Frequently Asked Questions

What is the Neuro-Somatic Program?

The Neuro-Somatic Program is a structured wellness program designed to support nervous system regulation and overall brain-body wellness. The program combines neurofeedback, transcranial photobiomodulation, vagal stimulation, lymphatic support, and somatic integration techniques in a carefully sequenced format to promote relaxation, resilience, and nervous system balance.

Who is this program designed for?

This program may be a good fit for individuals who are interested in supporting their overall nervous system wellness, stress resilience, emotional well-being, cognitive performance, recovery, and mind-body connection. It is designed for adults and adolescents who are seeking a proactive, non-invasive integrative approach.

Is this therapy or a wellness program?

This is a wellness program and is separate from psychotherapy. The Neuro-Somatic Program does not claim to diagnose, treat, or cure medical or mental health conditions. Instead, it is designed to complement an individual's overall wellness goals by supporting nervous system regulation and brain-body wellness.

Do I need a diagnosis to participate?

No. A mental health or medical diagnosis is not required. This is a private-pay wellness service and is not billed to insurance. No diagnosis will be given before, during, or after the program. This is not a diagnostic service. This is a wellness service.

Can I participate if I am already in therapy?

Yes. Many participants choose to complete this program while continuing therapy with their own therapist. The program is designed to complement, not replace, psychotherapy or other healthcare services. Therapy referrals can be given should a participant have interest in therapy services.

How is each session structured?

Each session will be up to 90-minutes that will follow a structured sequence designed to encourage relaxation and nervous system regulation:

- Lymphatic support (when appropriate)
- Vagal stimulation
- Transcranial photobiomodulation (Low Level Light Therapy)
- Neurofeedback
- Somatic integration and guided nervous system awareness

This sequence is intended to help prepare the nervous system for each phase while allowing time for integration throughout the session.

How long is the program?

The standard program consists of two 90-minute sessions per week for 10 weeks (20 sessions). Neurofeedback standalone services would include a six session package. Each neurofeedback session will be approximately 45 minutes. Single session Neurofeedback sessions can also be purchased individually.

Can I continue after completing the program?

Yes. Some participants choose to continue with maintenance visits or additional wellness sessions based on their personal goals and preferences. Neurofeedback-only sessions may also be available for individuals who are unable to participate in photobiomodulation or who wish to continue nervous system wellness.

What can I expect during the program?

Sessions are intended to be quiet, relaxing, and non-invasive. Individual experiences vary, but many participants describe feeling calm, refreshed, mentally clear, or deeply relaxed during or after sessions. Because every nervous system is unique, experiences and responses will differ from person to person.

How soon might I notice changes?

Everyone responds differently. Some individuals notice changes within the first few sessions, while others experience more gradual changes over time. There is no guarantee of specific outcomes, and individual experiences vary.

What kinds of wellness benefits are commonly reported?

Participants commonly seek this program to support:

- Stress resilience
- Relaxation
- Nervous system regulation
- Mental clarity and focus

- Emotional well-being
- Sleep quality
- Mind-body awareness
- Overall brain and nervous system wellness

Because each person is unique, results vary.

Is the program safe?

The services included in this program are non-invasive and generally well tolerated by most individuals. Prior to participation, all clients complete an intake and screening session and informed consent to help determine whether the program is appropriate for them. Certain medical conditions or contraindications may impact participation.

Will insurance cover this program?

No. The Neuro-Somatic Integration Program is a private-pay wellness service.

Is participation voluntary?

Yes. Participation is entirely voluntary. Choosing not to participate, or discontinuing participation, will not affect your ability to receive psychotherapy or other services.

Is this program right for me?

If you are interested in supporting your overall brain and nervous system wellness through a structured, non-invasive, and individualized program, we encourage you to schedule a consultation to determine whether the Neuro-Somatic Program is an appropriate fit for your goals.