

PISTA

REVOLUTIONIZING ADHD MANAGEMENT



PISTA is a product of 45 years of research developed by a team of experts in psychology, neuroscience, and music therapy. One of our initiative is to empower individuals with ADHD by leveraging the power of sound to positively influence brainwaves and enhance cognitive functions. With PISTA, you can overcome the challenges of ADHD and experience a more fulfilling life.

THE SCIENCE BEHIND PISTA: BINAURAL BEATS AND NEURO-ENTRAINMENT

PISTA combines two essential components: binaural beats and neuro-entrainment. Let's delve into the scientific principles that make PISTA so effective:

Binaural beats

- auditory illusions created by playing two slightly different frequencies in each ear.
- When the brain processes these two frequencies, it generates a third frequency known as the "binaural beat."

Neuro-entrainment

- The process by which the brain synchronizes its electrical activity with external stimuli, such as sound or light pulses.
- PISTA leverages neuro entrainment techniques to guide the brain into specific frequencies and states, optimizing its functioning.

THE SCIENCE BEHIND PISTA

Binaural Beats

- Binaural beats are created by playing two slightly different frequencies in each ear. The brain processes these frequencies and produces a third frequency called the binaural beat.
- This binaural beat synchronizes brainwave patterns, leading to changes in mental states and cognitive functioning.
- By listening to specific binaural beat frequencies through the PISTA device, individuals with ADHD can experience a positive impact on their ability to reduce distractibility, and improve overall cognitive performance.

Neuro Entrainment

- By exposing the brain to precise frequencies and patterns, PISTA can influence and regulate brainwave activity, promoting desirable mental states.
- For individuals with ADHD, neuro entrainment with PISTA can help synchronize brainwaves and bring about a state of enhanced attention, cognitive tranquility, and cognitive clarity.
- This synchronization assists in reducing impulsivity, managing hyperactivity, enhancing executive functioning, and supporting emotional regulation.

Through the combination of binaural beats and neuro entrainment,

- PISTA provides a potent tool for individuals with ADHD to modulate their brain activity and enhance cognitive performance.
- The designed programs offered by PISTA cater to specific needs concerning attention, cognitive tranquility, memory, and sleep, customizing the experience to suit the distinctive requirements of individuals with ADHD.

Moreover, the personalized guidance and support from a dedicated PISTA Coach ensure that:

- individuals receive expert assistance in optimizing their PISTA journey.
- The coach can provide valuable insights, monitor progress, and adapt the PISTA experience to individual needs, maximizing the benefits for individuals with ADHD.

BENEFITS OF PISTA FOR ADHD

01

ENHANCED FOCUS AND ATTENTION

- PISTA uses binaural beats and neuro entrainment to boost focus and attention in ADHD individuals.
- By syncing brainwaves and promoting neural coherence, PISTA helps sustain cognitive attention, stay focused, and enhance productivity.



02

REDUCED IMPULSIVITY AND HYPERACTIVITY

- PISTA's neuro entrainment techniques calm the mind, reduce restlessness, and lessen impulsivity in individuals with ADHD.
- This improves self-control and promotes a sense of composure.



03

IMPROVED EXECUTIVE FUNCTIONING

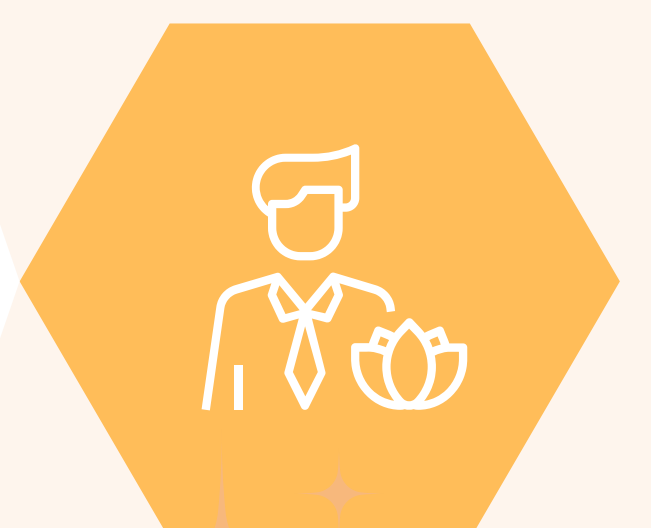
- PISTA boosts executive functions in individuals with ADHD by improving neural connectivity and optimizing brain function.
- This enhances skills like planning, organizing, prioritizing tasks, and results in improved time management, goal-setting, and productivity.



04

STRESS REDUCTION AND EMOTIONAL REGULATION

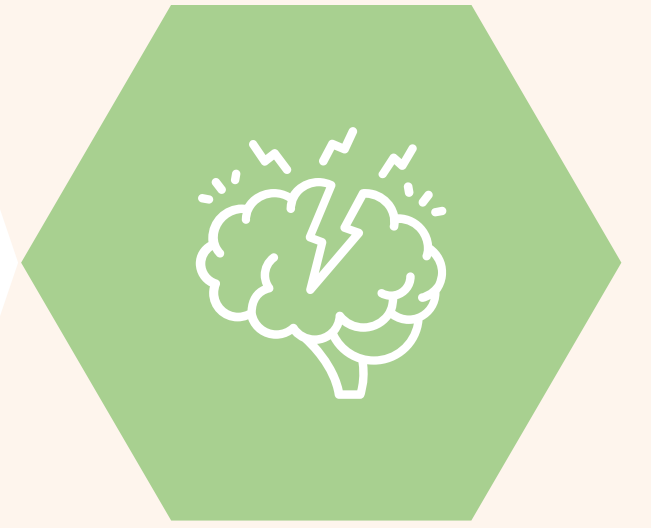
- PISTA utilizes binaural beats to promote emotional well-being and reduce stress in individuals with ADHD.
- By inducing a sense of calmness and balance, PISTA helps cope with stress and enhances emotional resilience.



05

IMPROVED MEMORY AND LEARNING

- PISTA's neuro entrainment techniques improve memory, information processing, and learning in individuals with ADHD.
- By optimizing brainwave patterns, PISTA enhances the encoding and retrieval of information, resulting in improved academic and professional performance.



06

BETTER SLEEP QUALITY

- PISTA addresses sleep issues in individuals with ADHD through tailored programs that promote restful sleep and regulate sleep patterns.
- By improving sleep quality and consistency, PISTA enhances overall well-being and daytime alertness.



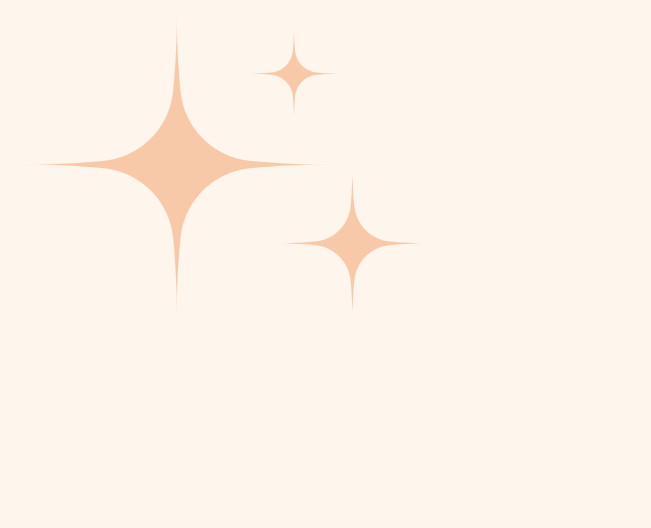
07

PERSONALIZED SUPPORT FROM PISTA COACH

- With PISTA, users have a dedicated PISTA Coach for guidance and support. These professionals understand ADHD challenges and customize the PISTA experience.
- They provide personalized coaching, monitor progress, and offer valuable insights, maximizing the benefits of the PISTA journey.



By harnessing the science of PISTA, individuals with ADHD can experience improvements in focus, attention, executive functioning, emotional regulation, and overall cognitive abilities. PISTA empowers individuals to unlock their potential and lead more fulfilling lives.



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.

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