



New Client Commitment Philosophy

Health has a lot to do with personal responsibility. Our clinic can certainly offer you very deep and powerful support in overcoming chronic health conditions or pain. But it will ultimately be up to you to be accountable for your own health by being compliant with the lifestyle recommendations we offer, whether they be dietary, exercises, or stress reduction techniques.

A lot of people assume that Neurofeedback works like magic and all they have to do is show up for the training and their health problems will disappear. While the process is very seamless and it may appear to occur this way. This is not case, especially with chronic health issues. We have to work together as a team and implement a variety of lifestyle strategies for the Neurofeedback to work on the deepest level possible. Neurofeedback is a training process which will bring about self awareness and self regulation. If you have been told 'Neurofeedback should work on the first session-or else it's not going to work at all', this is false information and we encourage you to consider otherwise.

Many times, the effects of Neurofeedback will take hold after an initial series of 6-8 sessions depending on your situation. Sure, there are times where you'll feel amazing after the first session, but for chronic issues, you can expect it to take some time. Some clients may require protracted training to achieve self regulation.

Here are the exact steps you will need to take to gain maximum benefit from your sessions. Penny Hyndman is very excited to work with you if you are willing to hold yourself accountable to these very important actions steps:

#1 Consistency in Visits- on your first visit, we will discuss frequency and number of sessions to reach maximum progress. We ask that you make a commitment to the health plan by making your visits a top priority. Neurofeedback works best with consistent and cumulative care. Your time is reserved for you and missed appointments will be billed for.

#2 Eating an organic whole foods diet-this is one of the most important steps you can take to heal all kinds of chronic issues. Many of our clients are asked to undergo allergy elimination protocols with other practitioners, in order to achieve optimal benefit.

#3 Exercising 3-4 times per week-walking, stretching, yoga, biking, etc., preferably you can find something you enjoy.

#4 Taking a few minutes a day of quiet time and introspection-meditation is ideal for this purpose.

#5 Be willing to let go of addictions that are undermining your health

#6 Avoid Sugar and Stimulants – Especially immediately prior to your visits. This will maximize the benefits.

We have found that Neurofeedback can work on very profound levels if these basic steps are taken. We only ask that you do the best you can to follow these guidelines, as they will ensure that you receive the full benefit from our care.

After seeing hundreds of patients over the past several years, we'd like to share with you an overview of the patient that does best with our approach. Our ideal clients:

- Are willing to take responsibility for their health and they are not just looking for a magic bullet that will instantly cure their issues. Our clients recognize that wellness is a process.
- Are interested in working with their minds by exposing and liberating harmful or limiting beliefs (our approach to wellness very much honours the powerful role the mind plays in our health)
- Are generally interested in living with purpose and in balance
- Are compliant-they are happy to make recommended lifestyle changes
- Value their health and the healing process-they make a commitment to showing up on time for their session and sticking to their appointments because they know how important it is.
- See Neurofeedback as a lifestyle choice-generally we don't see patients that just have a specific pain or symptom they want to go away in 1 or 2 sessions and then they never come back.
- Are eager to learn and grow

If this describes you, great! We'd love to have you at our practice and you should do very well with our approach. Be sure to start by downloading Penny's free audio interview. Then call us at 604-831-1330, and we will get you in as soon as we can.