

# Neuro Hope Enhances Brain Based Wellness Services in Colorado Springs

*Neuro Hope expands and enhances brain-based wellness services in Colorado Springs, CO. Optimize cognitive function and mental well-being with personalized care.*

COLORADO SPRINGS, CO, UNITED STATES, December 5, 2025

[/EINPresswire.com/](#) -- [Neuro Hope](#)

Psychotherapy & Neurofeedback PLLC, a long standing provider of neurofeedback and brain based wellness services, is offering one of the most comprehensive collections of non medication brain wellness options in Colorado Springs. The clinic has built its reputation on thoughtful, evidence informed care that supports emotional health, cognitive functioning, and overall mental clarity.



The practice combines multiple brain focused methods in one setting. These include neurofeedback, [neurotherapy](#), quantitative EEG brain mapping, mild hyperbaric oxygen therapy for mental wellness, and advanced approaches such as [LORETA Z score neurofeedback](#). Bringing these services together allows clients to receive support that matches both surface level and deeper brain based patterns that can influence focus, emotional regulation, stress recovery, and long term cognitive functioning.

Dr. Zoe Bonack, Psy. D. and Clinical Director of Neuro Hope, explained that many people seek care after trying traditional approaches that did not give them the clarity or progress they were hoping for. She shared that clients appreciate having different brain based methods available in one place, especially when symptoms have more than one contributing factor.

Neuro Hope believes that thoughtful brain based support works best when the entire system is

considered. The clinic regularly integrates information from QEEG mapping, auditory and visual processing assessments, and feedback from ongoing sessions to give people a clearer understanding of how their brain is functioning. This level of clarity helps clients make informed decisions about the next steps in their wellness plan.

The addition of LORETA Z score neurofeedback reflects Neuro Hope's commitment to offering advanced tools without medical claims or overstated promises. While the method is not new to the field, it remains less common in local settings. LORETA Z score neurofeedback allows providers to view three dimensional patterns of brain activity and compare them to typical ranges in real time. This can help guide training for people who have long standing, complex, or confusing symptoms related to attention, stress, emotional changes, or cognitive shifts after illness or injury.



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*Dr. Zoe Bonack, Psy. D.,  
Clinical Director of Neuro  
Hope*

Neuro Hope also serves individuals who prefer gentle, non-invasive support. Mild hyperbaric oxygen therapy is offered for mental wellness and cognitive clarity. It is not used for medical indications such as wound healing or infection. Instead, it is offered as a calming environment where increased oxygen levels may support clearer thinking and emotional balance.

With more than a decade of service to Colorado Springs and the wider El Paso County community, Neuro Hope continues to focus on methods that help people

understand their brain, strengthen emotional resilience, and feel more grounded in daily life. The clinic provides care for adults, teens, and children. For more information about brain based wellness services at Neuro Hope, visit [neurohopepsych.com](http://neurohopepsych.com) or contact the office directly.

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