care. We now understand the brain's role in controlling breathing, heart rate, and other subconscious biological functions. We have also learned that with training, many of these functions can be controlled and improve our health. Biofeedback acts like a mirror on your physical, emotional, and mental self. It allows you to see what is going on in your body and through training, learn how to control it.

How does it work?

Biofeedback is a series of training exercises using sophisticated computer graphics and sound to teach you how to control your own body and better manage anxiety, stress, headaches, and other medical conditions. Initially, an assessment is completed to determine the most effective method of treatment. Follow-up sessions focus on teaching how to consciously alter one or more of the following:

- External body skin temperature
- Muscle activity
- Sweat gland activity
- Heart rate
- Respiration

Biofeedback Can Help:

- ♦ anxiety
- ♦ stress
- ♦ headaches
- ♦ irritable bowel syndrome
- ♦ chronic pain and more

Biofeedback Benefits:

- ♦ compliments traditional medicine
- ♦ treats the whole person
- ♦ enhances well being

Contact Information

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www.sfpsychological.org

Call today: 605.334.2696