Hours/Location

To reserve the space for your personal use, call 285-7260 or by stopping by the Counseling Center. An on-line option will be available soon. Look under the Counseling Center at www.rctc.edu. The Tent is located in the Counseling Center (room SS133), south of the Admissions/Records Office.

Hours:
Tuesday and Wednesday from 8:00am-5:00pm
Monday, Thursday and Friday from 8:00am-4:00pm

Counselors:
Bob Ekstam
Janet Finlayson
Jim Kehoe
Audrey Lidke
Gregg Wright

Upon request, information contained in this brochure is available in an alternate format. If you need a reasonable accommodation for a disability, such an accommodation can be available upon advance request. Please call Travis Kromminga at 280-2968 for more information. RCTC is a member of the Minnesota State Colleges and Universities System and an equal opportunity employer/educator.

Relax ~ Refresh ~ Rejuvinate

THE TENT

Biofeedback in the RCTC Counseling Center

A member of the Minnesota State Colleges and Universities System.
A University Center Rochester Partner and Equal Opportunity Employer/Educator.
The Tent
Relax, refresh and rejuvenate in The Tent! Come on in - easy to use new computer programs. There are many ways to use The Tent. There is a selection of music, guided imagery or relaxation tapes, a cot for relaxation and three computer programs. All you need to do is log in with your RCTC ID.

What Should I Know Before I Begin?
How much time will I need? If you have never used the program, you should allow at least 60 minutes for your first session. For subsequent sessions, plan on 45-50 minutes.

What equipment do I need? Some of the activities do not require any equipment for practice. Others require the use of finger sensors called lightstones or magic rings. If the skin on your fingertips is dry, use a small amount of lotion before trying to use the finger sensors.

How Do I Log in to the Computer?
Students: Use your student log in and password. If you don’t remember your log in name, type in your stinger ID number. Be sure to log out when you’re finished.

Staff: Use your regular log in. Be sure to log out when you’re finished.

Which Program to Choose?
**Healing Rhythms**: Healing Rhythms is the first whole-body wellness program to bring together three of the most prominent leaders in the field of health and wellness - doctors Deepak Chopra, M.D.; Dean Ornish, M.D. and Andrew Weil, M.D. Using a 15-step Biofeedback Training Program, you will learn the tools to help build a happy mind and a healthy body. This easy-to-navigate program is a good starting point if you are new to biofeedback.

**The Journey to Wild Devine: The Passage**: Step out of time and into a realm of endless possibility, where you’ll practice breathing and meditation techniques, like the heart breath, an ancient yogic breathing technique that will help you achieve control over your mind and body to help reduce stress and improve physical and mental wellness.

**The Journey to Wild Devine: Wisdom Quest**: This is the second in “The Journey” Series. Featuring Deepak Chopra, M.D. and Dean Ornish, M.D., as two of your new guides, Wisdom Quest builds upon the skills you acquired in The Jouney to Wild Divine: The Passage. Practice new and exciting meditation and breathing activities for advanced training as you learn to integrate this wisdom into your daily life.

* These programs are recommended for users new to biofeedback

** This advanced program is recommended only after skills introduced in The Journey to Wild Devine: The Passage has been mastered.

How Do I Log in to the Program?
**Healing Rhythms**: You have the option of creating a new user account or using the practice account. Healing Rhythms has a password protected journal feature that allows you to keep a personal record of your experience. If you want to use this feature you should create a personal account by clicking on “create new user”. If you do not want to use the journal feature click on user “practice.” The password is “practice”.

**Journey to Wild Devine: The Passage**

**Journey to Wild Devine: Wisdom Quest**
Follow instructions on computer.

What Else?
Sit comfortably with your forearms resting on the table. Your feet should be flat on the floor and you should sit back and rest comfortably in the chair.

Biofeedback
Biofeedback uses electronic equipment to monitor your internal physiological states and gives feedback that helps you learn how to control these states, to activate, balance, release or to recover from them.