Lesson 1

Intentional Parent Video

What is an Intentional Parent?

What is the Safety Net & how do we build it?

Lesson 2

The Healing Formula Video

A. Using the Healing Formula

Component 1

Move Your Stuff

1.

2.

3.

Component 2

1.

2.

3.

Component 3

1.

2.

Component 4

1.

2.

3.

4.



Lesson 3

Attachment Video

Important info in regards to Attachment.

Lesson 4

The Limbic System Video



Lesson 5



Brain Video