

ACADEMIC STUDIES

[ADHD](#) [Preliminary ADHD Quotient Study Results Show Reduction of Hyperactivity with TouchPoints™](#)

[ANXIETY](#) [A Triple-Blind, Placebo-Controlled Randomized Trial of the Effect of Bilateral Alternating Somatosensory Stimulation on Reducing Stress-Related Cortisol and Anxiety During and After the Trier Social Stress Test](#)

[ANXIETY](#) [Bilateral Alternating Stimulation Tactile \(BLAST\) and the Stress Response](#)

[ANXIETY](#) [The Therapeutic Effect of Bilateral Alternating Stimulation Tactile Form Technology on the Stress Response](#)

[ANXIETY](#) [Common Stress Profiles in Adults Utilizing Bilateral Alternating Stimulation Tactile to Reduce Somatic and Cognitive Distress](#)

[ANXIETY](#) [What is Possible: Advances in Applied Neuroscience Amy Serin, PhD.](#)

[ANXIETY/PTSD](#) [Enhanced Amygdala and Medial Prefrontal Activation During Nonconscious Processing of Fear in Posttraumatic Stress Disorder](#)

[AUTISM](#) [A Review of Wearable Solutions for Physiological and Emotional Monitoring for Use by People with Autism Spectrum Disorder and Their Caregivers](#)

[BLAST](#) [Actual User Data Confirms That TouchPoints Reduce Stress By 74% In 30 Seconds](#)

BLAST Applied Bi-Lateral Alternating Stimulation - Tactile (BLAST) Evidence from Quantitative Electroencephalogram Amy Serin, PhD.

EMOTIONS Impaired Emotional Declarative Memory Following Unilateral Amygdala Damage

EMDR The Role of Alternating Bilateral Stimulation in Establishing Positive Cognition in EMDR Therapy

EMDR Bilateral saccadic eye movements and tactile stimulation, but not auditory stimulation, enhance memory retrieval

PTSD Eye Movement Desensitization and Reprocessing for Posttraumatic Stress Disorder

PTSD Applied Bi-Lateral Alternating Stimulation - Tactile (BLAST) As a Stress Inhibitor Amy Serin, PhD.

SLEEP/AUTISM History of Clinical and Non-Clinical Applications of Bi-Lateral Alternating Stimulation - Tactile (BLAST) Amy Serin, PhD.

TACTILE STIMULATION The Cerebellum Contributes to Somatosensory Cortical Activity during Self-Produced Tactile Stimulation

TACTILE STIMULATION Empathy for Pain and Touch in the Human Somatosensory Cortex

CASE STUDIES

TouchPoints and [General Stress](#)

TouchPoints and [Sleep](#)

TouchPoints and [Performance](#)

TouchPoints and [Focus](#)

TouchPoints and [Irritability](#)

TouchPoints and [Parkinson's Disorder](#)

TouchPoints and [Focus](#)

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