



World Congress on

Neurorehabilitation

Rhythmic entrainment and the Science of brain Boosting for ADD, Autism and Anxiety

Helen Argyrou

Thought Leader Strategist | Paradigm Shifter | Speaker | Coach | Women of Truth | Clin Psych | HR Consultant | Research | Neuroscience

Neuroscience is providing such valuable Insights into ways neuroplasticity can be harnessed to aid Neuro-rehabilitation. Moreover new evidence reveals rhythmic entrainment as a new powerful method to slow down brainwaves, and integrate central nervous system functioning to reduce symptoms and optimize functioning. Treating various conditions with specific time intervals and symptom related indicators within these new techniques assisted by the technological interface help monitor and maximize results. Customization – instead of generic approaches - are a central feature that determines the success of each intervention, pointing to the importance of treating clients as an individual with specific symptoms rather than focusing on the disease, condition or diagnosis. Details will be discussed in the workshop and the experience of entrainment explained as a new form of brain boosting for anxiety, add and autism spectrum. Case studies will be referred to and.

Biography

Helen Argyrou is an innovative Clinical Psychologist, Qualified from Stellenbosh University South Africa. She is also a Peak Performance Expert Strategist and Speaker Change Leader. Delving into neuroscience resulted into her pivoting her expertise into Peak Performance to create interventions with sound and rhythm based entrainment and improve the performance of thought leaders. She has special talent in integrating science and spirituality, revitalizing education, coaching pioneers and elevating new style thinking on business. She currently practices in Cyprus and online and welcome collaborations from global female leader in her WOMEN OF TRUTH movement that elevates their credibility and authority of revolutionary integrative health practices.