

PISTA THERAPY

Brain Training

The advancement of the concept of neuroplasticity has led to the era of cognitive training.

Cognitive training, also known as **brain training**, is a non-pharmacological method that entails different mental activities intended to maintain or improve cognitive functioning and mental fitness.

Some brain training activities focus on mental abilities such as:

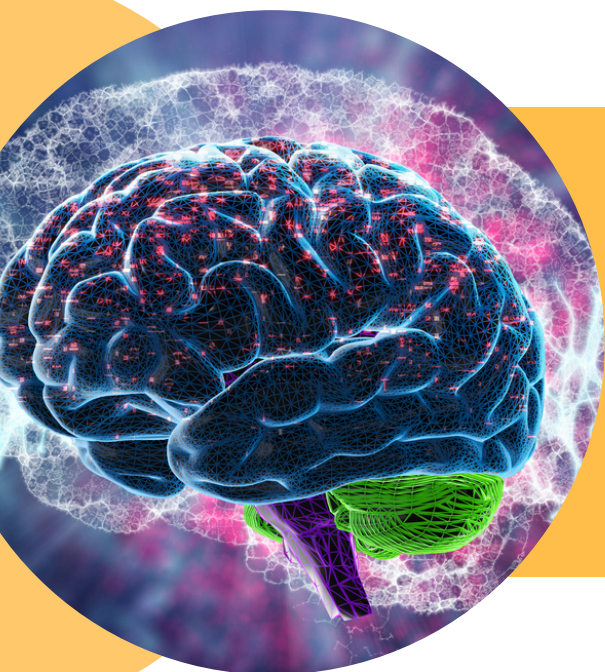
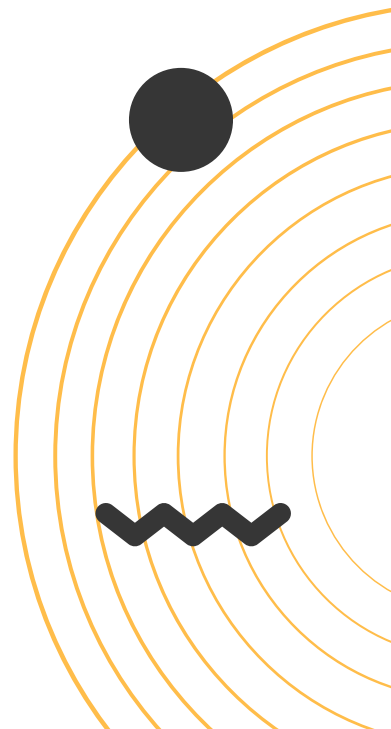
- Attention
- Flexibility
- Problem-solving
- Reasoning
- Working memory

Brain training can take place in various modalities, such as **physical exercise, playing video games, dance, art, and music, maintaining social engagements, and participating in learning activities** (Cherry, 2021). The concept of neuroplasticity is at the core of brain training. Research reveals how the brain structure changes when an individual undergoes cognitive training activities



What are the Potential Benefits of Brain Training?

Cognitive training can help us because the activities enhance learning, problem-solving, and reasoning mental abilities. Several brain training activities aim to improve memory or concentration and increase attention. These cognitive abilities enable people of all ages to perform simple or complex tasks and function in life (Cherry, 2022).



Mental abilities such as processing speed, reaction time, decision-making, short-term memory, and planning skills tend to decline with age. Brain training may be beneficial in improving these abilities and lowering the risk of age-related memory impairments.

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.

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.