

The Full Circle Spotlight

Enhancing YOUR Health Through Biofeedback

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**Leslie Searcy,
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Biofeedback is a technique you can use to learn to control your body's functions, such as your heart rate. With biofeedback, you're connected to electrical sensors that help you receive information (feedback) about your body (bio). This feedback helps you focus on making subtle changes in your body, such as relaxing certain muscles, to achieve the results you want, such as reducing pain. In essence, biofeedback gives you the power to use your thoughts to control your body, often to help with a health condition or physical performance. Biofeedback is often used as a relaxation technique.¹

The prevalence of dysfunctional breathing in the general population is estimated to be 5% to 11% and as high as 83% in those with anxiety disorders.²

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”
-World Health Organization

What to Expect When In a Biofeedback Appointment with Leslie:

Initial Consultation:

- Review biofeedback and how it can be beneficial to you personally.
- Perform stress proctol in order to determine how you respond to and recover from stress.
- Results of stress proctol will be used to develop an individualized biofeedback plan.
- Introduce breathing for relaxation.

Follow-Up Sessions (8-10 Appointments)

Will Aim to Address:

- Breathing for relaxation
- Imagery
- Progressive relaxation
- Cognitive stress management
- Autogenic training
- Meditation
- Body awareness
- Heart rate variability

Why Choose Biofeedback?

- Noninvasive
- May reduce/eliminate need for medications or provide an alternative when medications have not worked well
- Helps people take charge of their health

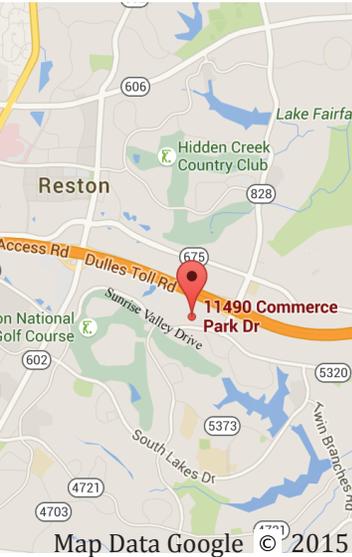
Effective Responses

Efficacious:

May treat Anxiety, Headache (adult), Heart Disease, Nausea, Temporomandibular Disorders

Probably Efficacious:

Routinely able to treat Alcoholism/ Substance Abuse, Arthritis, Chronic Pain, Fecal Elimination Disorders, Depression, Headache (Pediatric Migraine), High Blood Pressure, Insomnia, P.T.S.D. ³



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Homeostasis: A Balancing Act

Our bodies are designed to maintain a state of homeostasis – a state in which our bodily functions are in balance.

This includes the balance of hormone levels, acid-base levels, blood sugar, temperature, blood pressure – the list goes on. When we are presented with a stressor, our body responds by going into protection mode, which is often called the “fight or flight response”.

In this state, our bodies shut down or diminish certain functions, while exacerbating others. Biofeedback can reverse this and bring you back to a healthy homeostasis. Our goal is to help you self-regulate, so you can control your response to stress and return to a state of homeostasis. Controlling your stress response will improve your overall health in numerous ways.

Schedule an appointment with Leslie to see how this will personally improve your health.



Leslie is a Registered Nurse in the Commonwealth of Virginia with over ten years of experience. She earned her Bachelor of Arts degree in Biology from Gettysburg College in 2002 and then obtained a Bachelor of Science in Nursing from Johns Hopkins University School of Nursing in 2003. Leslie has a wide range of clinical experience, including Neonatal Intensive Care at both Johns Hopkins and INOVA Fairfax Hospitals, five years as a Clinical Research Coordinator at the National Institute on Aging performing studies focused on rare genetic disorders, Alzheimer’s Disease, and healthy aging.

Leslie’s interests include the integration of healing techniques and philosophies from Eastern and Western medicine. In 2012, Leslie obtained her certification as a Holistic Health Counselor from the Academy of Healing Nutrition in New York. She is also trained as a practitioner. She believes in the importance of holistic wellness techniques and food energetics to help promote self-healing. She completed the Stens Corporation Course to work towards Biofeedback Certification by the Biofeedback Certification International Allegiance.



Colleen A. Blanchfield, M.D.

Full Circle Neuropsychiatric Wellness Center is dedicated to empowering individuals to move from surviving to thriving through a continuum of care, treating their minds, bodies and spirits.

We strive to be an innovative leader in the Northern Virginia area, providing exceptional service through an integrative approach to Eastern and Western Medicine, offering hope, and empowering patients to take charge of their health and affect a positive change in their lives.



**Call Today to Schedule an Appointment.
(703) 481-9111**

Citation:

1. Mayo Clinic Staff, comp. "Biofeedback: Using Your Mind to Improve Your Health." Mayo Foundation for Medical Education and Research. N.p., 26 Jan. 2013. Web. 16 Aug. 2015.
2. United States of America. Department of Health and Human Services. Relaxation Techniques for Health: What You Need to Know. Ed. Harvard Medical School. By Herbert Benson. Bethesda, MD: National Center for Complimentary and Integrative Health, 2011. National Institute of Health. Web. 19 Aug. 2015.
3. New York Times (2013) Headache, Migraine, In-Depth Report NY Times Health www.nytimes.com/health/guides/disease/migraine/print.html