As a licensed mental health counselor, it is my job to assist clients in regulating their nervous systems, which due to circumstances and choices, have become either hyper (over) regulated or hypo (under) regulated, creating maladaptive experiences and behaviors. Cognitive, behavioral, and self-awareness techniques are standard methods supported by research and practice. These methods are applied using various theoretical orientations and therapeutic strategies, including CBT, EMDR, biofeedback, DBT, dynamic analysis, and meditation skills. All of which aim to enhance people's ability to regulate their nervous systems to obtain optimum conditions for living productive and meaningful lives.

Although access to these services is obtainable for many people, a significant segment of the population encounters restricted or limited access due to economic, cultural, and existential circumstances. Unregulated nervous systems result in many personal and societal failures for these people. Accordingly, developing ways to connect these underserved populations to effective treatments seems paramount to resolving much of the human misery we see embedded within our society.

While providing traditional therapeutic resources (as mentioned above) to these underserved populations would be optimum, obstacles remain. Including State laws that prevent therapists from working outside their states combined with limitations encountered economically and logistically in various circumstances such as potential clients being incarcerated or otherwise unavailable for traditional methods.

 A possible resource to address this access problem includes developing devices and techniques that the individual can administer. A promising trend is to provide biofeedback devices and techniques that may be conducted without the presence of a professional. These resources give feedback to the user on the condition of their nervous systems and how to regulate them to more desirable states. These devices include the Halo, a relatively low-cost option that gives neurofeedback to the user, who then can adjust their systems using mindfulness, breathing and meditation techniques, exercise, and a range of other methods.

The ability to provide practical and life-changing resources to community members aims to diminish the mental health disparities and strengthen the fabric of society. Although the technology is there, funding, desire, and willingness to serve the underprivileged populations are not who, through genetics, circumstances, and trauma, have become the underbelly of our civilization and will continue to be a glaring reminder of our deficiencies as a humane society.