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## **HeartMath's emWave Personal Stress Reliever®: A New Standard in Psychotherapy Practices**

HeartMath's innovative *emWave Personal Stress Reliever*® (PSR) is becoming the stress intervention tool of choice in the field of psychotherapy. The *emWave PSR*, based on over 17 years of peer-reviewed research, puts the functionality of computer-based feedback devices into the palm of your hand. It is a convenient tool to help people reduce stress and increase vitality, mental clarity and emotional balance. HeartMath® will be showcasing their mobile *emWave PSR* technology at the upcoming Psychotherapy Networker Conference in Washington, DC, March 13 through March 16.

In addition to the handheld *emWave Personal Stress Reliever*, HeartMath also offers a PC-computer program called the *emWave*® *PC Stress Relief System*. The *emWave PC* program includes many additional features such as the Emotions Visualizer® and several entertaining video games that are powered by the user's ability to shift their emotional state. Both of these features encourage the user to practice social and emotional skills while they're building a new emotional baseline. The *emWave PC* also allows therapists to save their clients' sessions so they can track their progress.

The *emWave PSR* ([www.emwave.com](http://www.emwave.com)) and *emWave PC* ([www.emwavepc.com](http://www.emwavepc.com)) are being used in clinical practices, medical centers, hospitals and Veterans Administration medical and residential treatment centers across the country. One soldier wrote to HeartMath that after he returned from duty in Iraq he sought help from his local VA Hospital, where he learned about the *emWave PSR*. He said, "My symptom was hyper-arousal. I've been using the *emWave PSR* to help me with the stress and anxiety of reintegrating back into a normal routine. I take it with me everywhere I go. Whenever I feel any stress or anxiety coming on it helps me to get back to a calm and clear state of mind and heart. This has been very reassuring."



HeartMath's *emWave* technologies are unique research-based interventions that focus on heart rhythm feedback, providing a refreshing departure from conventional biofeedback practices. HeartMath's peer-reviewed studies have demonstrated the critical link between emotions, heart function, and cognitive performance.

Psychotherapists favor HeartMath's heart-rhythm-feedback technologies because they are scientifically validated components of a larger system of research-based solutions that help people effectively transform difficult and unwanted mental and emotional stressors into healthier attitudes and behaviors. The added attraction for therapists is that the *emWave* technologies are very affordable and offer a variety of user-friendly features.

"We continue to hear inspiring stories from therapists around the world that are finding numerous applications for the *emWave* technologies," says psychologist Deborah Rozman, Ph.D., President of Quantum Intech, the parent company of HeartMath LLC. "For instance, many clinicians have found that having their clients use the *emWave* stress reliever before sensitive communications has had a positive impact on their relationship issues and has improved their communication skills. I'm also hearing from therapists that they've found the *emWave PSR* to be helpful in monitoring their own stress levels so they're more effective and attuned to their clients throughout their sessions."

Veterans' medical and residential treatment centers are currently conducting studies to determine the effects of HeartMath's intervention programs including the practice of the *emWave* technologies for improving outcomes with veterans suffering from post traumatic stress disorder (PTSD) and substance abuse issues.

HeartMath invites the Psychotherapy Networker Conference attendees to stop by the HeartMath booth for a demonstration of the *emWave Personal Stress Reliever* and *emWave PC Stress Relief System*. The conference will be held at the Omni Shoreham Hotel on March 13-16. HeartMath's booth is number 201 in the Regency Ballroom. HeartMath will also be offering a special show discount and giving away free gifts such as their "Improving Relationships" and "Eliminating Anxiety" e-books.

### **HeartMath®**

*HeartMath LLC (www.heartmath.com), a wholly-owned subsidiary of Quantum Intech (www.quantumintech.com), is a cutting-edge performance company providing a range of unique services, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. For more than 17 years HeartMath clinical studies have demonstrated the critical link between emotions, heart function, and cognitive performance. HeartMath's compelling solutions for stress relief have been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Preventive Cardiology, Journal of the American College of Cardiology, Integrative Physiological and Behavioral Science and Alternative Therapies in Health and Medicine. HeartMath's organizational clients include Duke Medicine, Stanford Business School, Stanford Hospital, Mayo Health System, Blue Cross Blue Shield, Sutter Health, Scripps Center for Integrative Medicine, BP, Cisco Systems, Redken, Kaiser Permanente, Boeing and the NASA Goddard Space Flight Center,, as well as dozens of school systems and thousands of health professionals around the world.*