



Be who you were made to be.

A guide to understanding your nervous system, restoring
regulation, and experiencing lasting healing from the inside out.

**Your brain
knows how
to heal.**

**We give it
the nudge it
needs.**



WELCOME TO HEALTHY MINDS NEUROFEEDBACK

We're glad you are here. If you've found your way to Healthy Minds, chances are life feels hard. You feel stuck. Stress feels constant. Sleep feels impossible. Focus feels out of reach. Anxiety won't let up. Or you're watching someone you love struggle and you wish you had more answers.

Whatever brought you here, we want you to know one thing:

There is hope.

These challenges are not a reflection of your character, effort, or worth. They may be signs that your brain and nervous system are overwhelmed and struggling to find balance. Your brain is incredibly designed to adapt, learn, and change. With our technology, we provide gentle feedback that supports your brain's natural ability to find healthier patterns of regulation.

As your nervous system becomes more balanced, you can experience greater calm, clearer thinking, improved sleep, better focus, increased resilience, and relief from the hard.

We're honored to walk alongside you toward a healthier mind.

The Healthy Minds Team

Beneath the symptoms

SYMPTOMS ARE OFTEN SIGNALS

Your symptoms aren't character flaws or a lack of willpower. They are signals — your nervous system's way of telling you it is struggling to regulate. So instead of asking, ***"What's wrong with me?"*** we ask a different question:

"What is my nervous system trying to tell me?"

Many people spend years treating individual symptoms without ever addressing what is happening underneath. Neurofeedback works differently — it supports the brain's own ability to reorganize and return to healthier patterns.

*You can't just
"try harder."
A dysregulated
nervous system
needs support to
find its way back
to balance. We
are here to help
your nervous
system function
at its best.*



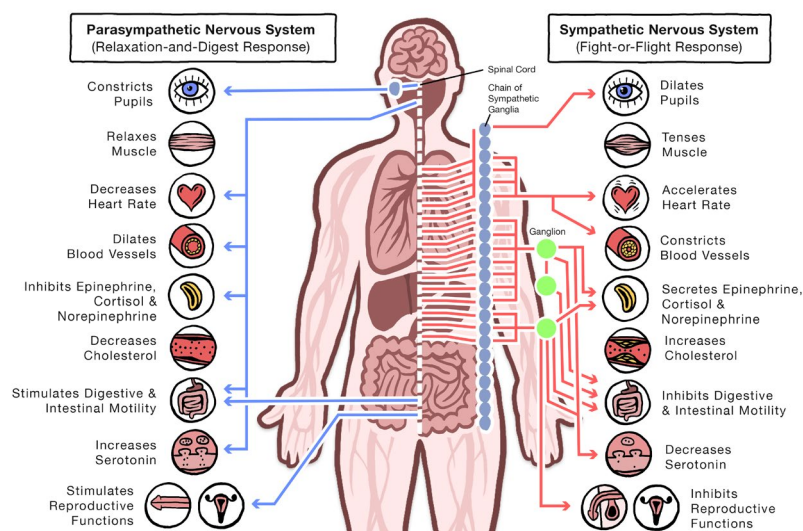
UNDERSTANDING YOUR NERVOUS SYSTEM

Your story affects your nervous system.

We all experience the effects of living in a broken world. Stress, trauma, loss, illness, difficult relationships, and painful experiences don't just affect our emotions—they shape our brains and nervous systems.

Your nervous system is your body's master communication network. It helps you respond to the world around you by influencing how you think, feel, sleep, focus, heal, handle stress, and connect with others.

AUTONOMIC NERVOUS SYSTEM



When your nervous system is stuck, life feels hard.

A HEALTHY NERVOUS SYSTEM

A healthy nervous system is flexible. It knows how to shift gears—becoming alert and energized when needed, then returning to a calm, restful state where you can recover, connect, and heal.

A STUCK NERVOUS SYSTEM

Chronic stress, trauma, illness, injury, or years spent in “survival mode” can disrupt that flexibility. Instead of adapting, the nervous system can become stuck in patterns of **over-activation** (anxious, overwhelmed, always on guard) or **under-activation** (shut down, exhausted, and disconnected). Over time, the brain becomes less flexible and more likely to repeat these patterns, even when they no longer serve you.

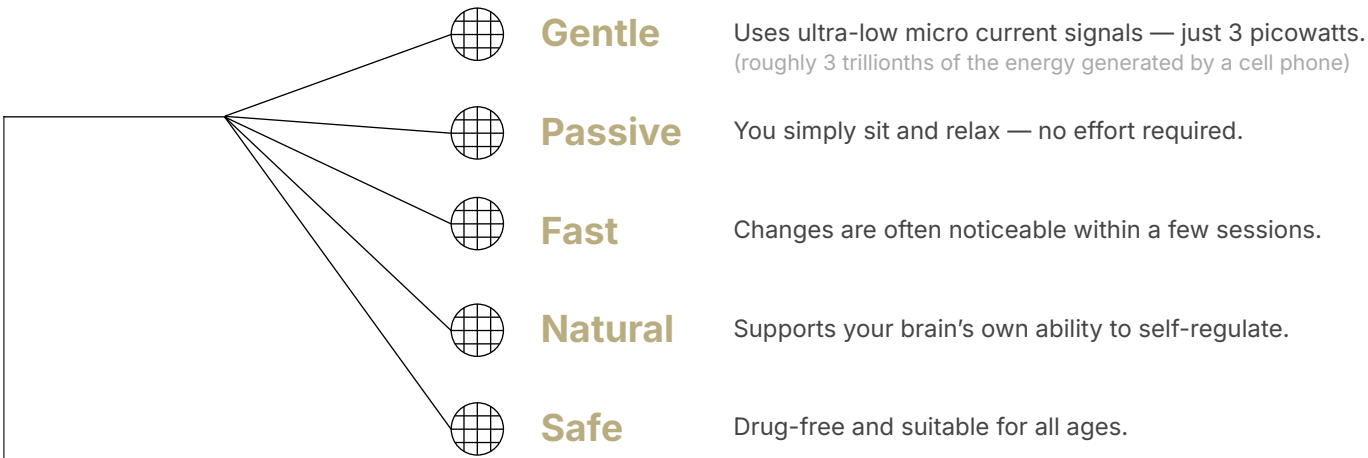
NEUROFEEDBACK EXPLAINED



What is Neurofeedback?

Neurofeedback is a gentle, non-invasive, evidence-based therapy designed to support the brain’s natural ability to regulate itself. Using a specialized FDA-registered EEG device designed by IASIS Technologies, tiny sensors placed on the head monitor your brainwave activity in real time. That same device then returns a brief, structured feedback signal or “nudge” — a micro current so subtle it’s far too weak to feel.

Your brain isn’t forced to change—it simply receives gentle feedback that helps it reorganize and function more flexibly.



IASIS VS. TRADITIONAL

	IASIS Neurofeedback	Traditional Neurofeedback
Patient Involvement	Passive	Active
Number of Sessions	15 - 20	30 - 60
Treatment Area	Entire Brain	Area-Specific
Side Effects	Rare	Common

How it works

✓ The Brain Gets Stuck

Life experiences can wear deep grooves into the brain—like a trail walked so many times it becomes the default route. Your brain isn't broken. It's simply stuck repeating patterns that once helped you survive but no longer serve you.

✓ The Brain Gets New Information

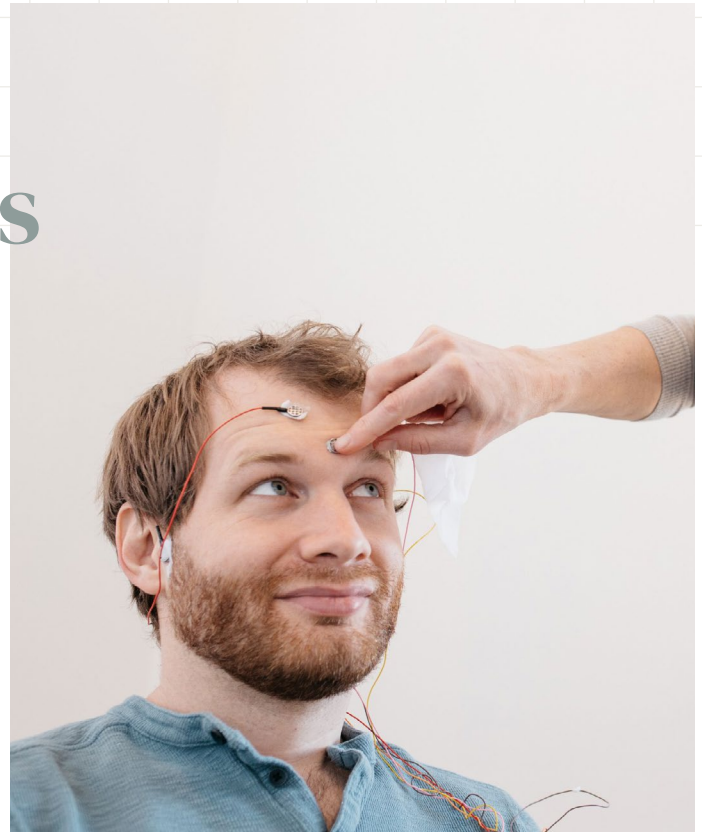
We introduce an ultra-low energy signal that gives your brain a "nudge" with new information. Rather than forcing change, it creates an opportunity to step off the old path and explore a healthier one.

✓ The Brain Reorganizes

With the new information, your brain's communication networks get the chance to reset, reorganize, and establish healthier pathways of activity — on their own terms, at their own pace.

✓ Life Feels Different

As your brain becomes more flexible, your nervous system can move out of 'survival mode' and respond to life with greater resilience. That often means feeling calmer, thinking more clearly, sleeping better, and reconnecting with the life you want to live.



THE BRAIN'S SUPERPOWER:

Neuroplasticity

Your brain is designed to change. **Neuroplasticity** is its natural ability to adapt, reorganize, and form new pathways throughout life. Neurofeedback doesn't force change—it simply gives your brain the information it needs to do what it was created to do.

*Each session is an opportunity
for your brain to practice
healthier patterns.*

Curious about the science? →



Could this be what you've been looking for?

People commonly seek Healthy Minds Neurofeedback support for:

Calm & Emotional Balance

- Anxiety & OCD
- Depression
- Anger & reactive behaviors
- Trauma responses
- PTSD
- Emotional regulation

Recovery & Resilience

- Substance use/addiction
- Sleep disorders & fatigue
- Chronic pain
- Migraines
- Concussion recovery
- Traumatic Brain Injury (TBI)

Cognitive & Neurological Health

- ADHD/ADD
- Executive functioning
- Brain fog
- Memory
- Focus
- Sensory overwhelm

Overall Wellbeing

- Greater resilience
- Better stress recovery
- Better emotional balance
- Mood & mental clarity
- Feeling more like yourself
- Improved quality of life

BACKED BY EMERGING RESEARCH & REAL RESULTS

Independent studies have explored this approach for post-concussive symptoms, anxiety, depression, PTSD, and overall quality of life — with participants showing meaningful improvement over the course of treatment. **85% of clients notice some relief within their first 3 sessions.**



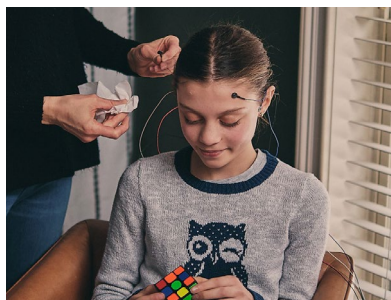
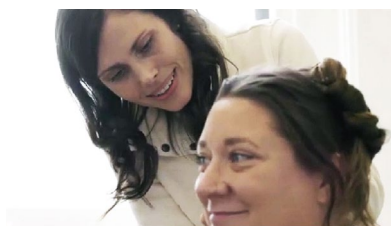
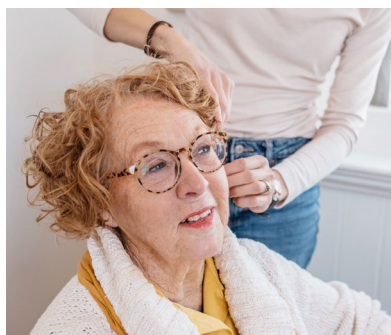
← Curious about the research?



Check out the rest of the
Healthy Minds 5-star
Google reviews



← Google Reviews



“ Sarah

“Healthy Minds has been life-changing for our family!

My son has ADHD and has always struggled with feeling overwhelmed and managing his emotions. Since starting sessions, he has been like a new kid! He can bounce back when he gets upset instead of getting stuck in his frustration; he no longer hits himself or pulls his hair out. He has noticed a huge improvement in his focus at school as well.

After seeing his progress, I started neurofeedback too. I struggled with insomnia and irritability around my cycle. Since starting treatment, my sleep patterns have significantly improved; I'm no longer awake for hours in the middle of the night. My irritability is minimal, and I no longer feel rage.

We are incredibly thankful for the difference Healthy Minds Neurofeedback has made in both of our lives!”

Real Results

Our Story

HISTORY

In 2021, Healthy Minds became the first provider to bring IASIS Neurofeedback to Central Ohio. Since then, we've provided thousands of sessions, helped hundreds of individuals and families, and earned a 5-star reputation for compassionate, personalized care. **For us, neurofeedback isn't an add-on—it's our core focus. We've built our practice around providing expert care and outstanding neurofeedback experiences.**

Today, we welcome clients into a beautifully restored historic school building in Columbus — calm, modern, and designed as a place to slow down and focus on healing.



COLUMBUS

Columbus is more than where we work. It's home. We live here, raise our families here, and care deeply about the people here. It's our privilege to serve our neighbors and help build a healthier, more connected Central Ohio.



*Here's where our story
meets yours.*

MEET YOUR GUIDES

We're here to guide you on this journey.



April Schoenfeld, RN, BSN, ICP

Former Public Health Nurse (6 years) • Foster & Adoptive Mom • IASIS Certified Provider



Erin Krause, RN, BSN, ICP

Former Pediatric ICU Nurse (15 years) • Foster & Adoptive Mom • IASIS Certified Provider



Angie Jones, M.A. MFT, ICT

Master of Arts in Marriage and Family Therapy • Foster & Adoptive Mom • IASIS Certified Technician

We Understand— Because We've Lived It

We've worked in hospitals and worked in the homes of the most vulnerable and at-risk in our community. We've experienced anxiety, trauma, and emotional dysregulation in our own families. We understand the healing journey first-hand.

We believe neurofeedback is a powerful part of healing—but it's rarely the whole story. So we take a whole-person approach. **We're here to listen, encourage, and support you on this journey.**



Through neurofeedback, we've witnessed the possibility of lasting change—in our clients, and in our own families.

We're here to help you find the same hope, healing, and connection.



LASTING CHANGE

Your Neurofeedback Journey

Healing is a process, not a quick fix. Our goal isn't simply to help you feel better for a few days—it's to help your brain establish healthier, lasting patterns of regulation.

Most clients begin with more frequent sessions to give the brain consistent opportunities to reorganize and adapt. As those healthier patterns become established, visits are gradually spaced farther apart, allowing your brain to do more of the work on its own.

Many clients experience meaningful, lasting change after 15–20 sessions over approximately 3–6 months, though every journey is unique.

Typical Timeline

6 sessions — twice per week

3 sessions — once per week

3–6 sessions — every other week

2–5 sessions — every 3 weeks

Remaining sessions — monthly

Maintenance — as desired



HEALTHY MINDS
NEUROFEEDBACK

FAQ

Does it hurt?

No. Most people feel nothing during the brief neurofeedback session.

Is it safe?

Yes. Our technology is gentle, non-invasive, and uses extremely small micro current signals (3 picowatts), roughly 3 trillionths of the energy generated by a cell phone.

Are there side effects?

Most people experience no side effects. Occasionally, temporary symptoms such as a mild headache, lightheadedness, nausea, or feeling more energized may occur as the brain adjusts. These effects are typically short-lived.

Will the changes last?

That's our goal. We begin with a series of sessions to help your brain establish healthier patterns. As those patterns become more consistent, visits are gradually spaced further apart. Many clients experience lasting improvements after 15–20 sessions over approximately 3–6 months.

Do I need a diagnosis?

No. Many clients come simply because they do not feel their best.

Can children receive Neurofeedback?

Yes. Our neurofeedback is used with babies, children, teens, and adults.

What if I am taking medication?

That's okay! We work alongside your existing healthcare providers and together will determine if/when changes in medication need to be made.

Why choose Healthy Minds?

Many forms of neurofeedback require you to actively train your brain by completing tasks or exercises. Our approach is different. You simply sit back and relax while your brain receives gentle feedback. No effort, homework, or special exercises required—just an opportunity for your brain to do what it was designed to do.

How much does it cost?

We'll talk through session packages and prices with you whenever you are ready. Complete the interest form on our website to schedule a free introductory phone call.

healthymindsneurofeedback.com →

WHAT HAPPENS DURING A SESSION?

Every appointment is gentle, relaxing, and typically lasts about 30 minutes.

- We begin with an update on how you've been feeling.
- Small sensors are placed on specific areas of your head.
- You relax comfortably while the system monitors your brain activity and delivers gentle feedback.
- You're finished—many clients leave feeling calm, refreshed, and ready for the rest of their day.

There's nothing you need to do except show up.



IT'S EASIER THAN YOU THINK

Healing doesn't happen overnight—but taking the first step does.

1

Start the Conversation

Complete the interest form on our website to schedule an introductory phone call. We'll answer your questions, learn about your goals, provide pricing, and help you decide whether Healthy Minds Neurofeedback is right for you.

healthymindsneurofeedback.com →

2

Begin Your Care

At your first appointment, we'll review your health history, assess your nervous system, and guide you through your first gentle neurofeedback session. Together, we'll create a personalized care plan.

3

Build Lasting Change

Let us guide you on this journey to a healthy mind. Most clients find lasting relief after 15-20 sessions.



HEALTHY MINDS
NEUROFEEDBACK

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Healing is possible.

No matter what your story has been, your brain has an incredible capacity to adapt and change. As your nervous system finds greater balance, you can move beyond survival and toward a life marked by peace, resilience, connection, and hope.

The world
needs who
you were
made to be.



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