

FREE CONSULTATION

FIND OUT WHAT

MENTAL IMAGERY AND/OR **NEUROFEEDBACK**

CAN DO FOR YOU AND YOUR CONCERNS in areas such as:

**relationships, work, marriage, kids, family, health,
personal growth and well being,
or social-emotional conflicts!**

AVAILABLE AT SHAKTI YOGA or IN MONTCLAIR (101 Park Street)

Call Amy at 973.744.4300 to schedule an appointment!

Amy Kruvant, LCSW, BCIA

Innovative Counseling LLC

WHOLE PERSON INTEGRATIVE THERAPY

Amy Kruvant has been a clinical social worker for over 20 years. She employs an integrative approach to working with people and utilizes Neurofeedback, Mental Imagery, EMDR and/or TFT depending on the needs of the client. Working with the total person, Amy assists clients in bringing understanding and order to troublesome life situations.

WHAT IS MENTAL IMAGERY?

- * a powerful and ancient technique used for healing both mind and body
 - * nearly everyone is able to image
 - * imagery is the natural "language" of what goes on in our inner lives
- * mental imagery can be therapeutic and instructive, helping us to heal on all levels: physically, emotionally, mentally, socially, morally.

WHAT IS NEUROFEEDBACK?

Neurofeedback is biofeedback specifically for the brain. It exercises the neurons in the brain much like a work out at the gym exercises the muscles in the body. Neurofeedback Therapy can:

- * help strengthen and improve emotional flexibility, stability and resiliency
 - * help a person learn new patterns of response to stress
 - * relieve stress and its related symptoms

Amy has office hours by appointment at 101 Park Street in Montclair. Call 973-744-4300.