

## **Clear Minded Children**

### **Alternatives to Psychiatric Medications**

### **For Children Labeled ADD/ADHD and Bi-Polar**

Children represent our future. The future depends upon our children's ability to make clear and responsible decisions. It is the responsibility of society to create a safe and healthy environment for our children and grand children to grow. Psychiatric drugs create dependencies, addictions and dangerous unwanted side effects. Labeling children ADD or ADHD sends a devastating message to them, "You're broken!" Psychiatric drugs dull creative faculties and disrupts emotions leading to feelings of alienation and numbness. There must be another way! If not now, when?

### **A Gift That Lasts Many Lifetimes**

F.R.E.E.S. is a non profit 501(c)3 foundation dedicated to the mental, spiritual and physical health of our community. (The Foundation of Research for the Evolution and Enlightenment of the Spirit) currently sponsors the Quantum Healing Center in downtown Delray Beach. The Center provides workshops, seminars and training programs for non-medication solutions for ADD/ADHD. The Clear Minded Children's Program (CMCP) is for children being treated for ADD, ADHD, Depression or Anxiety with Ritalin, Prozac or other pharmaceutical drugs.

The CMCP is done with the child's medical professionals cooperation to wean them off medication while teaching them workable new skills of concentration, relaxation, healthy channeling of their energy and better choice making skills Meditation, Yoga, Bioenergetics, Hypnosis, NLP, Quantum Psychology and other alternative approaches are used to develop their abilities.

### **Responsibility**

Our future generation is becoming addicted to prescribed psychiatric drugs like Ritalin. These Class II cocaine-like drugs, stunts growth, causes insomnia, appetite loss, anxiety, rage and increase rates of suicide. Sadly children often have NO VOICE in this decision. Once labeled ADD/ADHD, children lose their rights to be medication free. Children are forced to take highly toxic, highly addictive and highly dangerous drugs. Many children then require other medications to deal with these drugs unwanted "side" effects. This "drug cocktail", ensures the child's body-mind is suppressed and endangered, for the purpose of fitting into an outdated educational system. Psychiatric drugs cut users off from their feelings, thoughts and survival impulses. Telling children to "Say No To Drugs" has become a joke, as over 8 million children are forced to take these dangerous drugs while uninformed and confused parents watch on feeling helpless.

## **There is Another Way**

There is another way. A school system that requires children to be taking addictive, toxic, mind and brain altering drugs to succeed is wrong.

## **The Quantum Difference**

### *The Clear Minded Children's Program*

Our way is NOT to cover up symptoms labeled "undesirable" that a drug blocks as it shuts off growth, creativity and access to inner thoughts. We address the individual in a holistic nature that incorporates the body, mind and spirit in the corrective process.

Attention deficit is a symptom of an untrained and agitated mind. In our program we teach ADD/ADHD diagnosed children as well as "normal" children wanting to be more focused, relaxed and successful in their lives to better concentrate, relax and be more responsible for their actions by learning new skills to make better choices. To help create a safe environment where children feel supported and nourished.

Our program utilizes a special parent training program to help them develop new models of communication, patience, trust that unites their family system.

Please extend your heart and share your abundance. Protect our children and send a message of love and caring to the future by making a donation to The Clear Minded Children's Program. You can also name this program in your will, trust or estate, to provide healthy alternatives to our children.

Programs are available on a sliding scale basis and no child is who is determined to be drug free and willing to do the work with their family's support is turned away.

Please feel free to contact Dr. Brian Sheen directly at 561 272 3733

The Quantum Healing Center Tax ID #: 65-0827461

[www.clearmindedchildren.org](http://www.clearmindedchildren.org)

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## **Philosophy of Therapy**

To guide children and their families to realize their full potential for happiness, well being, health and peace utilizing the most effective therapeutic techniques available. These include

Psychoneuroimmunology, NLP (Neuro-Linguistic Programming), Clinical Hypnotherapy, Bioenergetics, Open Heart Meditation, Yoga, Quantum Psychology, Holotropic Breathing, Shamanism, Hellinger Constellations, Regressions, Time Line Therapy and Educational Coaching.

### **Educational Background**

A PhD in Clinical Hypnotherapy, Master Practitioner Dr. Brian Sheen is a PhD in Clinical Hypnotherapy, Registered Yoga Teacher(RYT), Personal and Spiritual Coach, Master Practitioner of Meta-NLP, Time Line Therapist and Bioenergetic Practitioner.

Since 1970 he has been trained in a wide variety of advanced therapeutic techniques training with Dr. Richard Bandler, Dr. Brian Weiss, Dr. Alexander Lowen, George Leonard, Swami Shyam, Kenneth Wapnick, Bert Hellinger and Credo Mutwa. As well as many other prominent researchers in the field of mind and spirit.

Our mission is pure and simple: Provide a voice of reason for children so that dangerous psychiatric medications are only considered as the last choice, not the first one, while providing empowering tools, education and therapy to build personal strength and family unity.