



# Repair & Rebuild

The Theta Chamber was designed to stimulate the theta state, a state of repair and rebuilding. It helps support the transition between the left and right hemisphere of the brain. This technology aids in improving overall general health and wellness. It can help with mental health issues like depression, anxiety, stress, PTSD, ADHD, OCD, addictions and can help in athletic performance.



## The Giving Tree Collective

WELLNESS REIMAGINED

The Giving Tree Collective brings together talented healing professionals, state-of-the-art equipment and a beautiful relaxing space. We embrace you exactly where you are and guide you to where you want to be through our customized services. We are passionate and purposeful about making a difference in the world by healing one person at a time to achieve well-being for the mind body and spirit.

### Learn more & schedule your appointment

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# Theta Chamber



*Mental health through light,  
sound, and motion.*

*The Giving Tree Collective*

[thegivingtreecollective.com](http://thegivingtreecollective.com)

# Benefits

The ThetaChamber<sup>SM</sup> is designed to administer multiple modalities in a single session.

These modalities are designed to accomplish three main objectives:

1. To induce a "Theta" brainwave state, creating suggestibility, learning and healing.
2. To support the hypothalamus to produce normal levels of serotonin, dopamine, and other neurotransmitters.
3. Encourage the brain to create new neural pathways.

Inside the Theta Chamber<sup>SM</sup> you will experience:

- Binaural Audio Beats
- Visual Pattern Light Stimulation
- Microcurrent Signaling
- Vestibular (motion) stimulation

ThetaChamber<sup>SM</sup> technology

The ThetaChamber<sup>SM</sup> uses computer technology to precisely generate and synchronize these light and sound patterns together with microcurrent signaling for maximum positive effect. Vestibular Motion happens when the Theta Chamber rotates. Working similar to VRT Vestibular Rehabilitation Therapy. It uses the motion of the fluid in the inner ear to train the brain and body to work together harmoniously, and can enhance focus.

The Theta Chamber has shown to normalize and harmonize the brain chemistry within minutes.



"I have ADHD and I'm prone to depression. I was going through a particularly challenging time when I started using The Theta chamber. I noticed a difference after my first session. The more sessions I did, the longer the benefits seemed to last. It was a game changer for me. I still come in every couple weeks for maintenance."

- Carter

## What to Expect

- Dress comfortably.
- You will begin with a consultation to determine the goal of your session. Your Wellness Coordinator will get you comfortable in the Theta Machine and create your custom program.
- A session lasts 30 minutes.
- During this time you will be reclined inside the machine, listening to headphones and wearing comfortable goggles that emit a light pattern. All you have to do is relax and let go for 30 minutes.
- Experiences vary, but most people report feeling very relaxed and having a powerful meditation-like experience in the Theta Chamber.
- At the end of your session, the chamber will open and your Wellness Coordinator will be waiting for you.

# FAQ's

**How long is a session and how many sessions do I need?**

A session is 30 minutes. One session in the ThetaChamber will promote relaxation and stress relief. If your intention is to focus on improving an addiction or chronic condition then frequent sessions will be most beneficial to help achieve your goals. Results vary upon the individual.

**What do I wear for my session?**

You will be fully dressed for the session. We will require you to remove your shoes & earrings prior to entering the ThetaChamber. We recommend loose comfortable clothing for a relaxing experience.

**Can I feel the spinning?**

The feeling of the motion usually goes away within the first few moments of the session. After the first few moments, you may feel like you are floating. The ThetaChamber slowly rotates at a rate of about six revolutions per minute or approximately one full revolution per 10 seconds.

**What if I'm claustrophobic?**

There is a stop button located inside the Theta Chamber. You are able to press this button and end the session at any time.

**Is the ThetaChamber safe?**

The ThetaChamber is an FDA cleared treatment. With more than 30 years of research, the results have shown Theta's treatment protocols to be safe and effective.



[Learn More Here](#)

