



INTRODUCING

PISTA

What is PISTA Therapy?

PISTA is a therapy that uses specific sounds and frequencies to relieve physical and emotional pain. It will support you if you are recovering from cancer, grief or PTSD. The therapy has also been shown to be effective in dealing with alcohol and drug dependence. In terms of self-improvement, PISTA therapy can help you make good decisions, manage your weight, and improve performance.

Sound, a Tool to Uplift Human Experiences

Developed by a group of psychotherapy practitioners in 1980, PISTA Sound Therapy is the product of years of research on sound and issues arising from various neurological disorders. When the Ecole Natio-nale de Ski et d'Alpinisme joined the research team in 1997, Dr. Siu Chung Wong and his team used PISTA frequency and research in healing sound to develop PISTA ski techniques that which applied their research in energy disruption on the body energy systems. The technique addressed energy imbalance among ski athletes & studied how the method can be integrated with main stream medicine.

Since 1969, PISTA has been conducting research on sound, light, and frequency to discover new ways of applying these to neurological disorders. New methodologies in structuring the treatment with sound, light, and vibration have also been developed and carried out by practitioners for behavior modification.



PISTA Therapy: Working with Sound Through the Mind

One of the most successful methods that utilize sound and vibration for improving the quality of life today is Processing Inner Strength Towards Actualization (PISTA), an approach that helps individuals understand personal situations and rebuild their lives according to their own values and choices. PISTA Therapy uses different stimuli to regulate and optimize brain processes and consequently alleviate stress, relieve pain, and pacify fears. Harmful habits, improper behavior, and unhealthy thought patterns are also altered.

The PISTA method harnesses the power of the mind to teach a renewed understanding and acceptance of situations. The mind is trained to identify and correct unsafe thought patterns. Individuals can independently find life direction and attain greater psychological well-being in the process. Because this method strengthens one's capacity to have an accurate self-concept and higher self-esteem, individuals develop better relationships and are able to think clearly about their emotional hurdles.

The PISTA Stimuli and Tools

One of the key factors to the success of PISTA Therapy is the stimuli it uses to enhance mental processes and sharpen the mind. These stimuli optimize brain functioning and create favorable mental states that help in the daily management of emotions and the treatment of several disorders in a safe and non-invasive way.

The different stimuli used in the PISTA method include Transcranial Magnetic Stimulation, the PISTA device, rhythm, play, and art. These incite specific regions of the brain, which are responsible for the condition experienced by the client. Stimulation fires up these regions to send signals to the nervous system. This rippling effect creates a relaxed state of mind and paves the way for positive psychological, physical, and emotional changes.

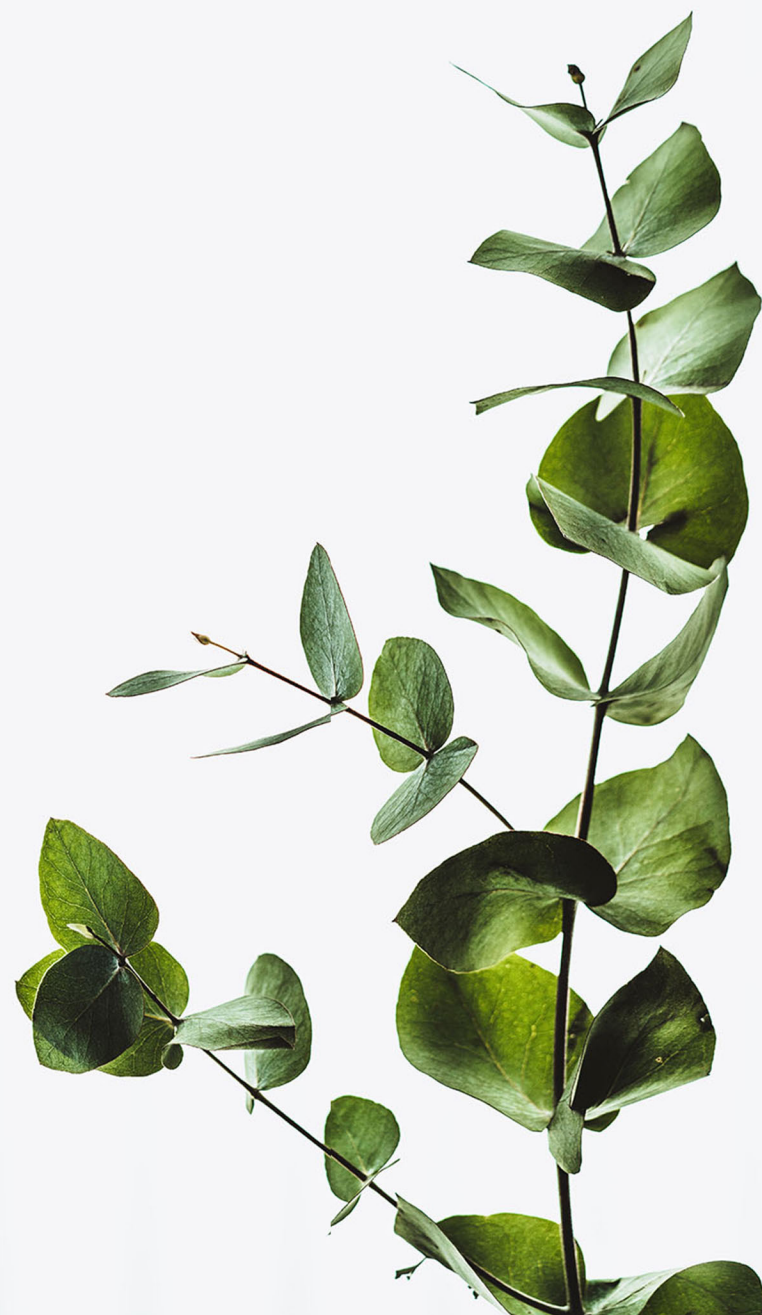
The PISTA Device

According to various studies, the PISTA device is the stimulus that brings the most positive results. This tool is intrinsic to PISTA Therapy and is the product of 4 decades of in-depth research by the PISTA research team of experts. It incorporates binaural beats and allows individuals to reprogram their minds to help alleviate emotional, psychological, and physiological pain and stress.

PISTA employed Oster's research into the PISTA device to generate two tones, which the brain combines and alters into a single tone in the auditory process called brain entrainment. The frequency of this single tone may vary according to the state an individual wants his or her brain to achieve.

Looking back, I am glad to have taken the PISTA method. I feel like I am a totally different person now. I have a sense of fulfilment in what I do and I can now manage the challenges that come my way

Dr. André Stang



1. PISTA Day Machine

The PISTA Day machine has a **louder tone and stronger vibration** compared to night machine. The Day Machine is best for daytime routine or rigorous activities.



2. PISTA Night Machine

The PISTA Night machine has a **softer tone and vibration** compared to day machine. The Night Machine is best for promoting relaxation when you come home from a busy day. It will give you a relaxing and deep sleep.



3. PISTA Headphone

The Earphone is recommended for long term PISTA User who wants to have **advanced benefits for faster effectiveness**. It is very handy and wireless. The earphones are best to use for daytime and nighttime activities.



4. PISTA Ski-Safe

This Ski-safe device by PISTA Life is **designed for skiers** both amateur or professional to help them to stabilize their positions and body movement while skiing. PISTA Sound and the Vibration are incorporated by PISTA on this device to help the skier to recharge their body and mind to prepare for the next day.





PISTA SOUND TECHNOLOGY

Rhythm and Music

Rhythm exists everywhere, even in the brain where conscious and unconscious processes are carried out in complex patterns. The more people listen to music and complex rhythms, the more efficient brain processes become. At some point, rhythm recognition and processing become autonomous so that the brain more freely and efficiently devotes effort to important, complex and conscious thoughts.

PISTA modalities also employ rhythm with a biological stimulus like walking. When the legs are moved alternately, the left and right synchronization is created, stimulating the both hemispheres of the brain.

Vibration for PISTA

As it alters frequencies from the binaural beats created by the PISTA device, the brain becomes more susceptible to change and positive reinforcement. When this happens, patients can dramatically change the way they think, eliminate unwanted harmful thought patterns, and welcome positive affirmations.

Compounded with strong willpower, the PISTA device effectively removes unwanted characteristics and develops or enhances positive ones. It achieves a heightened cognitive awareness and greater memory and recall. Relief is immediately experienced.



The PISTA Entry Point

The PISTA method of therapy allows clients to follow a self-directed program that facilitates the discovery of inner strength, and the assessment and understanding of challenges. It teaches individuals how to integrate the body, mind, and spirit to be resilient over life's difficulties.

The Standard Metaphor, one of the PISTA modalities, uses an entry point which is a thought or an image to which the client focuses on throughout the session. The entry point can also be a scenario or an experience in the past, which an individual continues to feel strongly about. The coach helps the client in identifying this image and later in applying the stimulus that will stimulate the brain. The entry point may change as the sessions continue, depending on the progress of the user.

There are 13 sets for every PISTA session using the Standard Metaphor modality. All emotions, memories, physical sensations, and thoughts experienced are recorded after each set. These notes are analyzed at the end of the session with the guidance of the coach who studies the physical, mental, or emotional states experienced from the beginning up to the end of the session. The coach analyzes with an open mind and without biases and premature judgments.

Regular practice of this process yields positive changes in the body. As a result, the client starts to feel comfort and relief from a demanding situation. He or she learns to accept greater responsibility for his or her feelings and behaviors. Research shows that the benefits of PISTA Therapy may be experienced almost immediately during the activity. There are cases where decreased anxiety and stress levels were reported after three sessions. Some clients attest that the benefits continue to be felt even for months after their therapy.



With PISTA, I managed to find a balance and silence the voice in my head saying "What will others think of me?" I'm no longer worried that others might reject me.

Elsa Tossé



The Relationship between the PISTA User and Coach

The user and the coach, including the relationship between the two, are the other important factors that constitute a successful PISTA session. The user is the patient experiencing physical, psychological, or emotional pain or discomfort, and the coach guides the user throughout the program.

A sound relationship between the coach and the user is imperative to the PISTA method. To facilitate this, PISTA creates an environment and context wherein the user feels safe and comfortable for self-assessment.

The alliance that develops between the coach and the user is also a key contributor to a successful PISTA program and is the vehicle through which change occurs. PISTA puts the most emphasis on the coach-user relationship, which should be non-imposing and without expectations or set goals.



Self-actualization and Insight

The PISTA Therapy is self-administered. It enables PISTA users to independently develop the necessary skills for various conditions and tasks that come their way. In this self-directed learning, users take responsibility for their own progress. They set the targets and goals of their treatment independently. They are motivated and empowered because they follow a self-help program wherein they can make changes anytime and without the interference of others.

The PISTA method makes use of the concept of self-actualization, a person-centered therapy that believes in the tendency of all human beings to move forward, grow, and reach their fullest potential. When a person moves towards self-actualization, he or she becomes pro-social and shows concern for others. The person behaves in honest, dependable, and constructive ways.

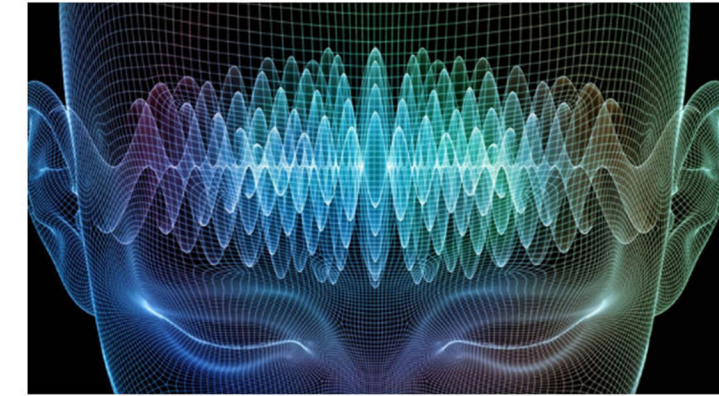
Self-actualization in PISTA therapy uncovers emotions and helps users take control of their lives by evaluating past events that affect memory and the structure of the mind. With support, users can achieve desired results every day. They develop a constructive attitude towards relating to others and reaching the emotional stability needed to manage the events their lives.

The concept of insight is another important factor of the PISTA method. Insight is a kind of self-realization or self-knowledge born out of the established emotional connections from past experiences. It influences present perceptions and behavior and recognizes feelings or motivations that have been repressed. Insight can be experienced as a sudden flash of understanding and may be achieved from gradual acquisition of self-knowledge.



Music, Emotions, and PISTA

In PISTA Music Therapy, on the other hand, music is the tool that triggers current and past emotions for a better understanding of events and situations.



Using binaural beats with music during therapy helped in the thinking process. Removing the binaural beats, on the other hand, associated the past and present memory to the specific event. By modifying music with and without binaural beats, PISTA patients are able to give detailed descriptions of past events and to get into the exact emotional state during that specific event.

PISTA Music Therapy allows the patient to choose the music for the session and to give his or her responses freely. These responses could describe the emotions experienced or associated with the music during childhood. The client or the coach documents these responses for study and to discover an understanding that would help the client resolve his or her condition.



The alteration of sound frequencies makes your brain more susceptible to change and constructive reinforcement. The way you think is dramatically changed. Unwanted and destructive thought patterns are eliminated and replaced with constructive affirmations.

There are 7 modalities applied by PISTA doctors throughout the treatment period. These medical doctors specializing in psychology and mental health care guide you in establishing life direction and drive you to move forward and embrace the different challenges you face every day.

PISTA sessions help clients and therapists identify key elements that trigger adversities. The sessions facilitate the removal of past hurts by encouraging and engaging you to move forward in life through structured short and long term programs and the guidance of the PISTA Team of professionals.

Be cared for round-the-clock

PISTA care and support is personal. Because you can get support from home anytime during the week or face to face with a trained coach, critical issues are addressed right away and right when you need it. PISTA also has a speed program to help you resolve difficulties in less time. Our team of PISTA coaches stay with you until you are able to handle yourself when confronted with adversities in your relationships or environment at home or workplace.



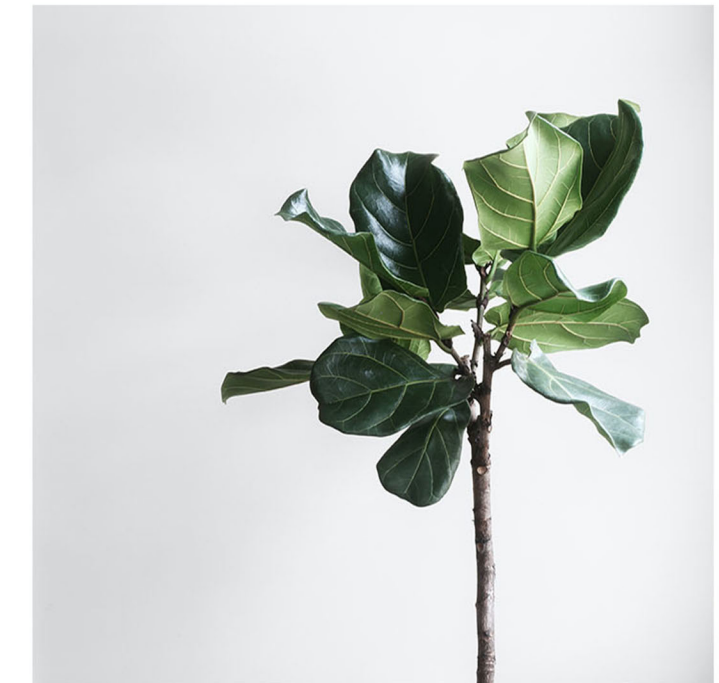
How can PISTA benefit you?

As a licensed PISTA Practitioner, you are certified to provide your patients with a sound choice to resolve their personal conflicts using a unique method that has been proven effective for over 35 years. Your patients will be equipped to:

- Fight anxiety and depression
- Control emotions
- Recover from long term illness or cancer
- Overcome grief from loss of a loved one

PISTA also guides patients in managing disorders like phobias and post-traumatic stress. It also aids in recovering from conditions like alcoholism and drug dependence.

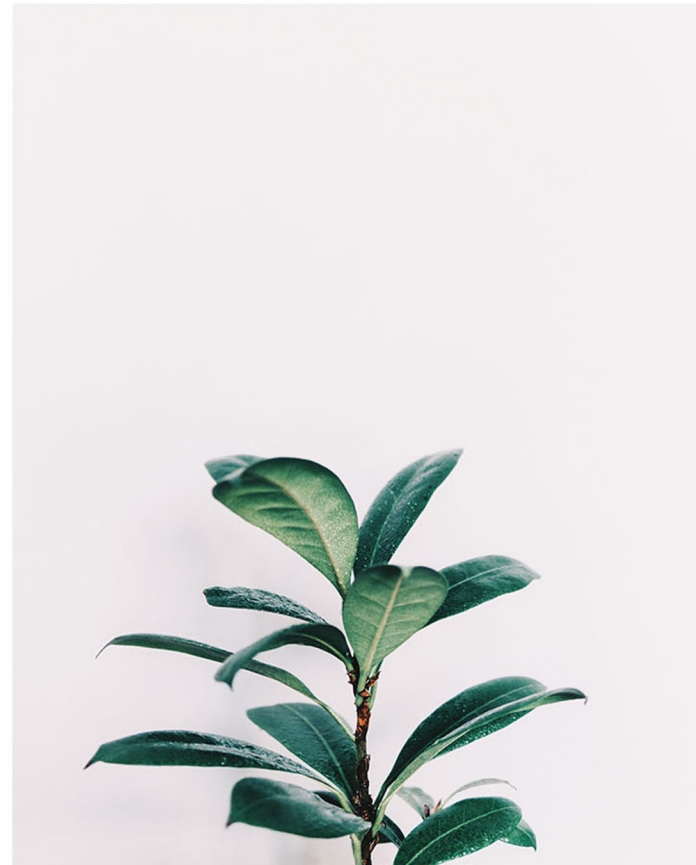
By stimulating the brain using different frequencies, the PISTA coach engages patients in a self problem-solving process. They learn to define their problem and to come up with alternatives and solutions which are successfully implemented because they develop confidence in tackling complexity.



How the PISTA Method Works

PISTA uses various techniques including brainwave feedback, brain stimulation, and self-regulation procedures to optimize brain function and help correct inefficient mental activities. Using the PISTA Sound Tool, this method employs the science of brain entrainment to activate and deactivate the thinking system in a self-questioning process that achieves desired brain states.

The PISTA Sound Tool stimulates your brain and brings it to a state called brain entrainment. This condition is achieved when the brain creates a third tone from two tones generated separately into your right and left ear.



PISTA Programs

PISTA Programs and Online Courses are life-changing online solutions, personalized to help you build confidence, fulfill dreams, overcome fears, and keep steady and strong despite big challenges.

PISTA Life Programs

Achieve a happy and fulfilled life



1. Mind and Mend Program

- Build self-confidence & emotional strength
- Sleep well
- Understand and manage stress

2. Mental Wellness for Women

- Get emotional support for women's goals
- Develop self-love

3. PISTA Sports Academy

- Develop physical and emotional strength for sports
- Calibrate mind and body coordination
- Reduce stress from competition



3. Stress Management

- Sleep well
- Understand stress
- Build motivation
- Reduce stress

PISTA Work Empowerment

Be trained to lead, collaborate and drive success

1. Training for Corporate & Young Entrepreneurs

- Advance management skills
- Resolve staff conflicts
- Keep your focus on goals and targets

2. Program for University Graduates

- Handle job interviews easily
- Design CVs that sell
- Set realistic personal goals
- Build motivations

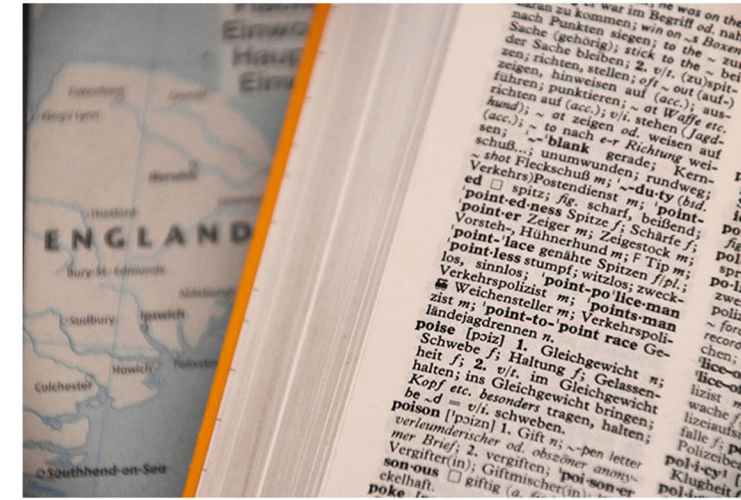


3. Employees Development Program

- Achieve targets
- Increase efficiency in the workplace and among peers

PISTA Language Programs

Communicate in English with confidence



1. Storytelling Program

- Ignite your creativity
- Apply comprehension and problem solving techniques

2. English Conversation Program

- Take part in any conversation
- Make yourself heard

3. English Social Skills Program

- Know how to communicate, ask for help, make friends and negotiate properly



PISTA for Professionals

Be a PISTA-certified professional

1. Training for Professionals

- Add value to your service



PISTA took me away from the blame game and pushed me to overcome the burden from my past.

Selina Chan