

## The SUOB Assessment

### What is the significance of it?

The SUOB assessment is an encompassing approach to better understand “why we do what we do”. It was created to bridge the gap between subjective assessment and objective data collected, to educate on how the two relate to one another and affect our thoughts and actions.

### What does it consist of?

**S**ubjective - In-depth personal discussion with a therapist, documenting individual strengths, weaknesses, “hot buttons” and motivations to create a template for self-analysis and comparison to objective data.

**O**bjective - Precise data is collected using the Electroencephalograph (EEG), coupled with computer software, spanning over a dozen areas of the brain. This objective section utilizes this collected brainwave activity to compare and contrast information gathered in the subjective portion.

### The client will receive:

- A self-inventory assessment
- Printed copies of the brainwave assessment
- Options and resources for change

## The Resources

### Neurotherapy

An interactive therapy technique, providing the user with real time feedback of their brainwaves through the use of computer software and the Electroencephalograph (EEG). Training sessions “teach” the brain to regulate itself by increasing/decreasing specific bandwidths of brainwave activity at particular locations on the scalp.

### Entrainment/Sound Therapy

Sound is an amazingly powerful tool, offering the ability to “train” brainwaves, to achieve various states of mind, including relaxation, sleep, focus and concentration, creativity, peak performance and many others. It is especially convenient, as programs can be used in the comfort of the home and/or in the clinician’s office.

### Traditional Talk Therapy

While the above advancements in technology are incredible, the assistance of a professional mental health clinician can be a valuable component to personal growth and mental well-being.

## Does this sound familiar?

*I cannot concentrate!*

*Why do all of my relationships fail?*

*I want to be more successful in my career.*

*Anxiety is taking over all of my thoughts.*

*I can't sleep!*

### What's really going on in my head?

*Why do I fly off the handle so easily?*

### How can I be more productive?

*Depression is holding me back from enjoying life.*

*Do I really need help or can I help myself?*

### I feel overwhelmed.

*Are hereditary issues in my family affecting me?*