



**Vicki Harkness, MPH, MSW, LCSW-PIP, QMHP | Certified Neurotherapist**

Vicki Harkness is a Licensed Clinical Social Worker in the State of South Dakota and holds a qualified mental health professional certification (QMHP). As a therapist specializing in neurofeedback, she uses a client-centered approach and places a priority on building a supportive and empathetic relationship with each individual, focusing on their unique needs and strengths while working on strategies to improve the challenges they are facing. Her experience spans working with diverse populations, including those managing chronic illness, depression, anxiety, grief, and complex medical issues. She has a deep passion for supporting individuals navigating medical-related trauma, guiding clients through their emotional and psychological recovery by using evidence-based techniques. Her goal is to empower clients to understand and manage their emotions, fostering resilience, balance, and a deeper sense of well-being in their daily lives. Her clinical treatment orientation includes EEG Biofeedback/Neurofeedback, Cognitive Behavioral Therapy (CBT), Mindfulness, and Solution Focused Brief Therapy.

She believes strongly in the mind-body connection and its vital role in emotional well-being. To support emotional regulation and target optimal brain functioning, she incorporates Neurofeedback (trained and certified by BrainPaint) techniques into her practice. This innovative and evidence based treatment helps clients enhance self-regulation, reduce stress, and improve overall mental health. When the brain is dysregulated, individuals may experience symptoms from anxiety, insomnia, depression, ADHD, and many other conditions. Neurofeedback assists in “retraining” of the brain over time and assists in controlling fluctuations that can happen with these symptoms, allowing you to gain emotional regulation skills, develop healthier coping strategies, and allowing your brain to be in a steady state of functioning.

**Conditions and symptoms that can be improved with Neurofeedback include:**

- Trauma-Related Hyper Arousal (addictions, anxiety, panic, PTSD)
- Under Arousal (depression, sleep disturbance, poor focus and attention)
- Over Arousal (poor impulse control, aggression, sensory overload)
- Imbalances (TBI, chronic pain, fatigue, mood swings)

**Education:**

- Masters of Public Health (Capella University)
- Masters of Social Work (University of North Dakota)

**Licensure/Certificates:**

- Licensed Clinical Social Worker – Private Independent Practice in State of South Dakota
- Qualified Mental Health Professional (QMHP)
- BrainPaint® Certified Neurotherapist