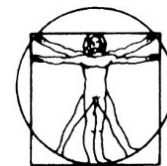


# Behavioral Medicine P.C.



*Cynthia Kindgren MS/LCPC*  
*Licensed Clinical Professional Counselor*  
*Owner - Clinical Director*

*Ashley Heatherman MSW/LCSW*  
*Licensed Clinical Social Worker*  
*Independent Contract Therapist*

*Christy Morris MSW/LCSW*  
*Licensed Clinical Social Worker*  
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## **Listing of Services Provided**

### **Neurofeedback**

Neurofeedback is an innovative treatment using a patient's brain waves shown on a screen in real time. The brain training program allows the individual to increase or decrease activity in specific areas of the brain using games, videos, and music to improve functioning and/or emotional wellbeing.

### **Neuro Behavioral Status Exam – NBSE (Cognistat)**

This is a cognitive assessment that addresses eight areas of thinking skills including orientation, attention, language, constructional ability, memory, calculations, reasoning and judgment. This assessment provides a standardized measure for evaluation and monitoring of cognitive abilities/deficiencies over time. NBSE is a cost effective alternative to neuropsychological testing for patients with mild to moderate cognitive impairments.

### **Psychotherapy/Counseling**

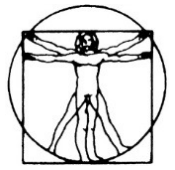
Psychotherapy is used to treat a variety of emotional issues. The most common are depression and anxiety. Our office treats individuals, couples and families struggling with some type of life stressor. Our clinicians have years of experience working with children, adolescents, adults and seniors. Psychotherapy is the treatment of emotional distress using insight, support, education, and instruction or a combination of these techniques is used to improve the ability to perceive and cope with the issues. We are skilled in the use of many theories and techniques including CBT – Cognitive Behavioral Therapy, DBT – Dialectical Behavioral Therapy, EMDR - Eye Movement Desensitization Reprocessing, Biofeedback, Humanistic, Insight Oriented and Mind-Body to reduce emotional distress.

### **Eye Movement Desensitization Reprocessing (EMDR) for Trauma & Emotional Distress**

EMDR is a powerful method of psychotherapy. To date, EMDR has helped an estimated two million people of all ages relieve many types of psychological distress. EMDR seems to have a direct effect on the way that the brain processes information. Scientific research has established EMDR as effective for post-traumatic stress.

Clinicians also have reported success using EMDR in treatment of the following conditions: depression, personality disorders, panic attacks, complicated grief, dissociative disorders, disturbing memories, phobias, pain disorders, eating disorders, performance anxiety, stress reduction, addictions, sexual and /or physical abuse, and body dysmorphic disorders. During EMDR the client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus.

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## **Health and Behavioral Intervention—Specialized Treatment for Individuals with Medical Conditions**

Treatment is focused on how a serious illness or injury effects a person's emotions, relationships, activities and or thinking skills. Specific techniques are based upon individual need to provide education and reduce the negative effects of emotions on the specific medical condition. Treatment may include cognitive retraining and/or Biofeedback and/or EMDR.

### **Cognitive Retraining**

This service is most often provided following neurological impairment. It can be used to improve thinking skills in individuals with a traumatic brain injury, stroke, multiple sclerosis, brain tumor and other neurological conditions. It is also used to improve attention and impulse control in individuals with ADHD. Cognitive Retraining can be defined as a treatment that uses specialized exercises to aid an individual in improving their memory, attention, problem solving and/or organizational skills.

We use a combination of techniques addressing issues such as anxiety and frustration during the exercises and offer ways to maximize function in each individual. Our clinicians have years of experience in treating individuals and supporting families struggling with loss or decline in thinking skills. Patients report functional improvement as a result of using these techniques. Clinical studies continue to validate the benefit of this service.

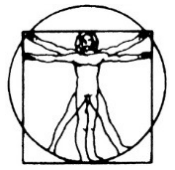
### **Evaluation for Implant of Long Term Pain Device**

Our clinician has over 10+ years of experience evaluating individuals as appropriate candidates seeking pain relief with permanent implant of dorsal column stimulator or pain pump. This process generally involves one visit and would include discussion about pain history, support systems, knowledge of device and expectations.

### **Evaluation and Treatment of Chronic Pain**

This service helps to improve an individual's understanding of how the mind and the body are connected. It teaches basic and advanced relaxation techniques. Individuals learn ways to change their thinking for pain reduction, healing, and coping as well as how to minimize the negative effects of serious injury or illness on relationships. Treatment helps individuals to improve the ability to effectively communicate with treatment providers. Treatment involves psychotherapy, biofeedback, hypnosis, relaxation techniques and/or Eye Movement Desensitization Reprocessing (EMDR) with a focus on pain management.

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## **Hypnosis**

The clinician provides hypnosis for a variety of emotional and medical issues. Hypnosis is an altered state of awareness involving the use of positive suggestion to elicit desirable changes in behavior. Hypnosis has been successfully used for numerous years to treat emotional issues such as addictions, phobias, anxiety and depression as well as medical conditions such as chronic pain, reduction of blood sugars, blood pressure, cancer, arthritis, eczema and many others.

## **Christian Counseling**

A combined effort between a person and a counselor/therapist to identify a problem or set of problems within the person or their circumstances. With a purpose of positive progress toward connecting with God on a deep daily basis, the counselor then begins to guide and encourage the person to seek out and apply God's word to their thoughts and choices.