

# Options Center's Education Program

## **10 Most Frequently Asked Questions**

### **1. How long have you been using Brain Gym® with children and adults?**

Helen Cox, RN, BSN, LDN, is Director of Options Center for Health & Education, a registered nurse with a Bachelor's Degree in Nursing, and a Licensed Dietician Nutritionist. Helen founded Options Center in 1985 where she continues to offer health as well as educational programs. Helen has been a certified Brain Gym® instructor since 1986 and is qualified to certify teachers and parents in Brain Gym® techniques. She has been interpreting hair analyses since 1995 and she has been a nutritionist since 1997.

### **2. What results have you had?**

Click on Testimonials → Education on our website where you will find the stories of students and parents describing their experiences at Options. Here also are some short quotes from students and parents taken from their evaluation form:

"My greatest joy with this class was seeing him try, and when he succeeded, the joy on his face!"

"I wish I could have started this program a year earlier." – P.H.

"I was afraid I would hate doing this [exercises] but I like it a lot."

"I wish more people knew about this."

### **3. What results can I expect and how soon?**

After taking the recommended supplements based on their hair analysis, following its nutritional advice, and doing the Brain Gym® exercises, the first thing most people notice is a change in energy level: their lethargy becomes motivated activity or their hyperactivity turns into focused attention.

### **4. Can my student stay on medication and attend your program?**

Yes. Taking medication does not negate the benefits of Options program.

### **5. Do you offer tutoring?**

No, Options does not offer tutoring of subject material. Options' philosophy is to help the student integrate the brain and body so the student has the tools to make learning natural, easy and fun at school.

### **6. Can parents and/or students choose to do part of the program, such as hair analysis only or just the Brain Gym® classes?**

Yes, the student can choose some or all of the parts of the program that Options has to offer. Helen can prioritize her suggestions based on what is needed most. The student and family make the final decision about what services are done.

### **7. Does my student have to do a Skills Assessment?**

Helen determines at the Initial Assessment whether a Skills Assessment is required for your student.

### **8. How often does my student need to come to Options for Brain Gym®**

## **classes?**

Most students come once a week with parent[s] for one hour. Other arrangements can be made for students who may live at a distance or are too young for one hour. One or both parents must attend the classes unless Helen suggests it is best for a parent not to attend.

### **9. How much do you expect a parent of a student to be involved with the Brain Gym® home practice sessions?**

Preschool and grade school students' parents need to be involved in all classes and all home practice sessions. It is best for parents of all age students to be involved in practice sessions with or without the student so they can become integrated, release stress, and be able to mirror the positive changes that are happening in the student. The practice sessions are ideally done three times a day every day.

### **10. How will I know when my student has completed the program?**

The student completes the program by progressing through the classes needed for processing that were determined in the Skills Assessment and when the behavior and attitudinal problems that brought you to Options no longer exist.