



HOW PISTA HELPS CONTROL YOUR EMOTIONS





PISTA Therapy is an innovative therapy that uses PISTA Sound Technology, which uses binaural beats to help control and manage emotions. Binaural beats are tones that are heard through headphones, with one tone being played in each ear at slightly different frequencies.



This creates a third tone that is heard in the brain. This tone has been found to have a calming effect and can help to reduce stress, anxiety, and other negative emotions.



PISTA Therapy combines this technology with traditional counseling techniques to help people better understand and manage their emotions. By learning to identify triggers and coping strategies, PISTA Therapy can help people to better control their emotions.