SOFT® med BioLife® contains indication-specific therapy libraries. They allow the start of a session by a single click and guarantee an **optimal Biofeedback therapy with maximum user comfort.**

**Biofeedback in the therapy of ANXIETY DISORDERS**

Anxiety is a significant obstacle in the everyday coping for people who suffer from this state and leads (partly) to massive psychological strain. The therapy of anxiety disorders using Biofeedback can be considered as a complementary therapy that supports the self-competency of the patients and influences the progress of the therapy positively.

**Reduction of Anxiety**

Active relaxation training to reduce stress and to learn strategies of active coping during physiological anxiety reactions.

- **Sympatric Reduction** in case of increased Skin Conductance Level (SCL) and frequent spontaneous fluctuations.
- **Forehead Relaxation** in case of initially increased Frontalis-EMG values at rest.
- **Shoulder Relaxation** in case of tension in the neck and shoulders areas (initially increased Trapezius-EMG values at rest).
- **Abdominal Breathing Training** for the effective induction of relaxation and as a tool for coping with panic attacks.

**Confrontation Training**

Allows **systematic desensitizing** via videos and simultaneous feedback of SCL. In between confrontation phases relaxation phases are integrated.

There are confrontation trainings for the following topics:

- Fear of Heights
- Fear of medical checkups
- Claustrophobia
- Fear of Flying
- Fear of Traffic
- Animal Phobias (spiders, snakes)

**Examples for session templates**

Confrontation training:
- Fear of heights
- Fear of traffic
- Animal phobias