

Frequently Asked Questions

Neurofeedback Therapy Health Clinic in Vancouver

What exactly is The Hyndman Method of Brain Training?

The Hyndman Method of Brain Training takes my 30 + years of dedicated study & experience, coupled with my intention & desire to be of service, to promote personal transformation using the following five strategies:

1. Embodiment: Deepening your sense of presence, awareness, movement, and joy in your life by learning to tap into present moment awareness.
2. Mindset: Helping you adjust your way of thinking.
3. Rewiring/Recalibration of the Subconscious Mind: Change the way you think and thus change the course of your life.
4. Behavioural Modification: Assessing, strategizing, planning, and implementing new healthy habits for better health.
5. Emotional Mastery: Learn to regulate your emotions & thoughts rather than falling victim to them.

How Does Neurofeedback Brain Training Help?

Learning to balance your brain dynamics allows more effective day to day functioning, providing a foundation for growth and stability. Exercising your brain allows it to process information more efficiently and therefore, you are less likely to become overwhelmed by stress, or become stuck in unhealthy behavioural patterns. Neurofeedback training provides you with information, both at a conscious and subconscious level, and over time more healthful patterns become firmly established.

Can Neurofeedback Brain Training help me in other areas of my life besides sleep?

Yes! When you sleep better, you feel better. You are more focused and make better decisions. You can regulate your emotions better and you feel more content and joyful. In my 20 years of working in the field of neurofeedback I have worked in centers that specialize in Autism, ADD/ADHD, learning disabilities, Depression, PTSD, Addictions, Concussions, Brain Injuries, BPD, DID and performance enhancement. An unbalanced brain produces discomfort that can come in the form of both physical and emotional pain. A balanced brain will produce for ease and flow in life, while reducing both physical and emotional pain. It is my experience that brain training enhances your connection to self, hence you experience radical self-love, and your overall life improves! Having worked in larger psychological practices, I have experience working with multi-system conditions. I love working with children with attention & focus issues, and have experience working with children, teens and adults with spectrum disorders. I also work with Together We Can Addiction Centre's Veteran's Program in Vancouver, B.C. assisting clients with PTSD & addiction. If you would like to discuss your situation, please book a complimentary consultation and I will be happy to answer your questions.

What Does A Neurofeedback Brain Training Session Look Like?

You sit back and watch a video display, listening to relaxing music. The images and music produced respond to your brain activity. When the Neurofeedback software senses that your brain is in a calmer, more relaxed state, the images flow, and the music plays. When the Neurofeedback software senses that your brain is in a less relaxed state, the images and music are interrupted. The interruptions in the visual and audio act as signals for your brain to "re set" itself, allowing your brain to reorganize itself into a more natural, relaxed, and effective pattern. After a session, you will emerge from the training feeling refreshed, relaxed and in a higher state of mental alertness.

Why can Neurofeedback Brain Training Help Everyone?

The simple answer is because everyone has a brain! Neurofeedback allows your brain to listen to itself, moment by moment. The brain is amazingly adaptable, and capable of adjusting improve its own performance. When your brain learns to regulate itself, many areas of your life can improve. By training your brain, you are exercising your nervous system and allowing it to be flexible & resilient. Many clients are seeking symptom resolution, while other are seeking to optimize their performance. In essence everyone is optimizing their brain. I like to say: “You don’t have to be sick to get better”!

How Many Sessions Will I Need?

Brain Training is exercising your brain and it is not a treatment. Most people will usually see results within 1-3 training sessions. Lasting results are often achieved with a series of 20 Neurofeedback sessions. Children with attention and focus issues and those seeking symptom resolution from chronic health conditions may require 40 + sessions. Many people choose to engage in 40+ sessions as they explore their personal evolution. Your results may vary according to your goals and individual response to training. Call book a complimentary 20 minute Discovery Call to discuss your training needs with me.

What Forms of Payment Do You Take?

I accept Visa, MasterCard, AMEX, and INTERAC e-Transfer. Payment is due at the time of your appointment. Neurofeedback Brain Training Packages are available. My services are not usually covered by extended health care plans. GST will be added to fees.

How long are the appointments?

Ninety minutes will be reserved for your initial intake visit, and sixty minutes for each subsequent visit. Your Initial training session will be approximately 20 minutes of training time. Each subsequent visit will include a brief “check in” and a 35 minute training session. Training sessions can be purchased per session or can be purchased as pre-paid packages at a reduced cost.

Do you take insurance?

No, I do not take insurance. My license is in Nursing. Most extended healthcare plans only cover private duty nursing. To make Neurofeedback Brain Training affordable, my fees are reduced when you make a commitment to a pre-paid package.

Where are you located?

My office is in New Westminister, British Columbia.
#208-615 Eighth Street, New Westminister, B.C. V3M 3S3
Located across the street from Moody Park.
Free underground parking from Princess St.

How will I know if you are the right therapist for me?

I offer a 20 min complimentary telephone consultation that you can book online to answer your questions.

Are the sessions private?

Yes. All sessions are confidential, and I adhere to PIPA (Patient Information & Privacy Act).

Don't Want to Commit to a Brain Training Program?

No worries, you can pay as you go!

Do You Provide Telephone Consultations?

For Brain Training I provide Home Brain Training Programs for 2 – 4 people at a time. I provide you with the NeurOptimal system and you complete the training in the privacy of your own home. We meet weekly via Telehealth and you receive the same foundations course, mindset work and resources as in office clients do.

Contact me for pricing and availability. In my practice I also offer Distance Healing Facilitation* via Telehealth where I incorporate essential oils with mind body techniques. *Based on the teachings of Healing from the Core

What is Distance Facilitation?

Distance Healing from the Core builds on my gifts and skills developed over three decades of training & practice in bodywork, subtle energy techniques & distance approaches. As a result, I can hold a healing presence for you offering support for issues touching all aspects of your health, and help you empower your own healing capabilities. With this approach, the sessions can feel like an in person craniosacral session or reiki session. It is body centered work, meaning that we are tuning into your body and facilitating its ability to calm and settle itself. It is a collaborative process that uses the practice of embodiment, where you are learning to attend to the physical sensations you are feeling in your body and using this awareness to cultivate a sense of trust in your body's own innate healing capabilities.

Who can benefit from a Distance Facilitation Session?

Distance Healing Facilitation sessions can support you in:

- Reducing and managing stress
- Help you sleep better.
- Reducing pain, tension, and discomfort.
- Increasing focus, clarity, and the ability to make decisions.
- Becoming more aware and grounded in your body.
- Feeling calmer, centered, peaceful, and energized.
- Feeling more confident & content.

What Can I expect during a Distance Healing Session?

If we have not previously met or worked together in person, I ask that you book a complimentary 20 min Discovery call, so we can meet each other and for me to learn more about you and your needs. Each Session is 60 minutes. I will email you the log in information the day of your session. I encourage you to sit in a comfortable chair where you can have your feet flat on the floor. Please make sure the space is free from distraction or interruption. If sitting is uncomfortable you can lie down in a comfortable position, ideally where you can place your feet on a flat surface. I recommend that you use a headset so that we can hear each other clearly. If you have essential oils and would like to incorporate them into your session, I welcome you to have them present so that we can integrate them, as necessary.