

“I attended a lunchtime seminar with Pat and two other parents. The small group invited interactive discussion while also allowing Pat to insert her advice, without taking over my need to know that “I am not alone” in my struggle with my procrastinating and forgetful tween. I gained tools to work with my child that have led me to learn patients as I understand his brain is only half-baked. The tools I’ve learned to deal with the half-baked brain have been very successful. Pat has the traditional MFT license, but what sets her apart is that she is a neurofeedback practitioner, former educator AND mother of twins...a recipe for empathetic, practical, knowledgeable, state-of-the art advice. Her website alone has enlightening information and easy-to-implement tools. I recommend Pat’s service without equivocation.”