



RESILIENTRETREAT

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For Immediate Release

Resilient Retreat to provide Neurofeedback for Trauma Survivors, First Responders and Helping Professionals for Manatee County Residents

Bradenton, FL – Resilient Retreat recently received funding from Manatee Community Foundation through their COVID-19 Community Response Fund to provide neurofeedback for survivors of trauma, first responders and helping professionals. The grant will provide funding for participants from Manatee County to receive neurofeedback in a safe and confidential environment to help to heal the impacts of trauma on the mind, body and spirit.

Resilient Retreat provides free evidence-based programs to survivors of abuse, first responders and helping professionals. Advancements in neuroscience research reveal that witnesses to trauma may experience vicarious trauma, which can lead to PTSD and other visible symptoms. Abuse survivors and first responders often share similar underlying conditions. Covid-19 has exacerbated and already troubling situation with abuse rates on the rise and first responders and helping professionals pushed to work longer hours under heightened health risks.

Resilient Retreat has found that neurofeedback is a particularly effective treatment for those impacted by trauma. Neurofeedback involves retraining your brainwaves to optimize your brain's ability to perform well and stay healthy. Our brains are surprisingly malleable and able to make remarkable changes throughout our life. One way that this can be done is through rewarding our brains when they function optimally.

In prior data collection samples, Resilient Retreat found that neurofeedback participants went from meeting the diagnostic criteria for PTSD and depression to no longer meeting criteria for PTSD and depression. On average, participants reported an 89% decrease in missed days of work and a 55% increase in emotional clarity after neurofeedback. "We believe neurofeedback is a powerful tool that can be used to help survivors of trauma, first responders, and helping professionals in Manatee County and beyond," says Lisa Intagliata, Executive Director of Resilient Retreat.

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About Resilient Retreat

Resilient Retreat was founded in 2018 to empower survivors of abuse and those that experience trauma in the workplace, like first responders and helping professionals, to thrive through self-care and community. In October 2020, Resilient Retreat began construction on a new 84-acre retreat center at 13010 Fruitville Road, Sarasota, FL 34240. Upon completion in

2022 Resilient Retreat will be able to further expand its capabilities and capacity to offer healing services to the community, including modalities like neurofeedback, yoga, meditation, massage, time in nature, gardening, and support groups as well as enhancing self-care skills through workshops on healthy cooking, journaling, and other beneficial activities. In addition to the free and confidential day programs currently being offered, once retreat construction is complete, peaceful multi-day retreats focused on healing the entire person will be added to provide participants with the necessary tools to not only survive after trauma, but to thrive. For more information about the services of Resilient Retreat, please visit www.ResilientRetreat.org or call 941.343.0039.