

PAULA CHIARMONTE, MLIS  
*Biofeedback and Neurofeedback*

## BIOGRAPHY

Paula practices neurofeedback and biofeedback at *Integrative Life Solutions (ILS)*, an integrative medicine clinic and wellness center in Winston-Salem, North Carolina. ILS features integrative medicine, advanced biotechnologies and subtle energy therapies for holistic health and healing.

Advocating for optimal brain health; she addresses clients' attentional, mood and memory challenges with neurofeedback. She also utilizes PSYCH-K®, a biofeedback modality designed to retrain brainwaves. This deep change cognitive technique addresses brain functioning and restores emotional resilience.

PSYCH-K blends the new biology of intention with positive behavioral psychology; for self-empowerment and peak performance. A "balance" quickly releases self-limiting beliefs held in the subconscious mind, aligning it with conscious mind intentions. Applied Kinesiology is used, enabling direct access to the subconscious mind. This allows the subconscious and conscious minds to easily communicate with each other; creating congruence, rather than conflict.

Imbalance in the brain's two hemispheres is also addressed, restoring a "whole brain state." This state creates equilibrium across the brain's right and left hemispheres. Individualized results of whole brain balancing alleviate stress and address trauma; while fostering the evolution of collective global consciousness.

Paula is a Preferred Affiliate with *PSYCH-K International*; having studied with Bruce Lipton (*The Biology of Belief*) and its founder, Rob Williams. Her PSYCH-K practice statement appears on Rob Williams' PSYCH-K website [www.psych-k.com](http://www.psych-k.com), as follows.

*Bringing over 30 years of personal experience in complementary and integrative health care modalities to my Whole Brain Balancing PSYCH-K® practice, I enable you to shift subconscious beliefs, release your potential, and change your life by accessing the "whole brain" state. Working every day with people like you to release your unlimited potential for improved health, wealth, relationships, and spirituality; my goal for every client is swift, deep, and enduring change in the subconscious mind.*

*Together we release contradictory, disempowering, and sabotaging subconscious beliefs, keeping you from your true purpose in life; through "breakthrough" experiences that previously seemed unattainable. Learn to harness your brain's innate neuroplasticity (ability to change). Reduce stress and trauma; deepen self-compassion and self-awareness; manage conflict with more courage and flexibility; achieve inner peace and foster the evolution of global consciousness with PSYCH-K.*

Originally an academic librarian; Paula was also a research analyst and management consultant. She advised nonprofit organizations nationally; while training library boards throughout California, sponsored by the California State Library. The National Endowment for the Humanities funded her award-winning bibliography of American women artists, recognized for excellence in art historical research, in 1990. Paula holds an advanced degree in Library and Information Science; and two undergraduate degrees in Design and Business Administration. She is certified in planned giving, economic development, transformational healthcare leadership, and healthcare disparities from the California State University system.