

PISTA FOR DEPRESSION

Empowering Individuals with Depression through Binaural Beats and Brain Entrainment

Welcome to PISTA, the cutting-edge program designed to help individuals battling depression find solace and rejuvenation through the science of binaural beats and neuro-entrainment. With the guidance of our dedicated PISTA coaches, we aim to provide a transformative journey towards mental well-being and a brighter future.

THE POWER OF BINAURAL BEATS AND BRAIN ENTRAINMENT

- At the core of PISTA lies the power of binaural beats and neuro-entrainment. These techniques harness the brain's inherent capacity to synchronize with external stimuli, such as sound frequencies, to induce a state of profound tranquility and heightened cognitive concentration.
- Binaural beats are created by playing two slightly different tones in each ear, which then merge in the brain to generate a third, low-frequency beat through the use of PISTA devices.
- These beats have a profound impact on brainwave patterns, guiding them into states conducive to stress reduction, increased creativity, improved focus, and enhanced well-being.
- Neuro-entrainment refers to the process of synchronizing brainwave frequencies with external stimuli.
- By utilizing the PISTA device, PISTA coaches assist individuals in aligning their brainwaves with desired states of mind, such as emotional regulation, positive affect, and psychological flexibility.

WHAT IS PISTA?

Processing Inner Strength Toward
Actualization, best known as a PISTA,
provides healing using a variety of stimuli
to facilitate memory processing, which
can alleviate:

- stress,
- relieve pain,
- pacify fears, and
- modify maladaptive behaviors.

Moreover, this technique can uncover
inner strength allowing people to
empower themselves and help cope with
psychosocial stress.

- PISTA is grounded in the science of binaural beats and brain entrainment.
- Discovered by Heinrich Wilhelm Dove in 1839 and elaborated upon by Gerald Oster in the 1970s, it involves creating a third beat when tones differ in each ear.
- This synchronization of brain waves, known as brainwave entrainment, occurs by playing two slightly different tones in both hemispheres
- Taking this into account, PISTA is a contemporary method that leverages the human auditory function to heal and improve well-being.
- Ever since PISTA was used for the first time in 1983, Nova Palm Foundation, an NGO based in Hong Kong, has created different sound files of music and rhythm as stimuli, and also Transcranial Magnetic Stimulation (TMS) to promote well being.

WHAT IS BRAIN ENTRAINMENT?

- PISTA is based on the science of brainwave entrainment, which activates and deactivates thought systems as part of the self-regulation process to produce desirable brain states.
- To better understand the use of sound within PISTA modalities, it is crucial to understand the concept of brainwave entrainment.
- Brainwave entrainment is an approach to stimulating the brain to enter a specific state by utilizing a pulsing sound, light, or electromagnetic field.
- The brain's frequency following response is produced by pulses, encouraging the brainwaves to align to the frequency of a particular beat.
- A binaural beat is created by using the PISTA machine, enabling the mind to reach a specific altered state.

What makes the PISTA program unique is that the PISTA stimuli tool is combined with specific modalities that encourage individuals to engage in a self-problem-solving manner guided by PISTA coaches.

THE ROLE OF A PISTA COACH

Our team of highly skilled and compassionate PISTA coaches plays a pivotal role in guiding individuals through their journey to overcome depression. These coaches possess a deep understanding of the science behind PISTA and are dedicated to helping individuals reclaim their joy and vitality.

- When you embark on your PISTA journey, a coach will work closely with you to assess your unique needs and tailor a personalized program that aligns with your goals.
- Through regular sessions, your coach will introduce you to PISTA devices ensuring you receive the maximum benefits of binaural beats and neuro-entrainment.
- Your coach will provide guidance, support, and encouragement throughout your journey, helping you navigate any challenges that may arise and celebrating your successes along the way.
- Clients are asked to provide daily reports on their mood and thoughts, tracking any changes or improvements on an hourly basis.
- Even though sound by itself can affect the way people process information, there is a therapeutic structure designed to target a mental health problem or illness.



PISTA is a safe and individualized therapeutic technique. The patient decides on the depth and intensity of the emotions they would like to address, and the therapist develops an entry point. The role of the therapist is to provide expertise on the method and technique, while the patient is the agent of change. The patient allows information to flow, and this provides clues for the conscience to create new understandings associated with greater wellbeing.