



## 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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### Standard of Care

Nikkoly Stanley, B.A. Education, Certified Biofeedback Specialist (CBS) facilitates stress reduction sessions using biofeedback and coaching strategies such as Progressive Relaxation, guided visualizations, deep breathing, eye desensitization training, and essential oils that positively reinforces the client and encourages increased abilities to relax, manage stress, pain, and improve overall quality of life.

I commit myself to continued education and ongoing certifications in a variety of stress reduction modalities in order to become an expert in the field. I want my clients to have the best.

I once was broken down by a chronic illness and had others empower me to believe that I had the ability within and in connecting with the Divine to attain healing. Through the support of a wellness team who willingly shared their optimism, gifts, and training I was able to heal myself. My career is rooted in giving back to others what I once received. I bring to the table an experiential witness that stress reduction is a powerful way to reduce stress, manage pain, relax, and improve quality of life.

My niche is to educate the connection of mind, body, spirit and empower people to use and decide which stress reduction intervention best suites them and who else could help them achieve their wellness goals. I believe a Wellness Team is a crucial component in every person's life and I participate in and educate each client in this philosophy fully and refer out often.

I require each and every client to read, discuss, and understand the contents of my informed consent form, Policy and Procedures, Standard of Care, Scope of Practice, and brochure that lists services available. This information clearly conveys who I am and what services I am able to provide. Once the client indicates complete understanding of the services being provided, I ask the client to sign these forms before providing any biofeedback training and coaching services. I will only provide the services the clients agrees to and accepts and teaching what each client wants to learn.

I will be an active listener for every client, interacting when appropriate, and upholding their privacy by keeping everything confidential whether it be verbal or written except where the law requires me to report certain behaviors and events to the proper authorities.

The purpose of a biofeedback session is to make certain the client is calm, peaceful, comfortable, and able to increasingly achieve deeper levels of relaxation. If a client is distracted, unfocused, irritated, nervous, or emotionally upset then coaching shall commence to help that client become calm, peaceful, comfortable, and able to relax more and more.

I assist the client in closing the biofeedback training session appropriately and prepare the client to return to the physical world in a relaxed and alert manner and have them demonstrate to me which stress reduction technique they will be practicing at home.

I send out monthly newsletters which reinforce the stress reduction education they have received during a Biofeedback Stress Reduction session as well as have further stress reduction education on my website available for the good of all.

**Nikkoly Stanley**