



# PISTA AND BRAIN TRAINING

**PISTA does not use applications or games to train your brain. PISTA uses modalities that include sound and vibration stimuli that stimulate your brain into a learning state. In this learning state, you can train your brain to activate new thinking systems by deactivating the maladaptive ones.**

**When you deactivate harmful thought patterns, you are able to gain clarity about your emotions or situation. This clarity enables you to make better decisions. The PISTA modalities focus on transferable training that can be used in different situations (such as at home, in a meeting, or waiting for help on a customer helpline) to manage emotions, anxiety and behaviour.**

**PISTA combines the concepts of neuroplasticity and brain training to reverse cognitive decline and improve a person's quality of life. Of course, in older adults, the reversal may not completely cure the cognitive decline**