

# Alpha Wave Therapy for The Education Sector

Executive  
Summary

## Wanstead Wellbeing CIC

A relaxed mind makes  
learning easier



In unison  
with  
Alpha-Stim

## Alpha Wave Therapy in Education

For Students, Staff and Faculty  
in  
Schools, Colleges and Universities



# Executive Summary

Wanstead Wellbeing CIC, in collaboration with Alpha-Stim, is excited to introduce Alpha Wave Therapy, a groundbreaking approach designed to enhance mental health and wellbeing within the education sector. This therapy combines Alpha Wave Regulation, provided exclusively by Alpha-Stim, with the VC Elite Breathing Model, creating a powerful intervention for managing anxiety, insomnia, depression, and pain.

## Key Benefits:

- 1. Student Wellbeing:** Alpha Wave Therapy supports students experiencing anxiety, fear, frustration, and anger during critical phases of their education journey. By reducing negative experiences, it fosters a calmer environment conducive to effective communication, learning, and social interactions.
- 2. Employee Wellbeing:** Incorporating this therapy into the employee wellbeing toolkit positively impacts staff interactions with parents and students, reducing pressures that lead to absenteeism and high staff turnover.
- 3. Operational Benefits:** The therapy offers efficient responses to anxiety and panic episodes, leading to increased relaxation and reduced psychological pressures for students, employees, and managers. This improves conditions for positive communication and enhances public confidence in the sector's commitment to wellbeing.

**Conclusion:** Alpha Wave Therapy presents a promising solution for the education sector, aiming to elevate the responsiveness of students, faculty, and employees, provide effective support at the point of need, and create a calmer environment for service interactions. By investing in this innovative approach, education providers can enhance mental health, improve service interactions, and save money, ultimately benefiting the entire educational community.

Whilst this is not a substitute for Counselling Services in the Educational arena, we believe that effective use of Alpha Wave Therapy can provide a significant support to mitigate, reduce and avoid the pressures that lead to the need for such interventions.

## CONTACT DETAILS

**If you ever need to contact us our details are:**

By telephone                      Call our service team on 0203 488 5899

By email                              [info@wansteadmhclinic.com](mailto:info@wansteadmhclinic.com)

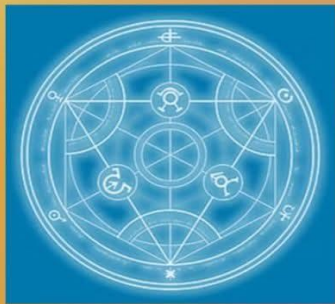
In writing                              **11-13 Cambridge Park, Wanstead E11 2PU**

# Wanstead Wellbeing CIC

## The Therapeutic Centre of Excellence

The Gold is in you  
Our Team guides you to find it

Alpha Wave Therapy for  
The Transport Sector  
In unison with Alpha-Stim



Support The Bursary Fund

Support The Veteran's RVP

Support 1st Responders

Support 1976ers

Support Peer Groups