

**THE CLEAR MINDED CHILDREN'S
CD SERIES STUDY GUIDE
© 2007 Dr. Brian Sheen**

The purpose of this study guide is to provide you with instruction on how to use the interactive audio program to best support the process of recovery from your ADD/ADHD or Depression.

If you decide with your prescribing physician to follow this program and have your child become medication free, please be aware it is not uncommon for them to go through certain withdrawal symptoms for 3 to 10 days as these toxic drugs are drained from their system. Fortunately withdrawal effects are usually short term and greater health & strength soon occurs as this program is followed. When in doubt, seek your physician out!

It then becomes possible for you to use TCMCP and this study guide to educate child and yourself to become medication free.

A book or CD cannot make a diagnosis, so you must decide whether this approach is right for you or not. If you decide that it is this series can help you get better. Co-ordinate with your medication prescribing doctor so that you are under his care while you withdraw from any medications. The audio series is presented in 16 sections. The sections are:

- CD-1** an overview of today's drug orientation the real causes of ADD/ADHD and depression.
- CD-2** Getting in sync with your children in home and school.
- CD-3** Parenting Part 1
- CD-4** Parenting Part 2
- CD-5** The basis exercise protocol
- CD-6** Focusing and Meditation
- CD-7** Relaxation and tuning into your body
- CD-8** Parent/child reconnection-Processes and techniques
- CD-9** Ability development for better relations, successes and choices
- CD-10** Building inner resources to feel safe and protected - a guided inner journey
- CD-11** Removing degrading self images
- CD-12** Expanding personal power and connection to nature
- CD-13** Advanced Techniques for releasing excess energy or increasing low energies using bioenergetics
- CD-14** Shifting past, present and future
- CD-15** Utilizing the power of the unconscious mind
- CD-16** Future possibilities and challenges

How you listen to CD's is up to you. However Dr. Sheen recommends doing the series in order, and then reviewing portions that are most important CD's, 5, 6 & 13 especially. In addition to listening to this CD series, it may be useful to read, Dr. Peter Breggins book The Ritalin Fact Book or The Anti Depressant Fact Book. Sit quietly with your child as you both listen. Have a pad and pen to take notes. Shut off all phones so there is no distraction. Scheduling a time each day for doing daily assignments is helpful and a weekly 90 minute session on the weekend is suggested. Remember this is a commitment by both parent(s) and child - a choice that will bring greater health, self control & self reliance to live a successful life - drug free! Pay close attention to what you read, especially to that which reminds you of your situation.

Remember many people have become medication free simply from applying these practices. We expect the same results with your doing this CD program.

After listening to the CD's and doing the exercises, you may ask yourself, "Now what do I do?" Daily reflection is essential. Like school, you have to do your homework. Repetition is very important. Set aside time every day, at least 15 minutes each morning and 30 minutes each evening to review the following material:

1. The principle behind getting better is to understand what ADD/ADHD is all about and to acknowledge that anyone can learn to focus better. You already can focus when you're interested and really want to. You will learn how you can make better choices to stay well connected more often.
2. In order to become medication free, it is essential that you put your past medical experiences behind you and concentrate on this program. Write up the medical labels you've been given then rip them up.
3. You will speed up the process if you forget everything you were told in the past, including any ADD/ADHD diagnosis you may have been given. You are much more than that, much more!
4. Concentrate on understanding the causes of your ADD/ADHD symptoms and start making the corrections in your family system to effect change.
5. You are going to change your minds programming by educating and training yourself in effective new way every day until the medication stops and new habits have been developed.
6. Unconscious fears and threats is what magnifies your distraction. It is inside of you, even if you don't feel it. There are a number of possible sources of the agitation. Dr. Sheen suggests that you make a list of all the things that are contributing to your internal agitation. Anger which accumulates becomes rage. Fear which is repressed becomes deep terror. As you go through this program you will see what should be on your list. Consider all aspects of your family system.
 - a)** Often times ADHD is aggravated by repressed anger generated in infancy or childhood. This can contribute to a feeling of fear & agitation if not recognized. Try to think of anything in those early years that might have made each of you angry even if you don't feel angry at this time. Add them to your mind list. Your mind may say you've forgiven it but your body may still hold on to it with chronic tension.
 - b)** In many people with ADD/ADHD, certain personality traits in the parents make the greatest contribution to their children's distraction. Put them at the head of your list. If as a parent you expect a great deal of yourself, or if you drive yourself to be perfect, to achieve, as you demand or if you are your or your child's own worst critic, if you are very conscientious or sensitive to criticism, all of these will make you very angry inside. List the things that fit this category.
 - c)** Notice if your children have a strong need to please you to want to be like you, or tend to be very helpful to people? The inner mind has difficulty with the pressure to be perfect or good. Add to the list things that you are "good" about.
 - d)** Just as the inner mind reacts against being perfect or good, it also resents any kind of life

pressure. Therefore, you should put on both your lists anything in your life that represents pressure or responsibility, like your job; your spouse, if you are married; your children, if you're a parent, if they are living.

e) Close personal relationships, no matter how good they are, are often the source of unconscious agitation. This is the case because many people cannot be consciously angry at things that annoy them if they involve people who are close to them.

f) add to your list those situations in which you become consciously angry (or annoyed) but cannot express it, whatever the reason may be. That suppressed anger will be internalized and becomes part of the reservoir of rage that brings on agitation. The anger mentioned above is repressed, that is, you don't feel it, nor do you know that it is there.

7. The mind fears that your unconscious fear may become conscious and therefore produces distractions to keep you from the intense emotions. This program has been designed to help you resolve this process. You must sit down and think about these things everyday. This way, the ideas will go from your conscious to your unconscious mind. This is a necessary step in stopping the mind from initiating the process which creates the ADHD symptoms.
8. Stop using the old ADHD labels and excuses as soon as possible. Your children are so much more than that. They only lack training in certain skills which can be easily learned when a family system is directed toward creating a safe and supportive environment.

For more information go to www.clearmindedchildren.org

Remember be gentle and kind with yourself and appreciate what you are doing right and stay focused on what you really want.