

NSU'S PSYCHOLOGY SERVICES CENTER

# BIOFEEDBACK AND HEALTH PSYCHOLOGY CENTER



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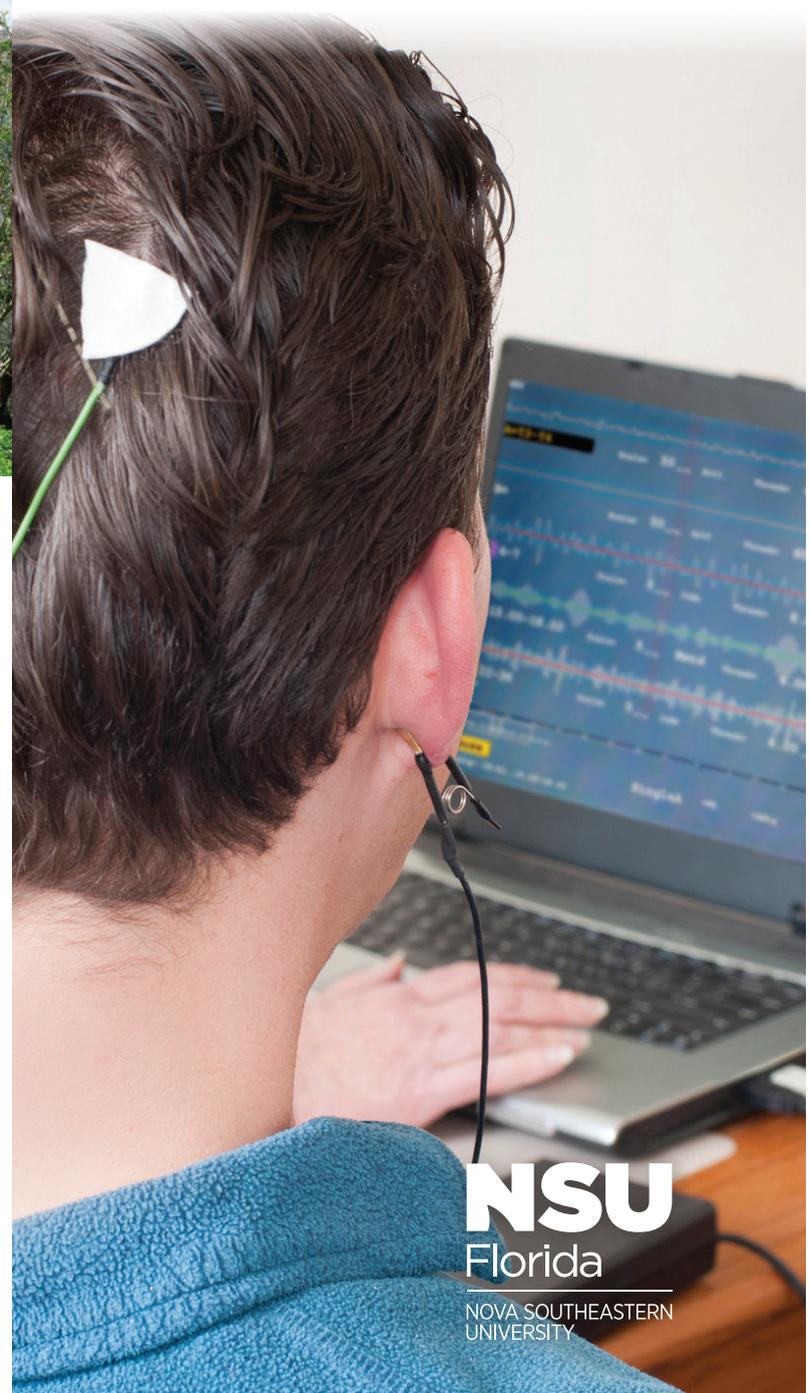
NSU's Psychology Services Center  
Maltz Building  
3301 College Avenue  
Fort Lauderdale, Florida 33314-7796  
(NSU Fort Lauderdale/Davie Campus)  
**(954) 262-5730 | [nova.edu/biofeedback](http://nova.edu/biofeedback)**



College of Psychology  
NOVA SOUTHEASTERN UNIVERSITY

**NSU**  
Florida

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Nova Southeastern University. ■ Nova Southeastern University admits students of any race, color, sexual orientation, gender, gender identity, military service, veteran status, and national or ethnic origin. 07-018-19RNK



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## BIOFEEDBACK AND HEALTH PSYCHOLOGY CENTER

### WHAT WE OFFER

The **Nova Southeastern University (NSU)** Biofeedback and Health Psychology Center offers services designed to enhance mental and physical wellness and to assist with illness management. Services are available to children, adolescents, and adults.

### SERVICES

The problems that we treat most often with biofeedback and other health psychology approaches include

- anxiety
- migraine and tension headaches
- chronic pain
- TMJ
- tinnitus
- management of a chronic illness, such as diabetes, heart disease, cancer, or HIV/AIDS
- management of high blood pressure
- sleep disturbances

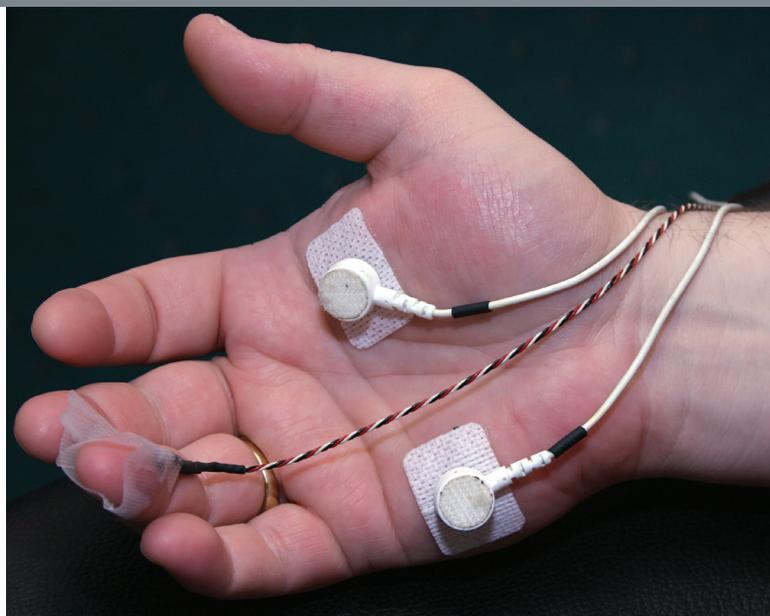
Some treatments are enhanced by including physiological monitoring and biofeedback training. Our biofeedback equipment can be used to help someone become more aware of bodily responses, such as muscle tension or temperature change, that occur during periods of stress and relaxation.

Using biofeedback, people can learn to control bodily responses of which they are not usually aware.

In addition, health psychology treatments can reduce illness risks and promote good health. Over a lifetime, unhealthy habits, such as reacting too strongly to stress, overeating, excessive intake of unhealthy/high-fat foods, and physical inactivity, can compromise health if they are not changed.

### PHYSICIAN CLEARANCE

Individuals who are considering biofeedback or changes to their exercise or diet routines should consult a physician for a complete medical checkup and clearance before contacting the center. Our services are not a substitute for a medical evaluation. Collaboration with a health care team is welcomed.



### FREQUENTLY ASKED QUESTIONS

#### FEES AND HOURS

NSU provides services at affordable rates.

Services are by appointment only.

Monday–Thursday, 9:00 a.m.–9:00 p.m.

Friday, 9:00 a.m.–5:00 p.m.

#### APPOINTMENTS

Call (954) 262-5730, or reach the program directly at (954) 262-5857.

#### DIRECTOR

Jeffrey L. Kibler, Ph.D.

Visit [nova.edu/biofeedback](http://nova.edu/biofeedback) for more information about the clinic director.

NSU's Psychology Services Center is a state-of-the-art facility where providers are supervised by highly qualified, licensed professionals.

Services are available to individuals regardless of race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin.