



@ Hudson Valley Healing Arts Center
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Bridging the Gap Between Mental & Medical Health

TetraLexRN is a center that uses brain function assessments, biofeedback, and low-level stimulation to improve patients' quality of life by reducing their internal stress and increasing their attentional abilities.

Biofeedback and low-level stimulation sessions are effective at alleviating a variety of symptoms associated with central nervous system dysregulation. These symptoms include:

- ADD/ADHD
- Anxiety Disorder
- Autism Spectrum Disorder (ASD)
- Depression
- Insomnia
- Traumatic Brain Injury
- Post Traumatic Stress Disorder (PTSD)
- Seizures
- Stroke
- Brain Fog Post Chemotherapy
- Cognitive Impairment
- Chronic Constipation
- Fibromyalgia
- Headaches and Migraines

Convenient and Flexible Sessions

Sessions can be conducted at the clinical office in Kingston, remotely through telehealth, and at various locations in the Hudson Valley via the TetraLexRN mobile biofeedback van.

An Alternative Form of Treatment

TetraLexRN provides patients with a complementary or alternative form of therapy. Interventions are personalized, data-driven, and use both active and passive therapies to maximize the process. Collaborative care with psychiatrists, neurologists, and psychologists is optimal for a supportive team approach.



Alexandra Linardakis, RN BSN BCN

Alexandra Linardakis is the Principal Practitioner at TetraLexRN and a Registered Nurse in the state of New York. In addition to having 15 years of experience in the field of Neurotherapy, she holds a dual Bachelor's degree in Anthropology and Nursing.



**To transform the health of your patients,
visit TetraLexRN.net or call (845) 222-5536**