COMMUNITY EFFECT WHEN TRAINING A FAMILY

Penny Hyndman R.N.

UR Wellness

Neurofeedback Centre
COMMUNITY EFFECT
SYNCHRONIZATION THROUGH CHAOS
THE COMMUNITY TRAINING EFFECT

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”**

- **“Grandma”**
  - *The Trainer*
  - 38

- **Dad**
  - 1 Session

- **Mom**
  - 10 Sessions

- **Half Brother**
  - No Sessions

- **Jack**
  - 40 Sessions

- **Dad’s Girl-friend**
  - 3 Sessions

- **Aunt**
  - 3 sessions

- **Uncle #1**
  - 10 Sessions

- **Uncle #2**
  - 1 Session

- **Cousin #1**
  - 20 Sessions

- **Cousin #2**
  - 20 Sessions

- **Cousin #3**
  - 5 Session

- **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
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
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
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

6 Sessions
- In office
- Jack
- Grandma

Family Begins Saturday
- Mom
- Dad
- Uncle #1 & family

The Flu
- Grandma
- Jack
- Dad
- Cousin 1&2

Dad 1 Session
- Flu
- Lost Job
- Awakening

Step Brother Crisis
- Step Brother
- Mom reaches out

Uncle #2 begins
- Only attended one session

Report Card
- It's not working
- Extrinsic Constraints explored

5 Year Bed Wetting
- 5 year started NO
- Synchronization thru Chaos #2

Bed wetting Stopped
- 5 wet diapers
- To None
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
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