



Nikkoly Stanley

B.A. Education

Certified Biofeedback Specialist (CBS)
Certified Stress Management Specialist (CSMS)
and Certified Mind NRG Spiritual Coach (CMSC)

doTERRA Wellness Advocate

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Scope of Practice

As a Certified Biofeedback Technician (CBS) through the Natural Therapies Certification Board (NTCB) I am legally able to teach each client how to:

- **manage stress and pain, relax more and more, support peak performance, and enhance quality of life**
- I am able to demonstrate or use a variety of stress reduction techniques such as:
 - biofeedback
 - progressive relaxation
 - deep breathing
 - contemplation
 - meditation
 - visualization
 - eye desensitization training
 - essential oils
 - Cryxon Light Training
 - coaching and affirmations.
- **As an educator (WSU, B.A. Ed.)** I can legally **demonstrate and educate** each client how to research and take responsibility for their own health and wellness.
- **As an educator (WSU, B.A. Ed.)** I can legally **offer** stress reduction **educational handouts**, newsletters, and information on my website to **reinforce** the information they have learned during Stress Reduction Biofeedback sessions.
- **Refer** each client to licensed professionals that would best fit their wellness goals.
- **Encourage** each client that the more they manage their own stress caused by medical conditions, diseases, disorders, medications, pharmaceutical drugs, and pain can help the body heal itself.