

Choose a job you love,
and you will never have
to work a day in your life.

Confucius

quotationary



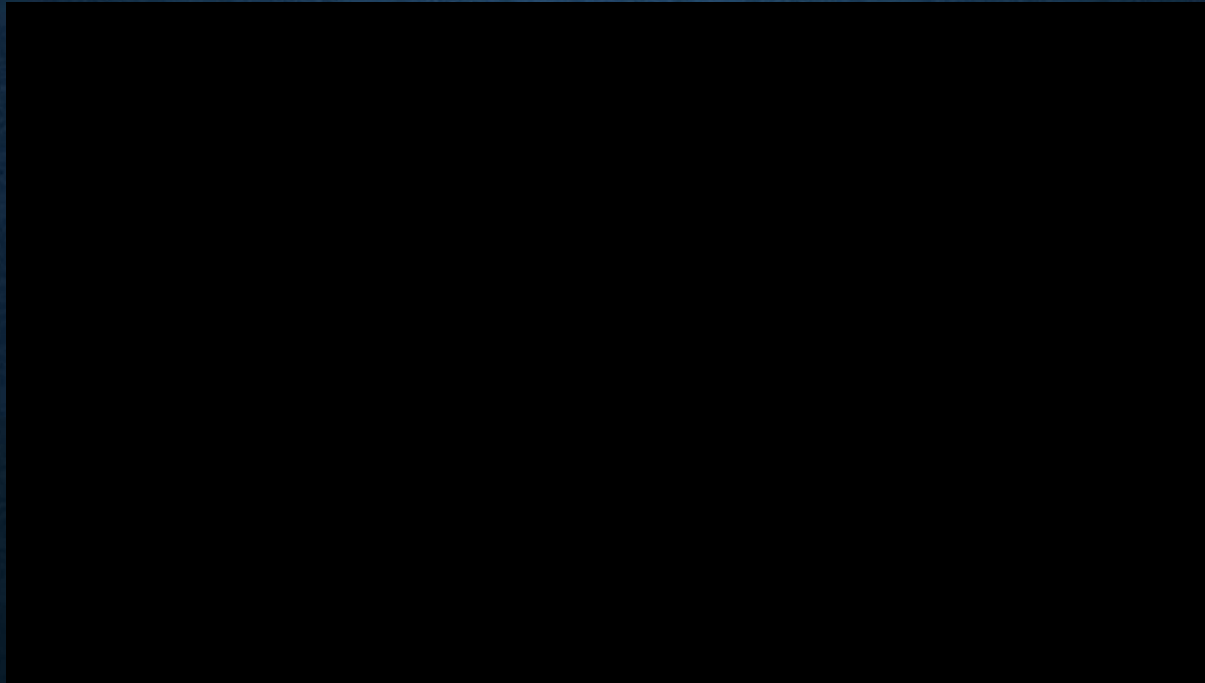
COMMUNITY EFFECT WHEN TRAINING A FAMILY

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UR Wellness

Neurofeedback Centre

COMMUNITY EFFECT SYNCHRONIZATION THROUGH CHAOS



THE COMMUNITY TRAINING EFFECT

Based on belief
that we are all
connected

Synchronization
Thru Chaos

Zengar
Immersive
I experienced –
“When you
give a session
you get a
session”

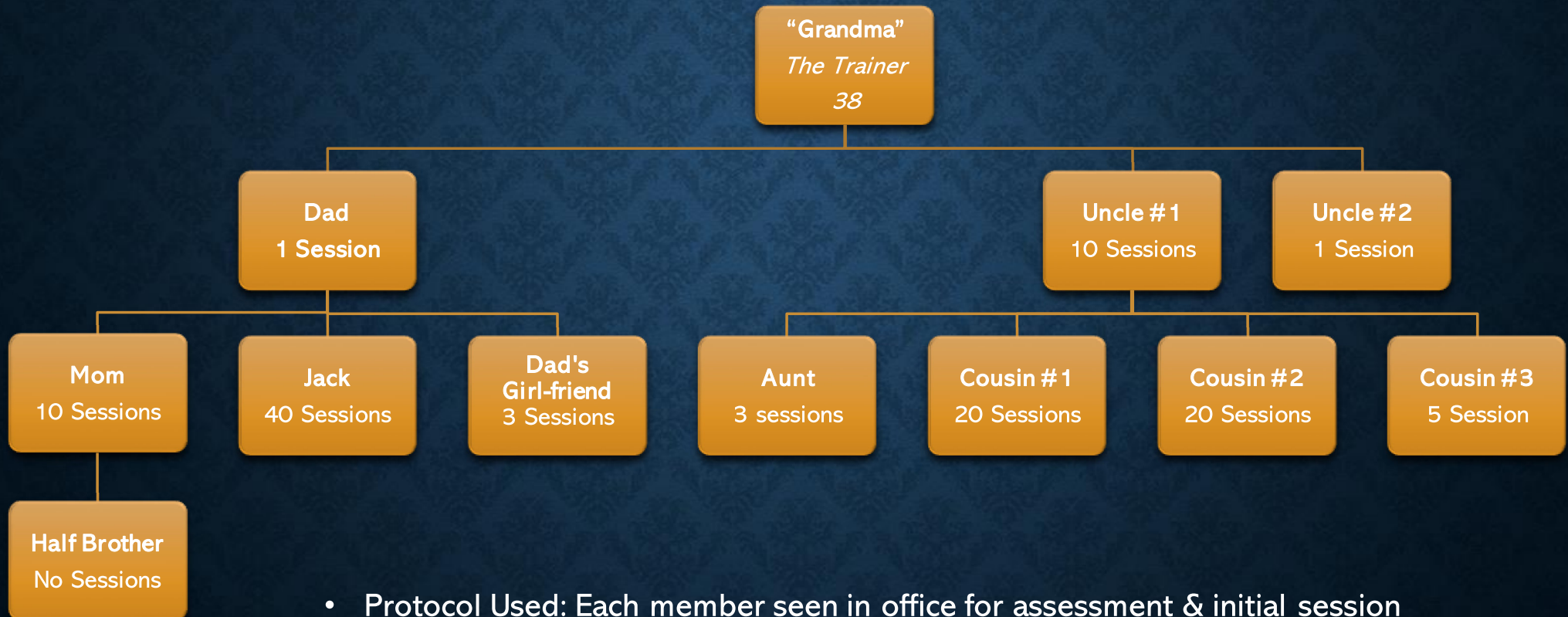
My Experience
working in Addiction
Centre's
Running 3 machines
simultaneously

Symphony in
the Brain
Alpha/Theta

Hypothesis: The transformative effects of NO brain training is enhanced by training multiple members of the family.

Predication: If we track the changes in the family unit independently, we will see seamless shifts amongst diverse family members even if they are not training.

FAMILY TREE : “THE COMMUNITY”



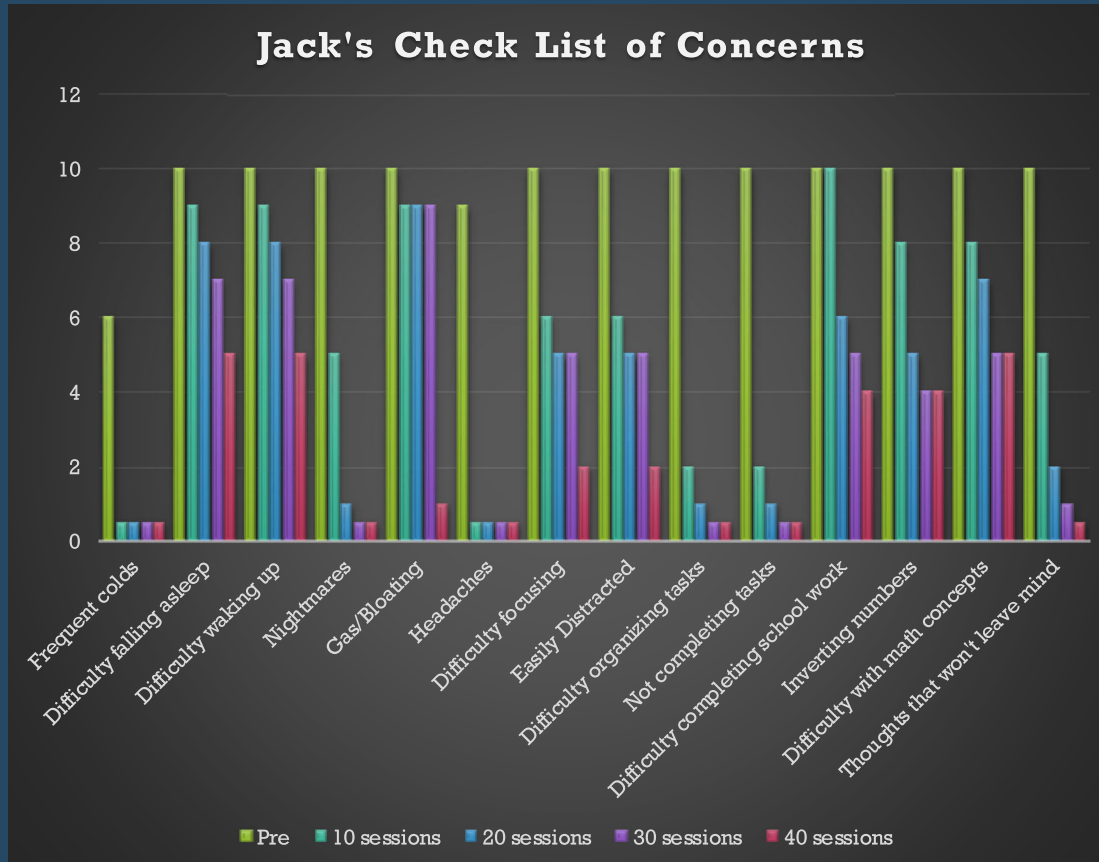
- Protocol Used: Each member seen in office for assessment & initial session
- Personal Unit used with Standard Regular session with standard default music
- Zengar pre & post check list of changes used to track shifts

Top Concerns:

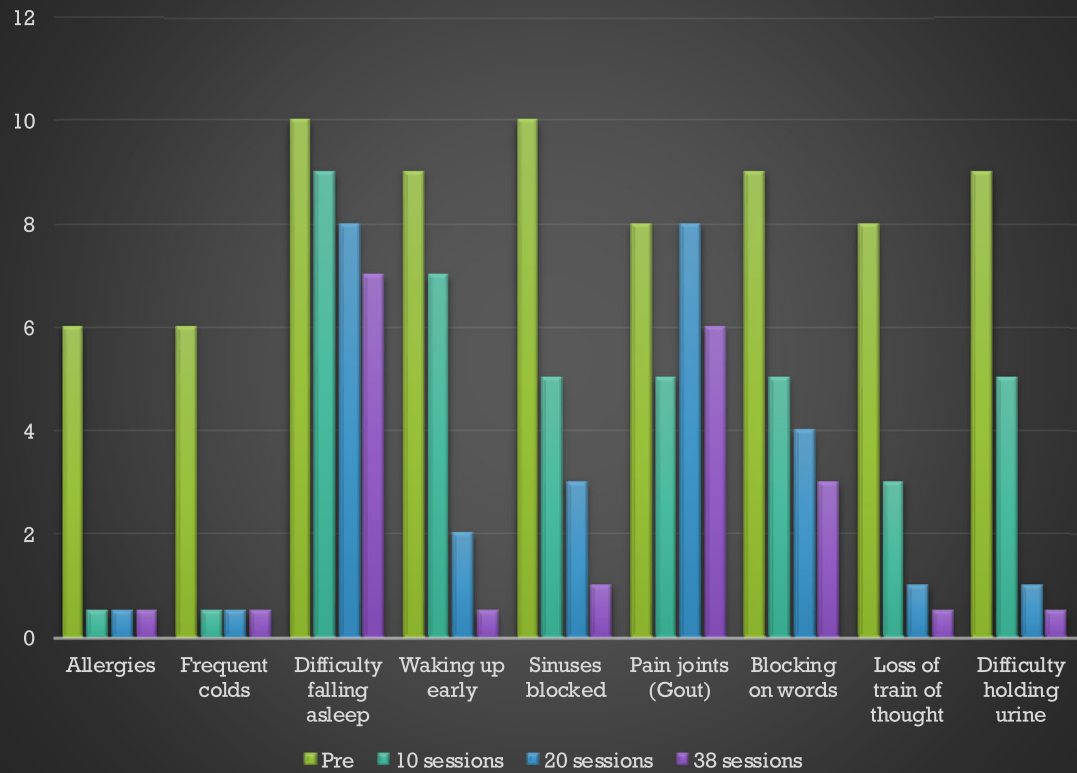
1. Thoughts that won't leave the mind
2. Difficulty organizing tasks
3. Difficulty falling sleep
4. Nightmares
5. Headaches

Main Goal:

Help with sleeping and less intrusive thoughts so I can work better at school



Grandma's Check List of Concerns

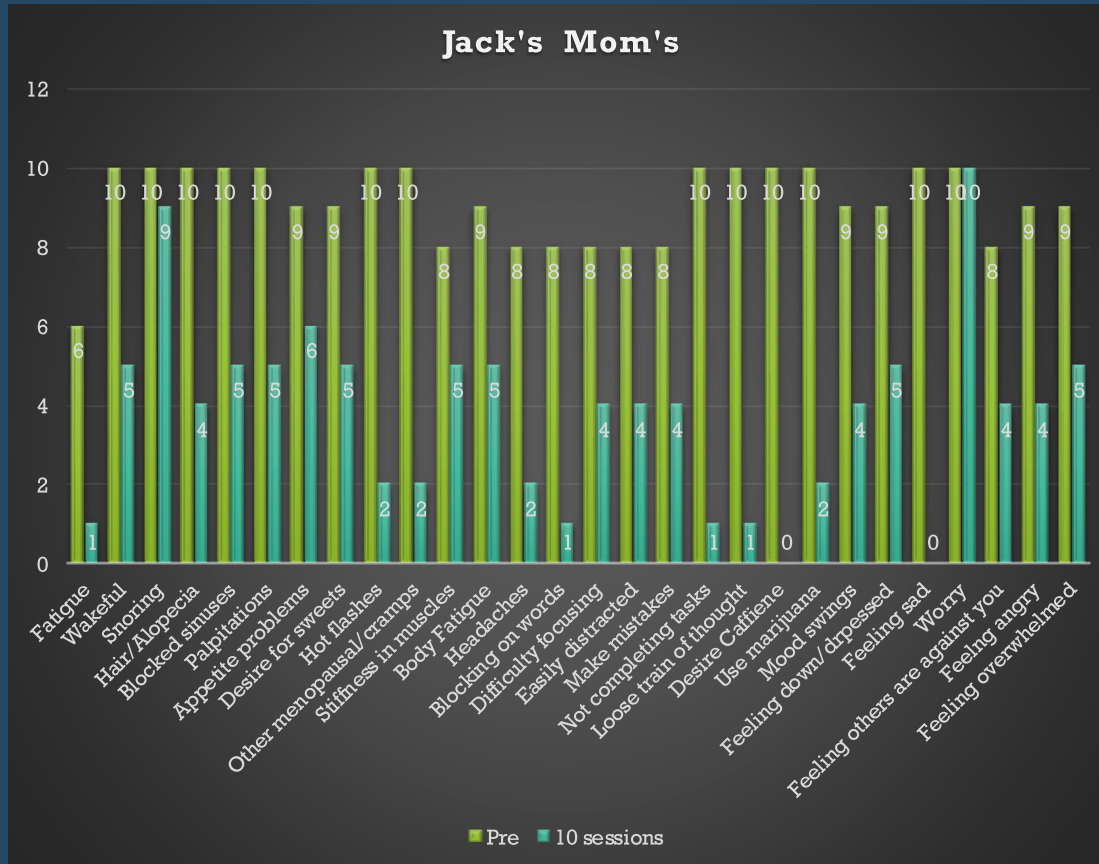


Top Concerns:

1. Loss of train of thought
2. Block on words
3. Waking up early
4. Difficulty falling asleep

Main Goal:

Mental fitness & vitality so I can work!



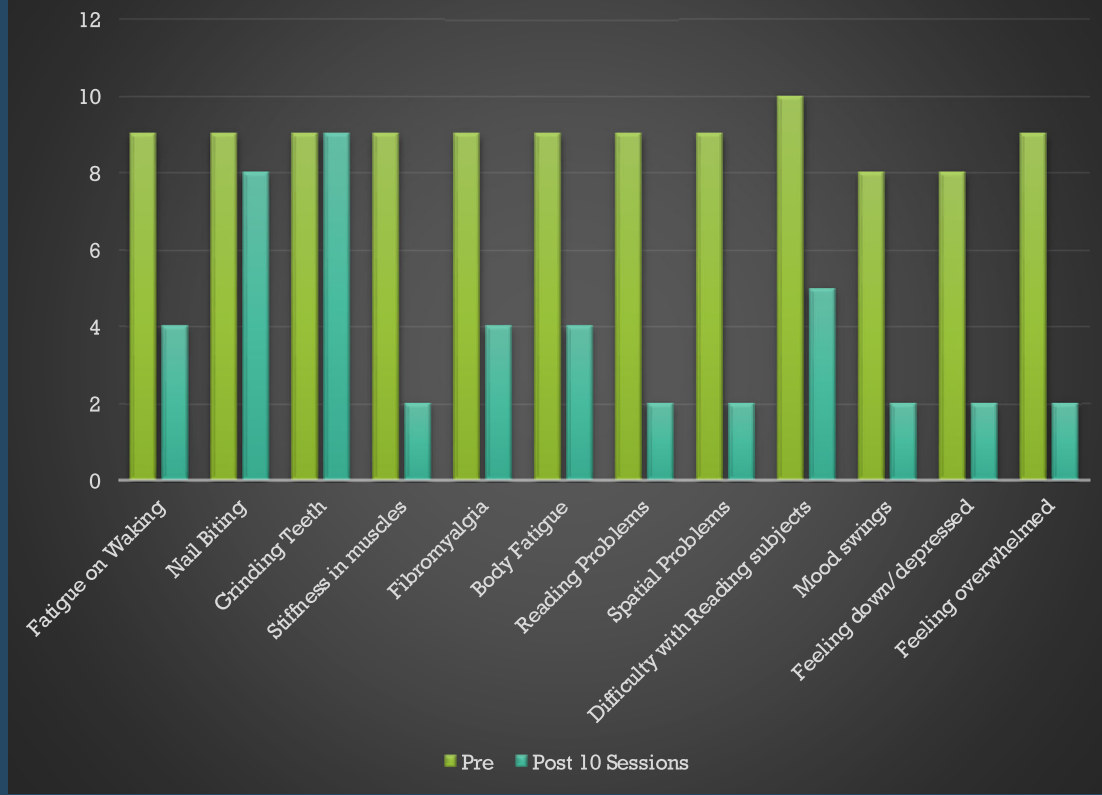
Top Concerns:

1. Mood swings
2. Waking up early
3. Focus
4. Emotional eating
5. Marijuana usage daily: 3-4 times a day

Main Goal:

Reduce marijuana consumption so I can make better decisions & be more present for Jack

Uncle #1



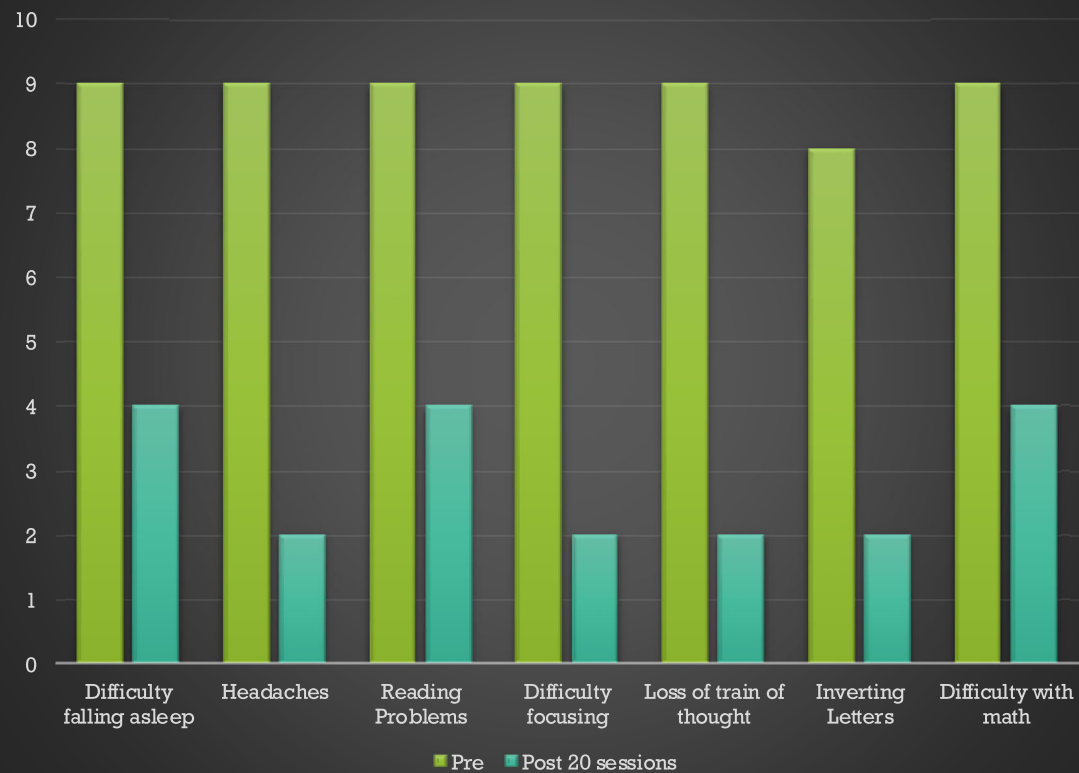
Top Concerns:

1. Feeling overwhelmed
2. Fatigue
3. Body pains
4. Focus
5. Mood swings

Main Goal:

Feel less fatigued so I can enjoy my kids more

Cousin # 1 Check List of Concerns



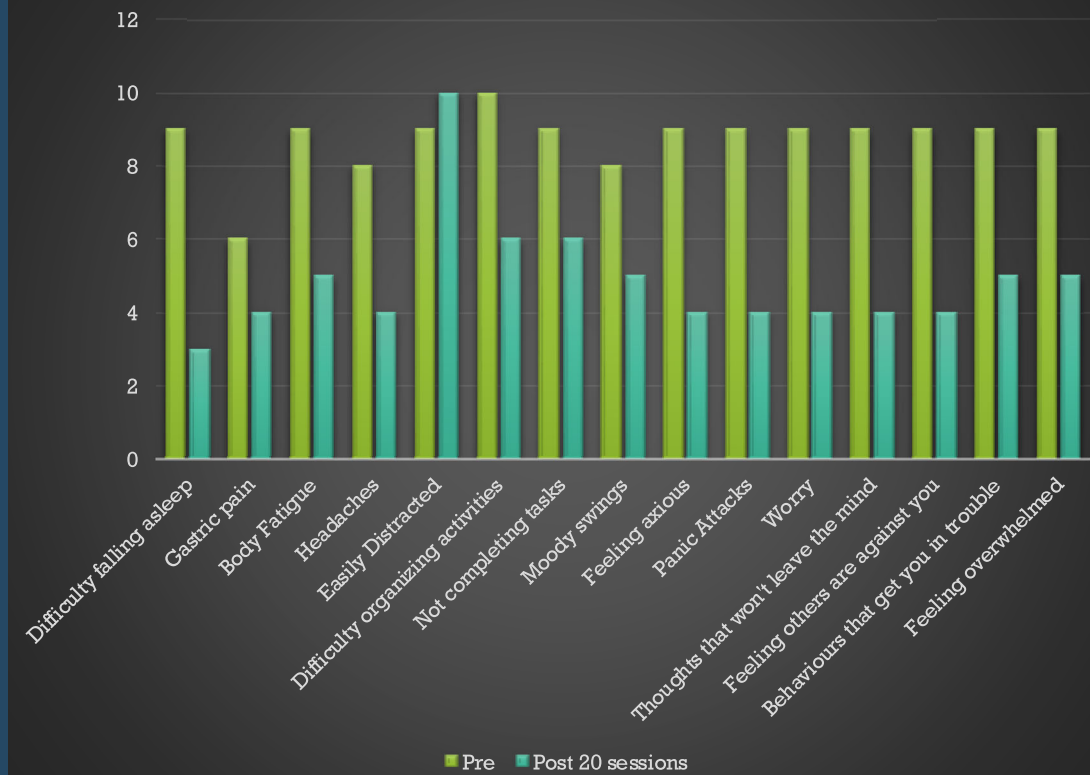
Top Concerns:

1. Loss of train of thought
2. Reading problems
3. Loss of train of thought
4. Inverting #'s

Main Goal:

Improve my focus and be able to concentrate with math

Cousin #2 Check List of Concerns



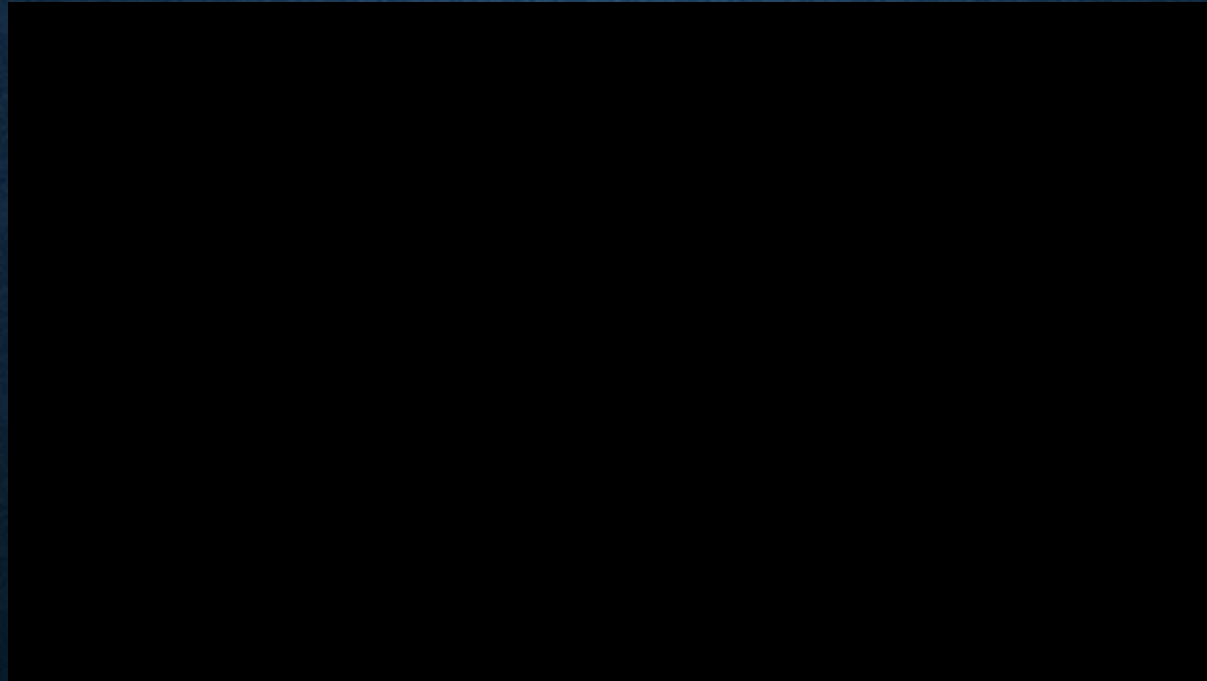
Top Concerns:

1. Worry
2. Panic Attacks
3. Feeling anxious
4. Body Fatigue
5. Mood Swings

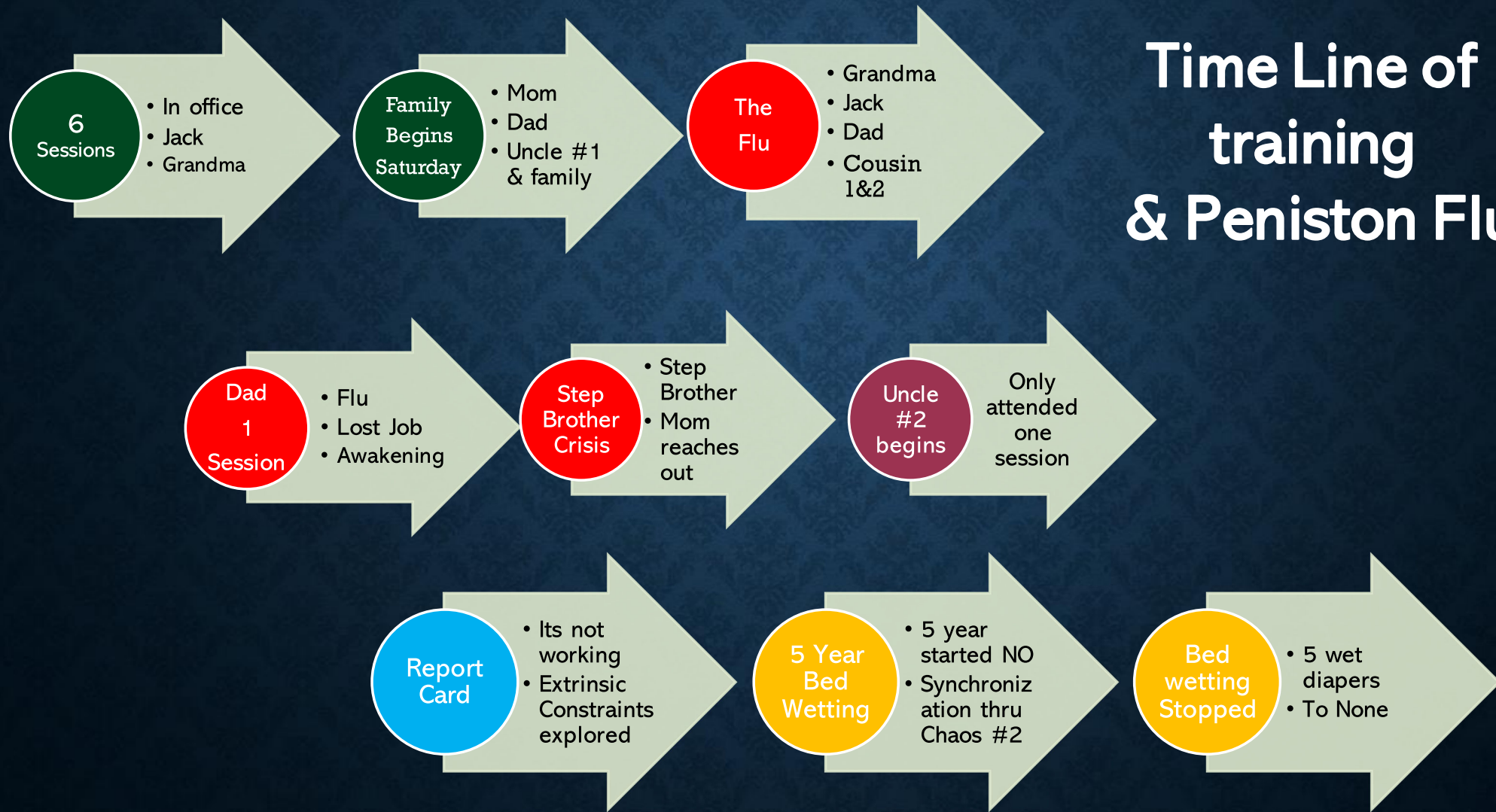
Main Goal:

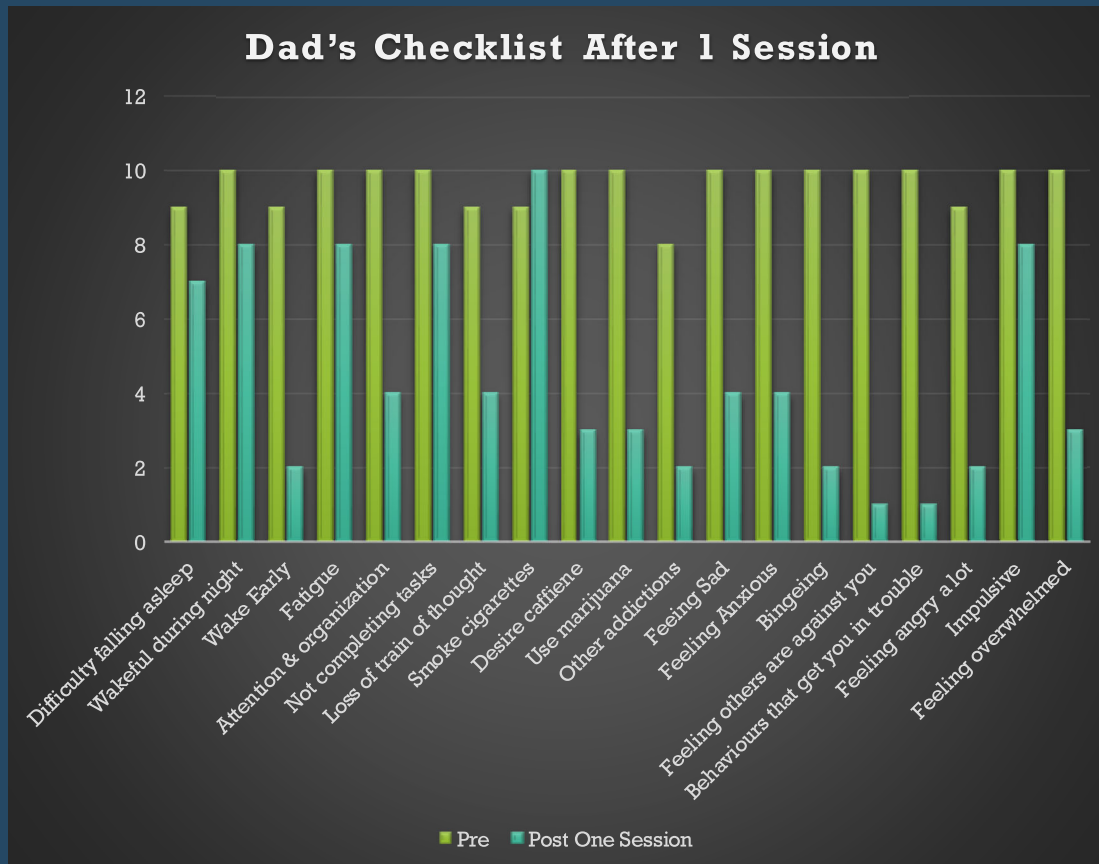
Mom: To not need constant reassuring
Her: I won't panic

FINDING SHIFTS WHERE YOU
LEAST EXPECT... AWARENESS TEST



Time Line of training & Peniston Flu





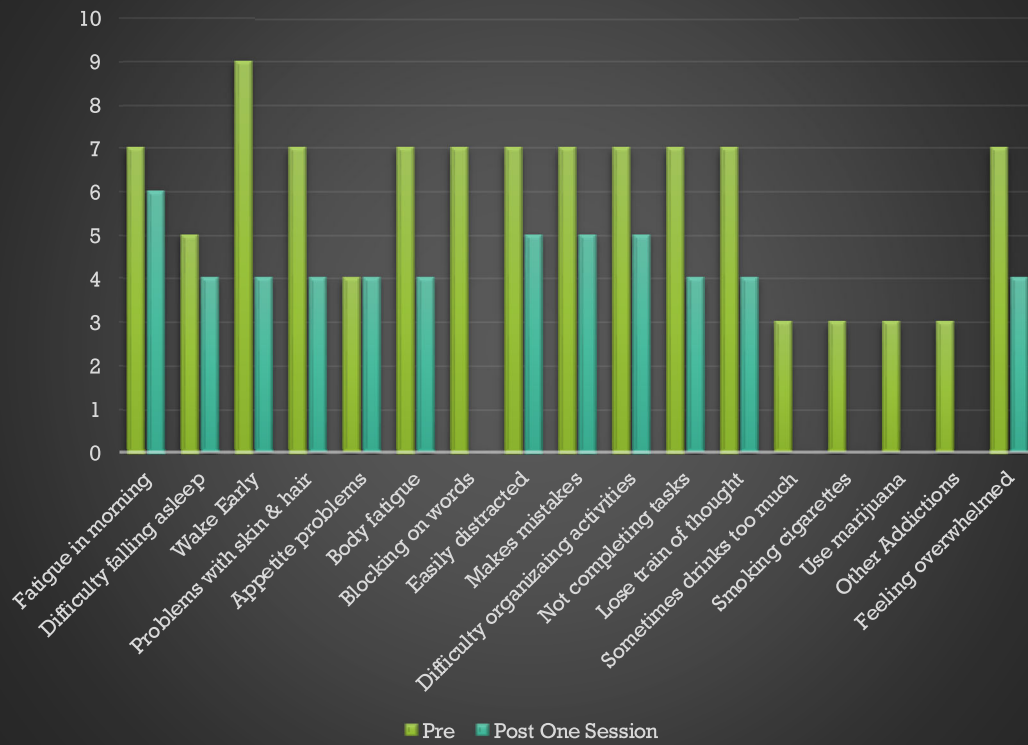
Top Concerns:

1. Addictions
2. Difficulty falling sleep
4. Distraction
5. Not completing tasks
6. Depression & Moods

Main Goal:

I be more content in my family, relationships & job

Uncle #2 After 1 Session



Top Concerns:

1. Waking up early
2. Blocking on words
3. Not completing tasks
4. Fatigue
5. Cigarettes/Marijuana

Main Goal:

I focus better and have more energy