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How to Reverse Executive Functioning Difficulties Using Proven Holistic Treatments

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Executive Functioning Tips

Look to NEUROSCIENCE to get your brain working

1) Take a BOTTOM UP Approach

If your brain can't power up, then it isn't primed to LEARN. You can have all the great intentions in the world, but if your trying to build a house on a shotty foundation, then learning is much harder.

How can you improve your BRAIN so it can attend, remember, and have a 360 REVERSAL® of symptoms?

- Address nutrient deficiencies
- Check for genetic mutations
- Ensure proper detoxification
- Get good nutrition
- Prioritize sleep
- Manage stress

Sign up at www.drroseann.com for parent courses that teach you how to REVERSE your child's issues

2) Use the RESEARCH to get the brain alerting differently

How do you improve EF using Neuroscience RESEARCH?

- Look to **HOW** and **WHAT** the brain pays attention and remembers stuff.
- People with GOOD EF see the **end result** first and then work backwards.
 - For example, when someone with GOOD EF goes grocery shopping, they start with what they are cooking first.
 - Someone who has EF challenges, just goes into a grocery store and grabs what looks good, often without a list. Then you get home and have no idea what to make!

Let's break it GOOD EF further... People with GOOD EF have 2 strong skills:

- **Situational Awareness**
- **Non-Verbal Working Memory**

Situational Awareness

- The ability to read the room – can VISUALLY organize what they see
- They think about “**What will it look like in the future**”?
- They have a strong sense of the object and people and of time and space

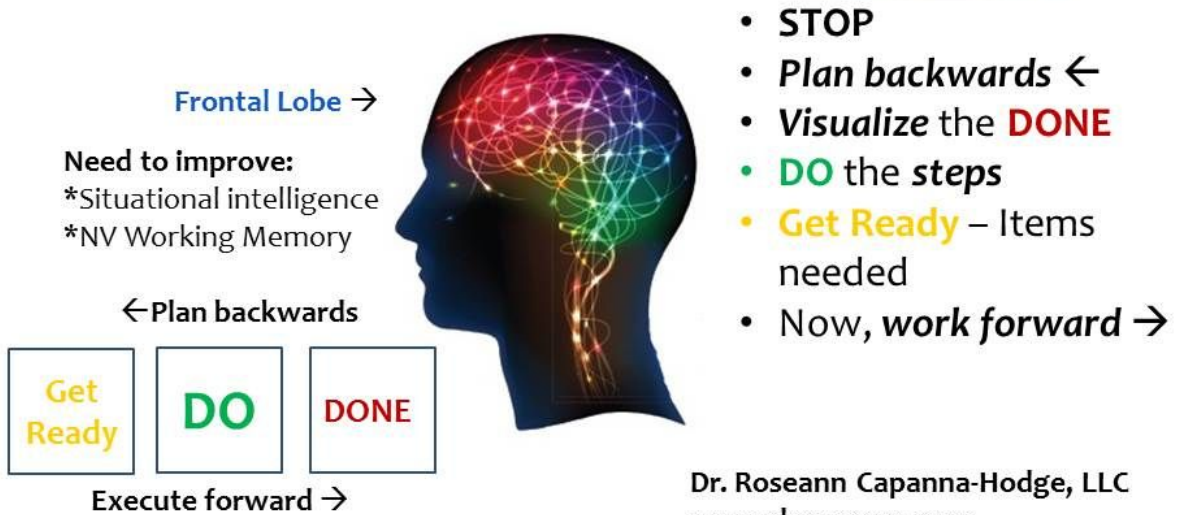
Non-Verbal Working Memory

- Nonverbal memory is our ability to remember and re-create non-verbal visual experiences and images - information about faces, shapes, images, songs, sounds, smells, tastes, and feelings
- It is our “**How do you do that?**”

How can YOU Learn to Have GOOD EF Skills?

- Learn how to be a **FUTURE THINKER** and how to pre-imagine the future
- Think about what do I need to do to get it **DONE** and what does that **LOOK** like?
 - THINK ABOUT
 - What does it look like?
 - What feel like?
 - What do I look like while doing it?
 - How do I feel while doing it?
 - How am I moving to achieve this?

How to Improve Executive Functioning



Reference: 360 Thinking® Cognitive Connections – Sarah Ward

TIPS for KIDS and TEENS

Watch my video made just for your child or teen!

<https://www.loom.com/share/0d03b0457b9c48ee87ed1570bea5810b>