Thought Technology Releases New DeStress Software Solution for Assessment and Treatment of Stress Related Disorders

Thought Technology Ltd is pleased to announce the release of its new DeStress Software Solution, expanding the power of its eVu-TPS® triple physiological sensor.

MONTREAL (PRWEB) June 11, 2019 -- The DeStress Solution is an easy-to-use software package that uses Thought Technology’s wireless eVu TPS® sensor to collect and analyse physiological data. Applied to a single finger, the sensor measures three stress metrics: skin conductance, heart rate variability, and temperature. This same wearable sensor can also be used with a companion app for home training outside of the office, enabling clinicians to offer a comprehensive program for stress reduction.

When the nervous system is out of balance, the stress reaction can persist and become unhealthy. This negative stress manifests itself as persistent elevated heart and respiration rate, as well as sweaty palms, cold hands, inability to calm or focus one-self, and difficulty sleeping. The insidious effects of long-term stress hamper the body’s health and ability to recover and can lead to anxiety, depression, insomnia, heart disease, weight gain, poor performance and problems with memory and concentration.

The DeStress Solution software package allows health care practitioners to evaluate stress markers, teach stress management, and enhance resilience via biofeedback self-regulation. It was designed with a number of priorities in mind, all intended to help clinicians integrate stress measurements and biofeedback into their practices.

Easy to understand and use, the DeStress Solution doesn’t assume a high level of experience with physiological monitoring and biofeedback equipment. The software offers a complete toolkit of sessions for assessing and reporting stress, self-regulation (biofeedback) training screens and relaxation therapy exercises. The software is designed from a clinical perspective and its biofeedback and tools are arranged and organised in a way that parallels clinical thinking. A stress test provides fully written analysis of the results, for both clinician and client, while training screens include PDF instructions that can be pulled up to guide the therapist. Clinicians new to the field will especially appreciate this guidance for the therapy, and clients will appreciate the simplified ratings.

The DeStress Solution helps health care professionals provide their clients with tools to better cope with the stressful demands of their lives, both in office and at home, by providing the framework needed to combat the negative effects of stress.

About Thought Technology Ltd.
Founded in 1975, Thought Technology is the world’s leading biofeedback and physiological instrument manufacturer. Its products are used as an essential part of many therapeutic treatments and clinical assessment protocols in over 85 countries and are used by tens of thousands of clinicians in thousands of medical institutions.
Always supportive of new research and development ideas, Thought Technology Ltd. has encouraged a number of special interest groups and clinicians to create cutting edge applications for its instrumentation. Thought Technology Ltd. equipment is now being used in telemedicine, web-based monitoring and biofeedback, sports training, research in human-machine interface, physiology-driven multimedia environments and virtual reality. Constantly striving to improve the quality of the products and services, TTL has obtained, and maintains, ISO
13485, and CE certification for the organization and products.

Contact:
Helen Mavros, Sales and Marketing Director
http://www.thoughttechnology.com
Contact Information
Helen Mavros
Thought Technology Ltd
http://www.thoughttechnology.com
514-489-8251

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