



GENTLE
INTEGRATION
THERAPIES

Emotional
Support

Health &
Wellness
Support



SENSES

An Overview of Awakening the Hidden Brilliance in ADHD

Syllabus & Programme Schedule

Balance

Vision

Left & Right Brain

Differentiation

Body Awareness

Internal GPS

Muscle Tone

Touch

Smell

Sound

About this programme

The Awakening the Hidden Brilliance in ADHD Programme doesn't fix ADHD, as there is nothing broken. It helps adults and children tap into the superpowers or gifts that people with ADHD have without spiralling out of control. We help with concentration,

following instructions, reading, writing, expressing thoughts in writing, emotional meltdowns, impulsivity, aggression, anxiety, bedwetting, difficulty sleeping, or any sensory challenges. The foundation of this programme is that we start wherever the client's body is ready to begin, resulting in the most beneficial outcome for a client without medications or learning parenting strategies. We integrate three modalities that fit together to help emerge the hidden superpowers of ADHD and resolve inner conflicts.



What the programme covers

The seven months programme incorporates a dynamic, in-depth, and conscientious approach, which may change to meet client's needs as they progress. We start with an assessment, neurodevelopmental activities (exercises) and we look at different threads, such as food sensitivities, heavy metal toxicity, neurological irregularities, candida, leaky gut, hormonal imbalance, amino acids, minerals and vitamin deficiencies, active primitive reflexes, electromagnetic interferences, spiritual and emotional well-being, and the present of pathogens. We attend to these during the programme. Addressing one issue can profoundly affect the others as they are interlinked, and this is how we begin unlocking a client's most significant potential, and life struggles suddenly become more effortless.

**It takes time to change a lifestyle
and build new circuits.**

**This isn't a quick fix,
we are changing physiology.**

This Programme...

Is For You If:

- You aren't diagnosed with ADHD
- You are diagnosed with ADHD
- Have dyslexia
- Have dyspraxia
- Light & sound sensitive
- Emotional outburst
- Committed
- Can spare 20 minutes per day
- Want to tap into your superpowers

Is NOT for you if:

- Can't be touched
- Cannot lie down for more than 30 minutes
- Can't or won't swallow a supplement
- You are too busy to commit for 20 minutes per day
- You are doing another complementary therapy



Who should take this course?

This programme is designed to explore different avenues for integrating and healing for those who believe ADHD doesn't have to be a struggle and are open-minded. You know there is more to you or your child, but you feel you hit the brick wall and feel stuck. You realise if your child isn't helped now, they could end up with low self-worth, guilt, and self-judgment, causing unnecessary problems in their relationships with themselves or others.

If you are experiencing living on the edge and are exhausted by endless sleepless nights worrying about your child's future and mental health. The school has become a struggle, and your child starts feeling like a loser or a failure. This programme is for you.

What you will learn:

A client is presented with his neurological profile where 'AHA' moments occur, and suddenly, things start making sense as to why he finds it hard to concentrate, follow instructions, and express themselves. These moments are priceless. From there, we establish neuro-developmental activities that are supported by videos. Another client may need to start with healing his gut first and addressing heavy metal toxicity in the body, or we may have to start addressing emotional issues that have been dumped in the body before we can begin with the neurodevelopmental programme. The foundation of working with me is that we start wherever the client's body is ready to begin, resulting in the most beneficial outcome for them, addressing whatever needs to be dealt with first, at the right time, and the right supplements for them. If you take supplements that your body doesn't need, your body has to work harder to detox them from the body.

ORIENTATION OF THE PROGRAMME:

MONTH 0: FILL IN A QUESTIONNAIRE

Before we can begin, you will need to fill in a detailed questionnaire for me to understand all aspect in your child's life – pregnancy, birth, reaching developmental milestones and medical history. The questionnaire must be filled out and turned in 2 weeks before a kinesiology session

WEEK 1: KINESIOLOGY

We start with a kinesiology session where we look at any imbalances in the endocrine system, gut, minerals and vitamins deficiency, any electromagnetic field interference and emotional blockages before we start integrating the client's neurodevelopmental systems. We check if any primitive reflexes need to be integrated. We need to understand that the body works in priority, meaning that it will reveal what it needs to be address first to have the most impact on the body and mind. A client will be recommended supplements. Heart Power Lock - the heart can store memories of events, experience of trauma, whether they are of physical, emotional, mental or spiritual nature. This technique is done at the end of the session to help a client release any trauma or stress stored in memory tissue.

WEEK 2: EXPLORATION UP TO 2HRS - ONLINE

A client sets up goals he would like to achieve, do better or be good at, and parents share their desire for what they would like to go better for their child. At the exploration session, a client sits at a table, and we interact together. This session is an assessment to help me understand your child and is not a test. We do certain activities to help me observe and understand how his body and mind work together and how he subconsciously strategizes daily. Prompts are given.

WEEK 3: EXPLANATION SESSION 1 / FINDINGS + ACTIVITIES ONLINE

This session, I present some of my findings and explain why certain things are difficult, and which systems are compromised and which systems we are going to focus on to reach client's goals. This session can be empowering and liberating for a client and parents as things start making sense, why their child struggles – nothing to do with bad parenting or being difficult and not smart enough. A client is shown three to four activities, and is given access to recordings of the activities.

WEEK 4: EXPLANATION SESSION 2 / FINDINGS + ACTIVITIES ONLINE

This session we recap the findings and talk more about the client's compromised systems and how we can integrate these systems to reach his goals and potential. A client is shown three to four activities with access to recordings of the activities.



ORIENTATION OF THE PROGRAMME:

THE FIFTH WEEK AND THE REST OF THE PROGRAMME WILL BE MORE ROUTINE AS TO WHAT HAPPENS EACH MONTH

- One week will include a review
- Second week will be a kinesiology session
- Third week we will not meet
- Fourth week will be a drop in
- Repeat with new exercises, different kinesiology session and new or different goals

WHAT TO EXPECT FROM REVIEW SESSION ONLINE

The client turns in activities/exercise form so we can track change of state and make sure you are not having any issues. At this session, we go through the activities and see if any adaptations are needed. Science shows us that it takes a minimum of 6 to 8 weeks for the body and brain to develop new neurological pathways to see any small changes. However, my clients report back the first signs of any positive changes after only two weeks into their programme. At these sessions, we evaluate how things are going and if there have been any changes. We may add new activities or take out some of the activities depending on client's circumstances. We aim for a client to have twelve to fourteen activities by the end of the second half of his programme. However, this programme is tailored to individual needs, and these are only guidelines. In the next review session, we evaluate how things are going and if some of the goals have been met. We add or replace some of the neurodevelopmental activity / activities. A client may set a new goal. A client needs to email his activities form to me so we can track his progress and troubleshoot for any challenges.

WHAT TO EXPECT FROM THE KINESIOLOGY SESSIONS

At these sessions, we check any issues that have arisen from the previous sessions to see if they have been integrated. We also look for imbalances in the body that may have surfaced from the prior session or have been dormant. For example:

- Check for external & internal interferences.
- Presence of any pathogens or heavy metal toxicity
- Food sensitivities
- Leaky gut and candida
- Any minerals, vitamins, or amino acids deficiency
- Check for the right supplements and will be recommended at each session
- Breathing exercises, or a short meditation.
- Heart Power Lock is done at the end of each kinesiology

WHAT TO EXPECT AT THE DROP IN SESSION ONLINE

We meet up online for support, see if there are any challenges, and talk about how things are progressing. I share tips.

Do You Have Any of These Health Challenges...



Weekly Schedule of Programme

MONTH	FOCUS	FACE TO FACE	ONLINE	ASSIGNMENTS
0	Fill in a questionnaire			The questionnaire must be filled out and turned in 2 weeks before the next session
1	Week 1 Kinesiology	Look at any imbalances in the body		Follow recommendations – (supplements, breathing exercises)
	Week 2 Exploration Session		I work with a client to understand how his body and mind work.	Prepare and set up the given materials for the session.
	Week 3 Explanation session		Present some of my findings and explain why certain things are difficult.	A client is taught three to four activities with access to recordings of the activities.
	Week 4 Explanation Session		We recap the findings and talk more about the client's compromised system	The aim for client is to add activities or subtract s activities to meet their unique need.
2	Week 5 Review		We go through the activities, check adaptations needs.	<ul style="list-style-type: none"> • Email activities form to me from month 1. • A client carries on with his activities and recommendations.
	Week 6 Kinesiology	Check any issues from the previous session; we may check food sensitivity and any imbalances in the body.		Follow recommendations – (supplements, breathing exercises)
	Week 7 No meet up		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • Sharing tips
	Week 8 Drop in			

MONTH	FOCUS	FACE TO FACE	ONLINE	ASSIGNMENTS
3	Week 9 Kinesiology	Check any imbalances, toxicity, or food sensitivity		Follow recommendations – (supplements, breathing exercises)
	Week 10 Review		We evaluate any changes, add new activity/s, or take some out.	<ul style="list-style-type: none"> • Email activities form to me from month 2. • A client carries on with his activities and recommendations
	Week 11 Drop in			
	Week 12 No meet up		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • Sharing tips
4	Week 13 Kinesiology	Check for any external & internal interferences		Follow recommendations – (supplements, breathing exercises)
	Week 14 Review		check to make sure goals have been achieved add or replace some activity/s, set new goals	<ul style="list-style-type: none"> • Email activities form to me from month 3. • A client carries on with his activities and recommendations
	Week 15 Drop-in			
	Week 16 No meet up		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • Sharing tips
5	Week 17 Kinesiology	Check any imbalances in the body		Follow recommendations – (supplements, breathing exercises)
	Week 18 Review		check to make sure goals have been achieved add or replace some activity/s, set new goals	<ul style="list-style-type: none"> • Email activities form to me from month 4. • A client carries on with his activities and recommendations
	Week 19 Drop in			
	Week 20 No meet up		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • Sharing tips

MONTH	FOCUS	FACE TO FACE	ONLINE	ASSIGNMENTS
6	Week 21 Kinesiology	Check for any issues that showed up from previous session		Follow recommendations – (supplements, breathing exercises)
	Week 22 Review		We evaluate any changes, add new activity/s, create something you want to try out	<ul style="list-style-type: none"> • Email activities form to me from month 5. • A client carries on with his activities and recommendations
	Week 23 no meet up			
	Week 24 Drop in		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • Sharing tips
7	Week 25 Kinesiology	Check all previous imbalances and interferences		Follow recommendations – (supplements, breathing exercises)
	Week 26 Drop in		check to make sure goals have been achieved add or replace some activity/s, set new goals	<ul style="list-style-type: none"> • Email activities form to me from month 6. • A client carries on with his activities and recommendations
	Week 27 no meet up			
	Week 28 Review		15 -20 minutes on Zoom or WhatsApp	<ul style="list-style-type: none"> • Talk about how things are progressing. • End Course

Please read, sign and return contract on the following page



<https://www.gentleintegrationtherapies.com>
lida@gentleintegrationtherapies.com

Policy

- Kinesiology and other sessions need to be scheduled at the beginning of each month to ensure you are booked for your sessions.
- If you need to reschedule a session, there is 48 hours cancellation policy. You need to cancel 48 hours in advance, or you lose the session. A fee of £80 will be charged if at least 24 hours' notice is not given for rescheduled or cancelled sessions.
- I understand that all suggested nutritional supplements are not included in the programme price.
- I accept responsibility for my child's health / my own health and well-being, and for my participating in the neurodevelopmental activities, kinesiology sessions and nutritional suggestions made during the programme.
- I understand that all clinic notes are confidential, and will be kept for a minimum of seven years. They will never be shared with any other practitioner / organization without my written consent and that I have the right to see my child's notes / my notes at any time.

I have read and understand the information outlined above.

Signed

Date

Refundable Policy

We understand that life can be unpredictable, and we want to ensure that our clients have the flexibility they need when working with us. That's why we offer a refundable policy that allows you to make changes and adjustments as needed. We want to ensure you are confident when choosing us for our services.

Yet, it's not just about refunds - our brand also offers options such as transferring for different services we offer.

Our Commitment to the Customer Journey

We pride ourselves on providing exceptional customer journey experiences.

Our refundable policy is just one example of how we put our customers first and ensure their needs are met.

The initial payment is refundable if made before the submission of the questionnaire.

However, once you submit the questionnaire, the initial payment is no longer subject to refund.

If you discontinue the programme halfway through, a quarter of the total programme fee will be refunded.

