

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

Confucius

quotation



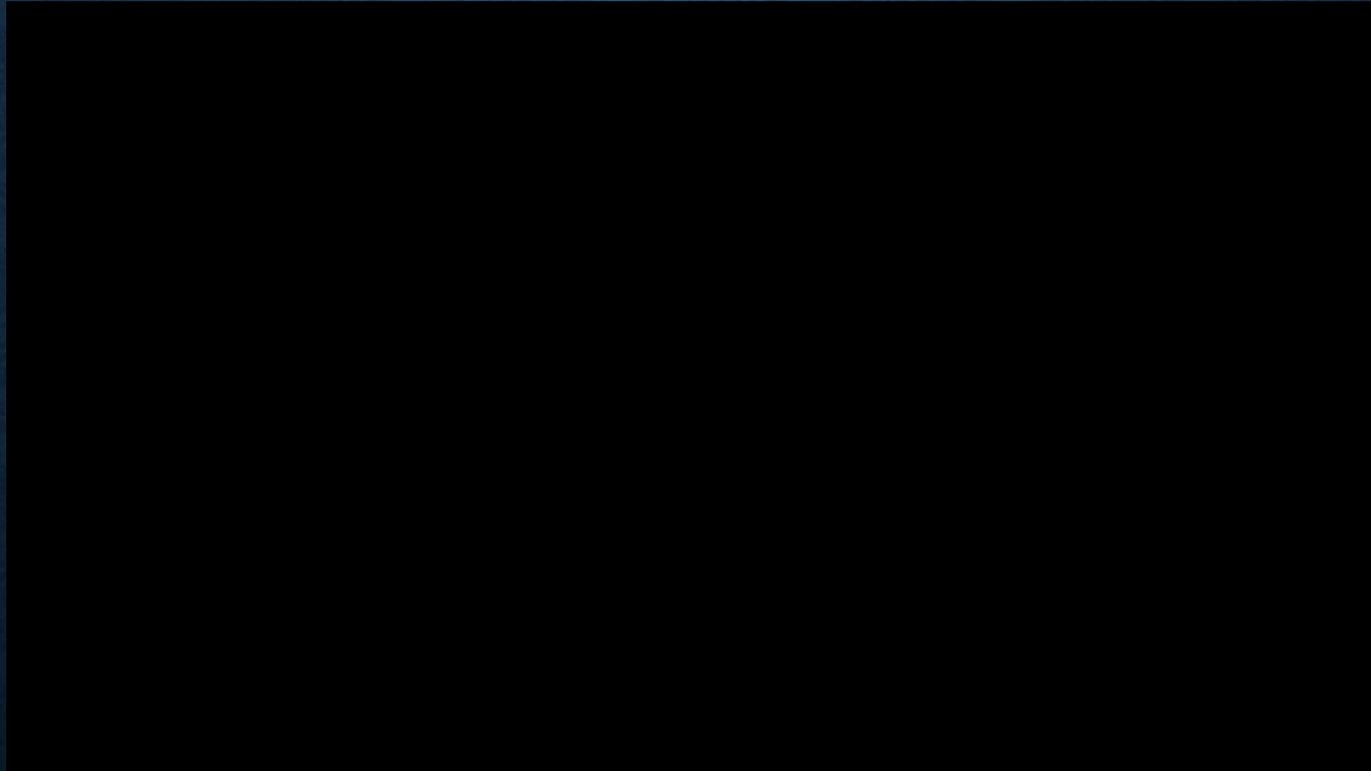
# COMMUNITY EFFECT WHEN TRAINING A FAMILY

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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”

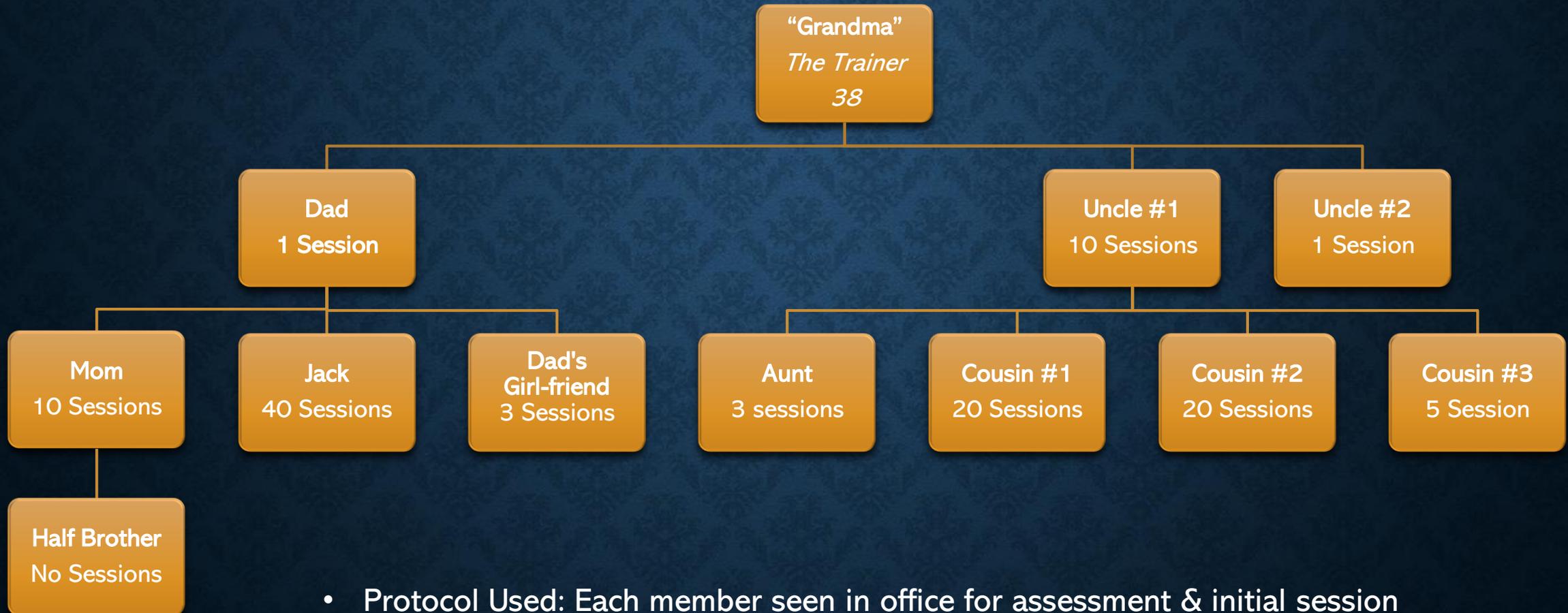
My Experience  
working in Addiction  
Centre's  
Running 3 machines  
simultaneously

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"



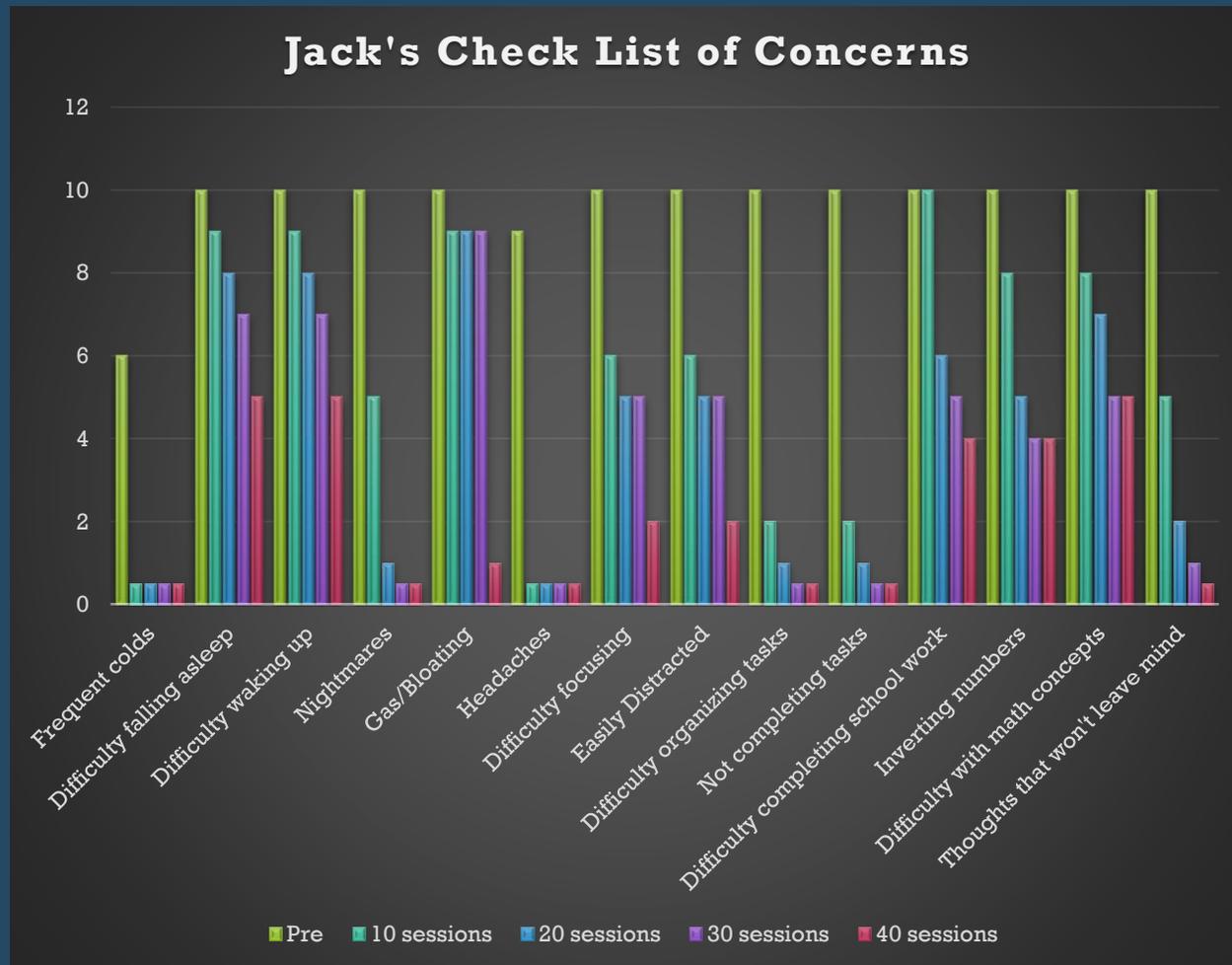
- Protocol Used: Each member seen in office for assessment & initial session
- Personal Unit used with Standard Regular session with standard default music
- Zengar pre & post check list of changes used to track shifts

## Top Concerns:

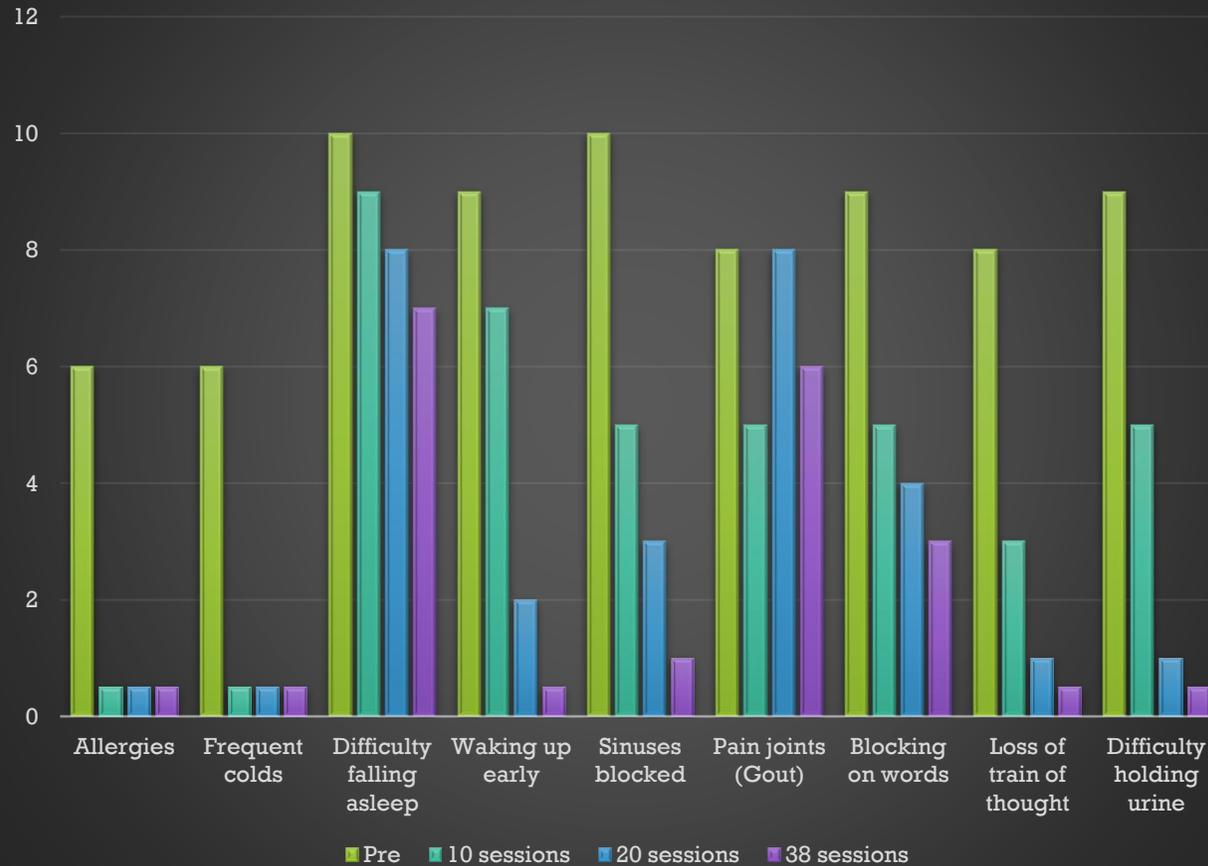
1. Thoughts that won't leave the mind
2. Difficulty organizing tasks
3. Difficulty falling sleep
4. Nightmares
5. Headaches

## 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:

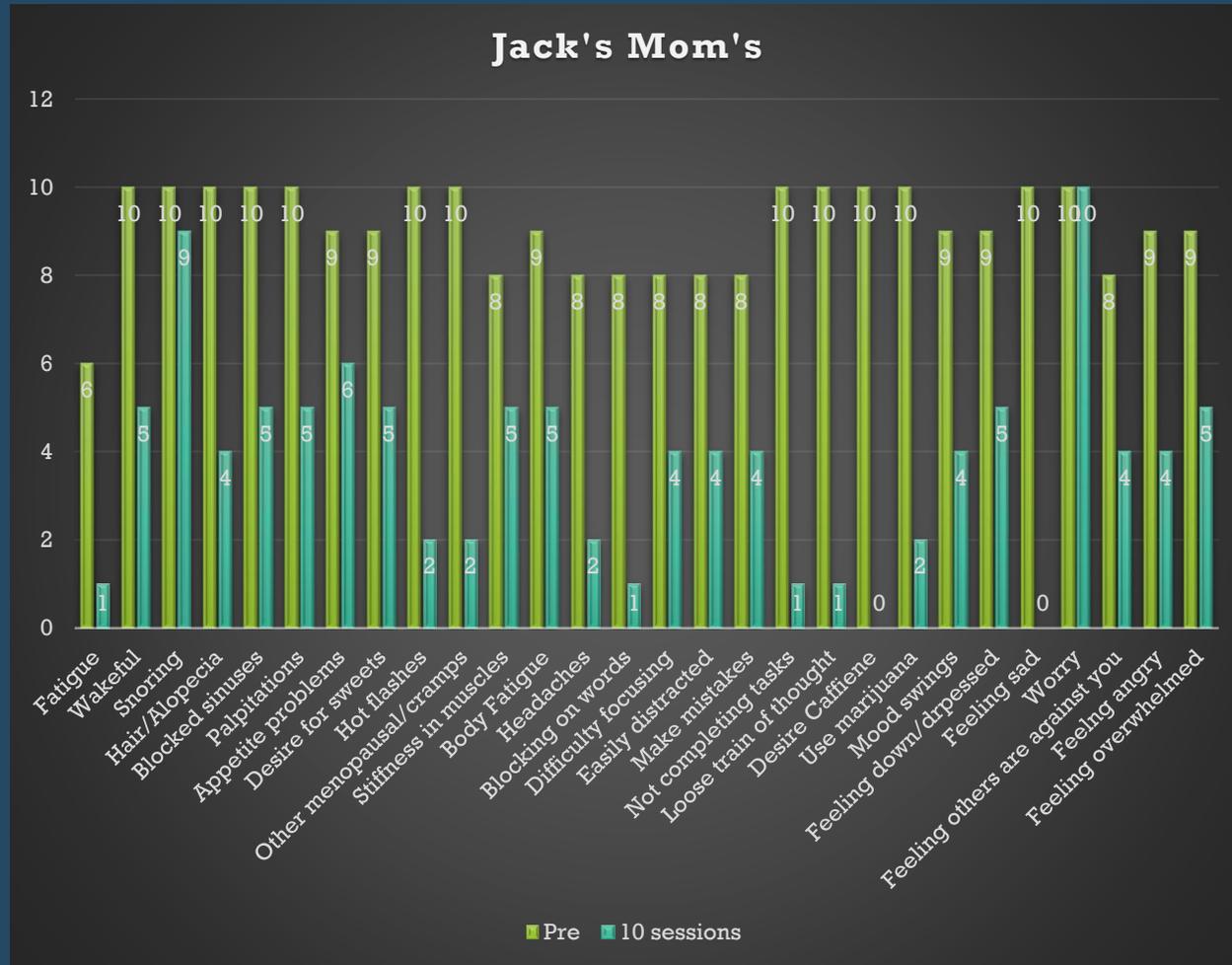
Mental fitness & vitality so I can work!

## Top Concerns:

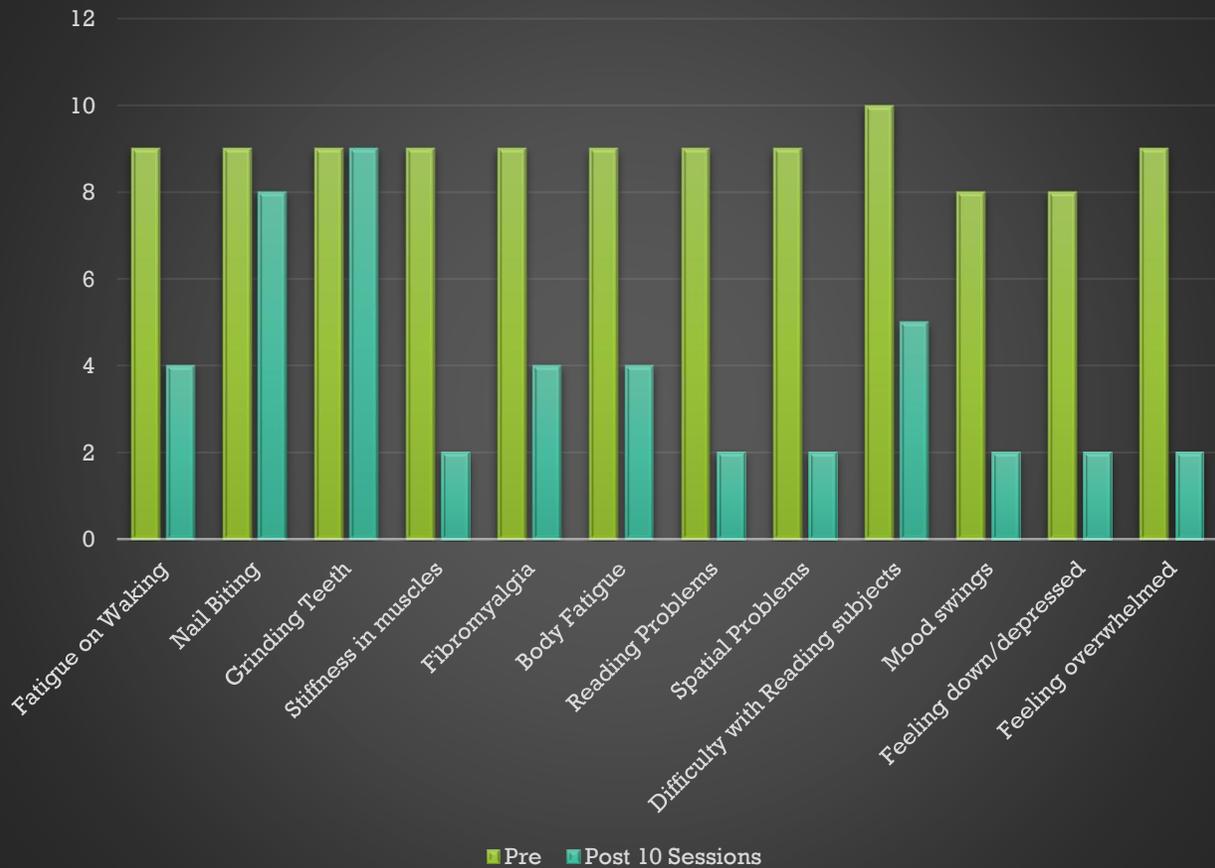
1. Mood swings
2. Waking up early
3. Focus
4. Emotional eating
5. Marijuana usage daily:  
3-4 times a day

## Main Goal:

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



### Uncle #1



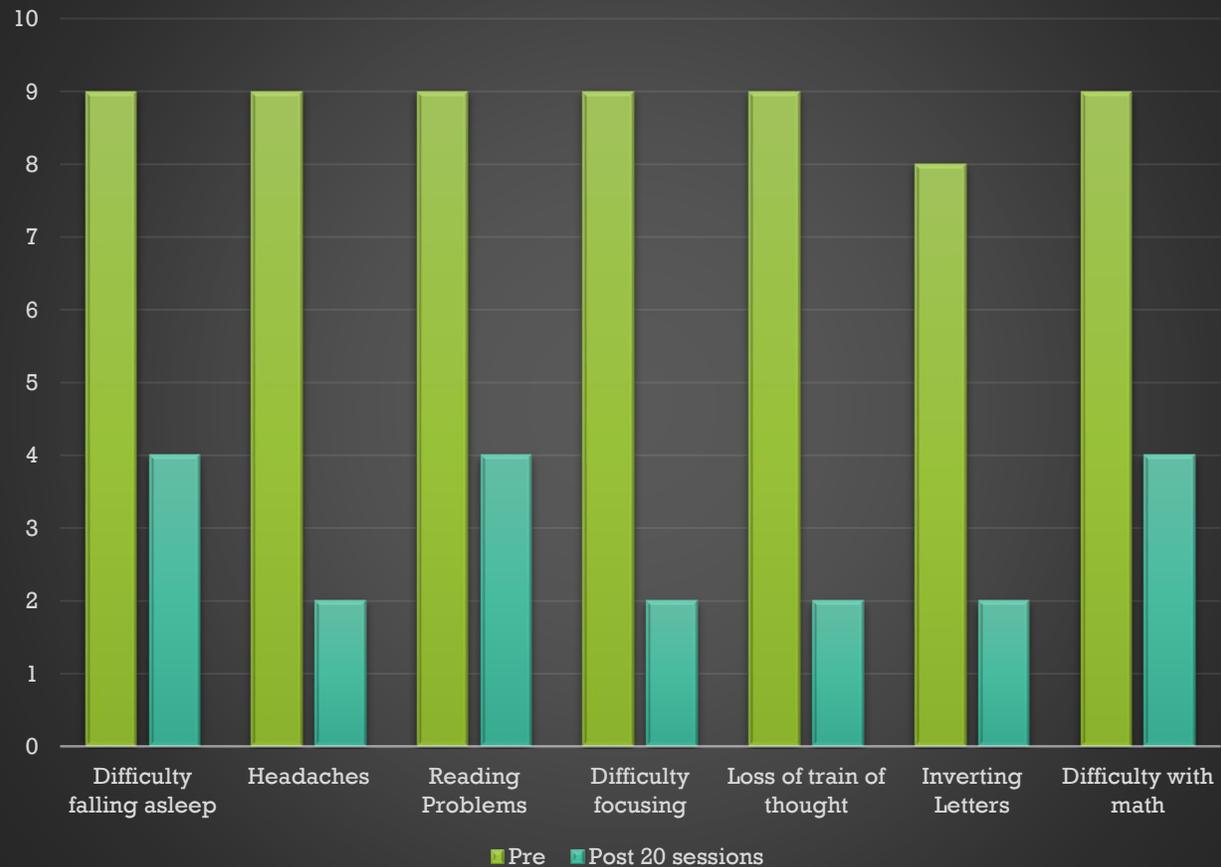
### Top Concerns:

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



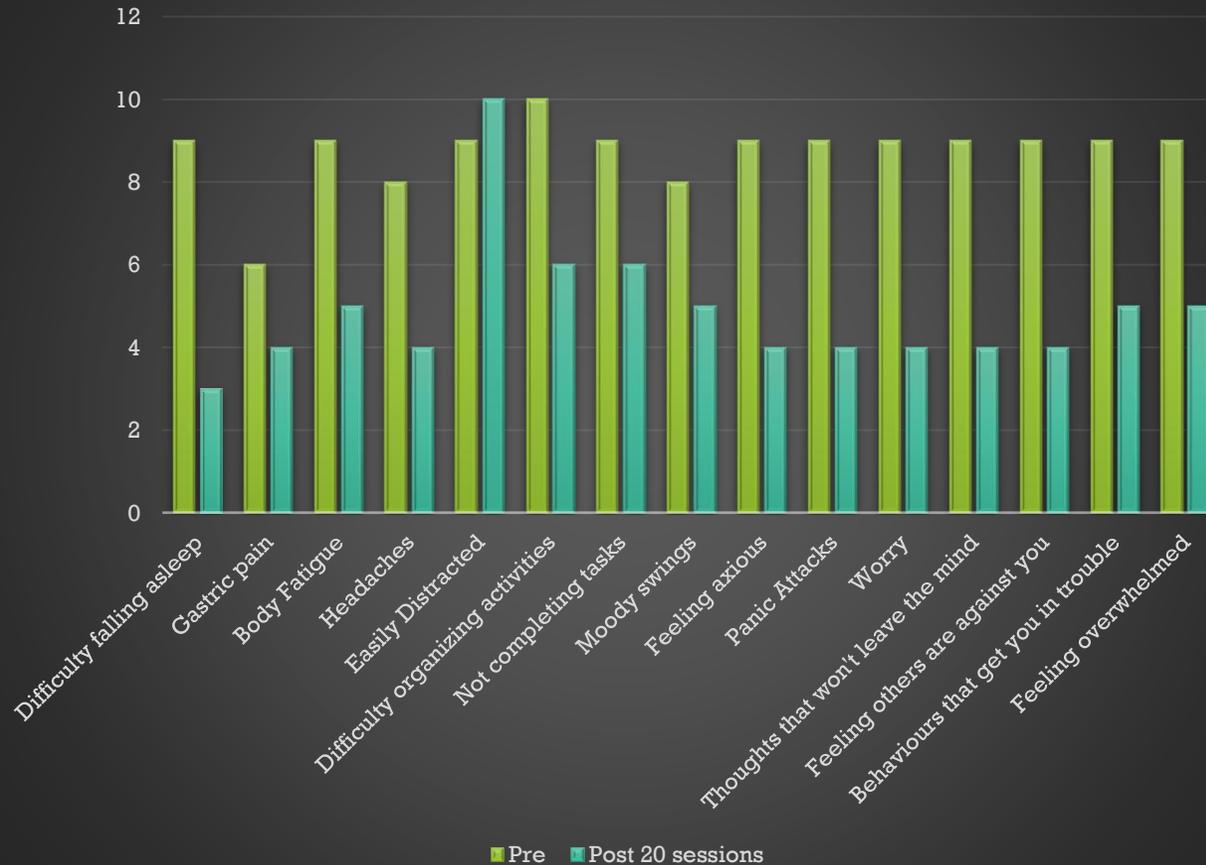
### Top Concerns:

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

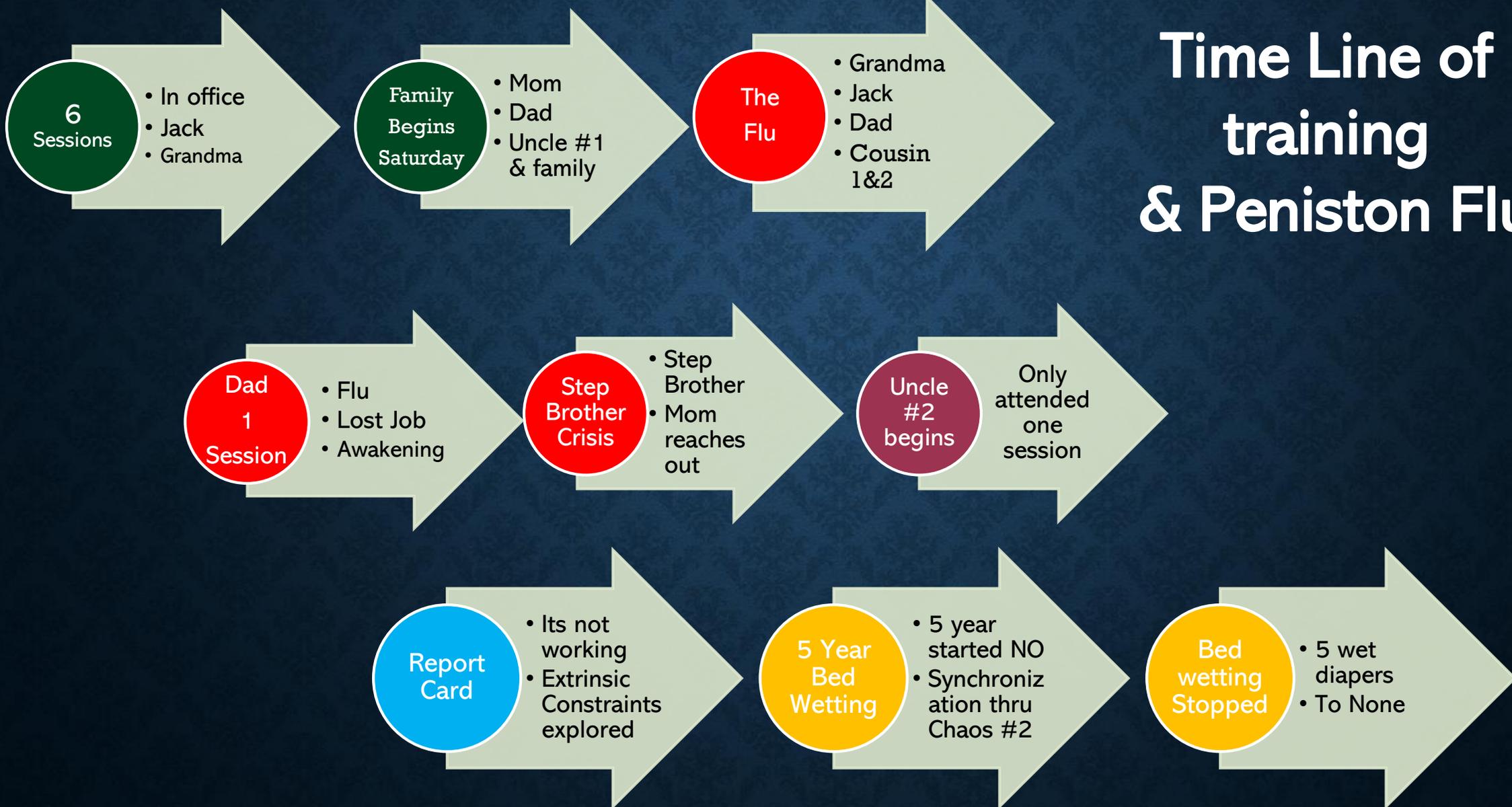
### Main Goal:

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

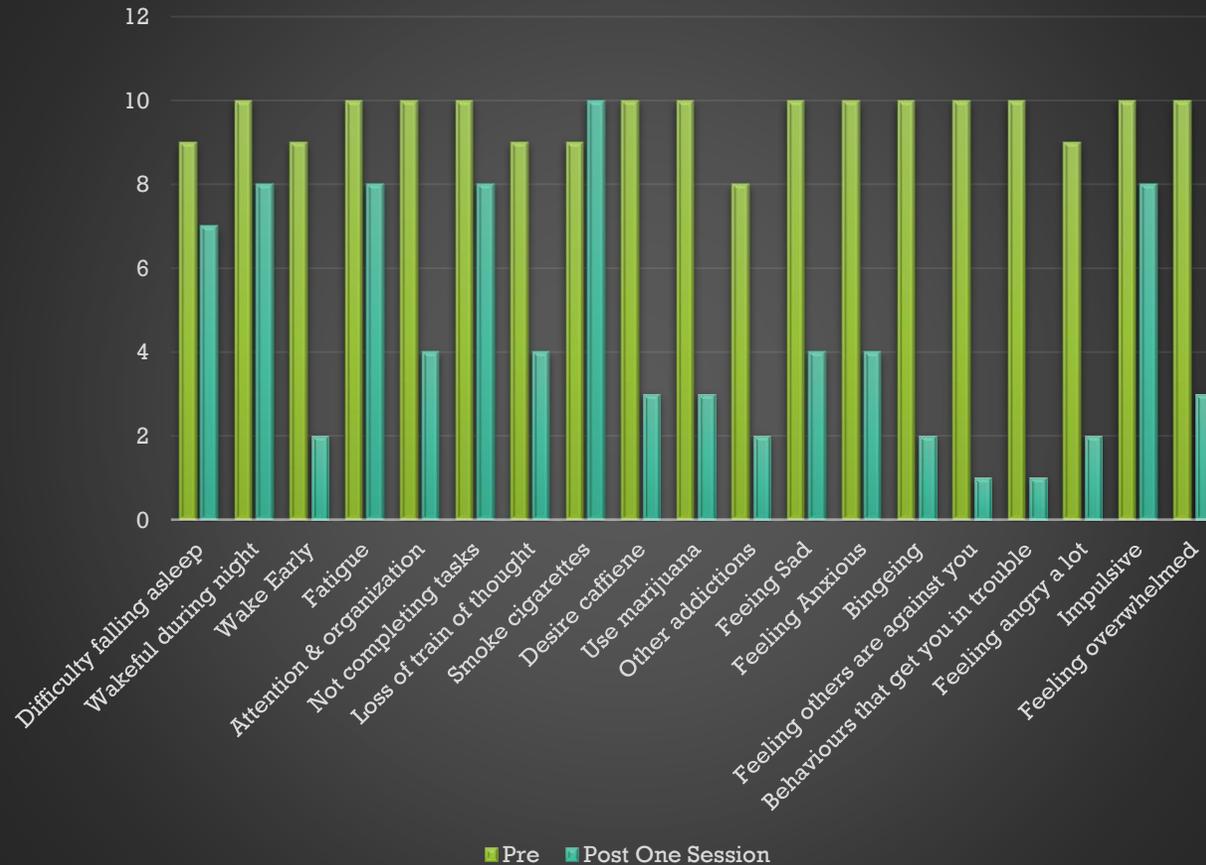
# FINDING SHIFTS WHERE YOU LEAST EXPECT... AWARENESS TEST



# Time Line of training & Peniston Flu



### Dad's Checklist After 1 Session



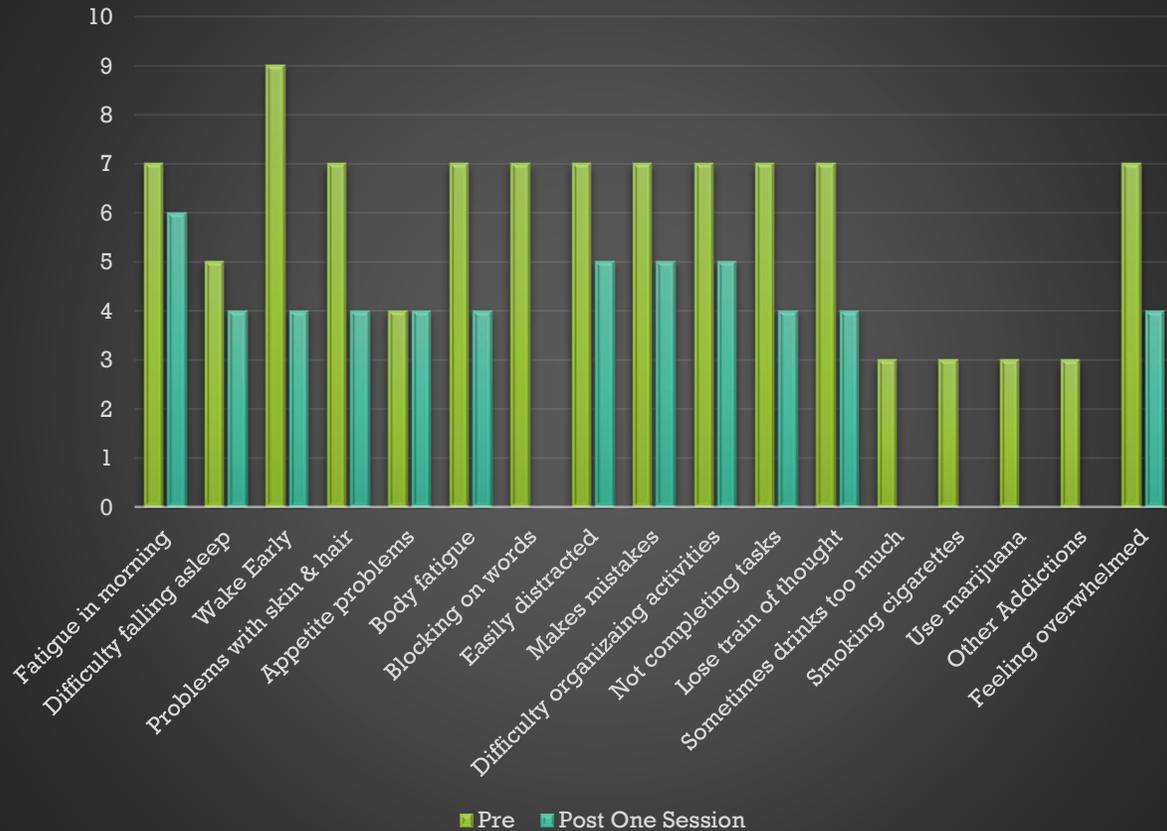
### Top Concerns:

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