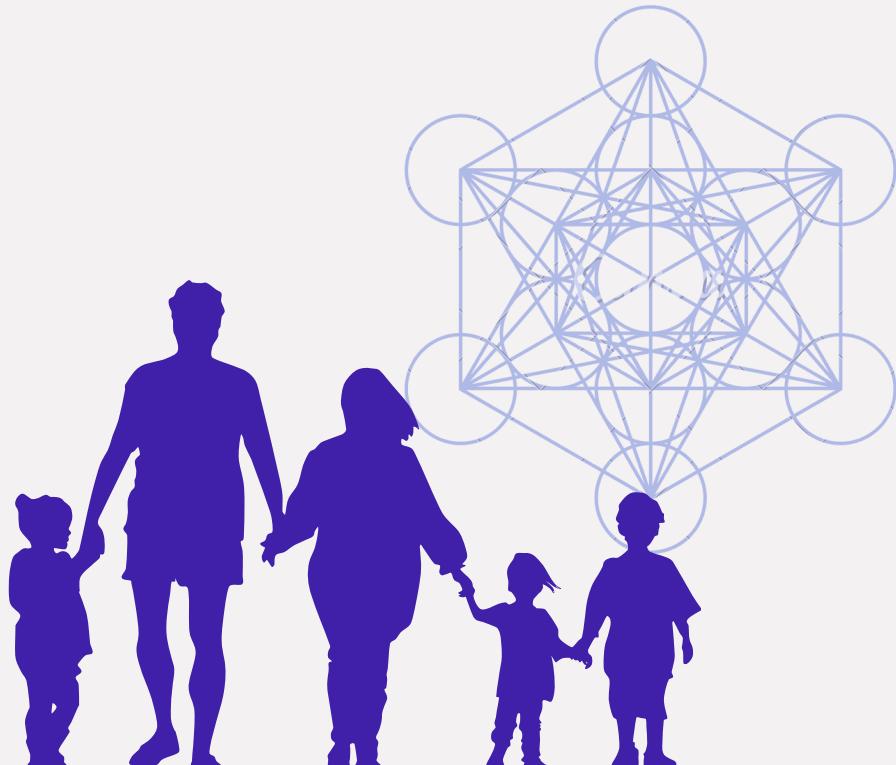


# BUILD YOUR DREAM FAMILY

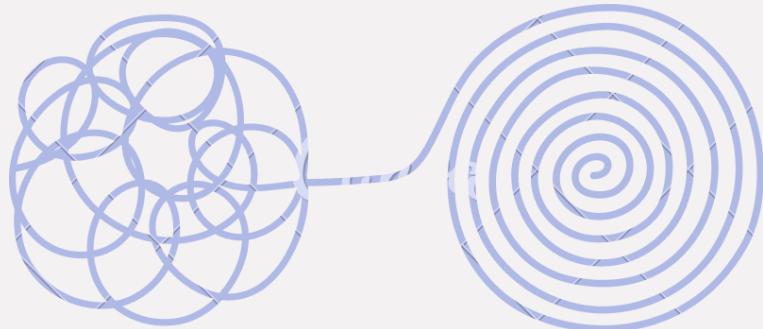
## Fundamentals of Family Balance with Dr. Adena Blickstein

If you're on a mission to eliminate and prevent mental illness in your children, you're in the right place. This program guides parents to reduce child reactivity. The key is reducing stress on the child by creating an attuned relational environment. You will learn 12 key principles that Dr. Blickstein has discovered and used to treat her patients with extraordinary efficacy. Together, let's create an attuned world.



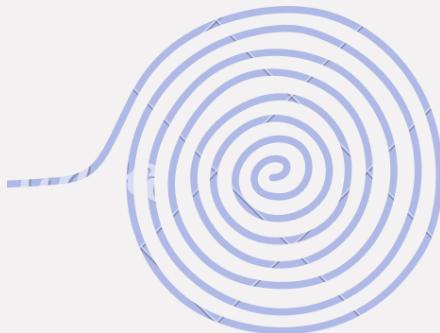
You and your family may struggle with

**Anxiety,  
Depression,  
OCD, ADHD  
Overwhelm  
Stress  
Outbursts**



this program is designed to guide you to...

**Health**  
**Confidence**  
**Trust**  
**Clarity**  
**Harmony**  
**Connection**



# Hi, I'm Dr. Blickstein!

In my child psychiatry clinic over the last five years, I've helped hundreds of families to reverse symptoms of anxiety, depression, OCD, ADHD and other issues sustainably, with and without medication.

I've developed a model called **TIARA - The Interpersonal Awareness and Relational Attunement Model**. Through TIARA I have seen that when a nurturer's attunement score increases, the child's reactivity decreases. **Build Your Dream Family** equips parents with the tools they need to resolve serious family issues and create a fresh start.



\*Disclaimer: This is an educational program and does not constitute medical advice. This program is not intended to replace medical treatment. Please consult your doctor if you are unsure whether this program is right for you. Your participation in this program does **not** establish a Doctor-Patient relationship between you and Dr. Blickstein.

# TANTRUM MEASURE IN CHILDREN

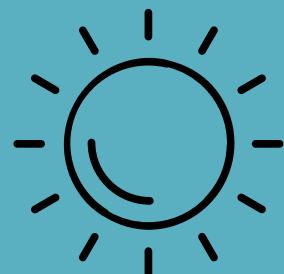
Tantrum levels Pre and Post TIARA Training

100% of our case studies have seen significant reduction in tantrums, frustration and anxiety as well as increases in confidence. This graph shows reduced tantrum measures after 12 weeks in 3 different children of varying ages and diagnoses.



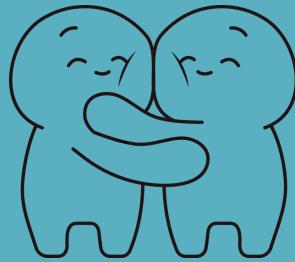
# PROGRAM BENEFITS

## PROGRAM BENEFITS FOR PARENTS & CHILDREN



IMPROVED  
FOCUS

GREATER  
VITALITY



LOVING CONFLICT  
RESOLUTION

CLEARER  
COMMUNICATION

...AND SO MUCH MORE!

# WHAT PEOPLE ARE SAYING

*“This program doesn’t tell you what to do... it takes you on a journey of discovery and activates a new awareness that leads to real healing and relational repair. It’s **nothing short of miraculous.** My family is forever changed and I no longer fear the pre-teen and teen years. In fact, I’m looking forward to it!”*

-KY

*“She even wants to spend time with me!”*

*“It’s nothing short of miraculous.”*

*Adena’s program has changed my life so much! My relationship with my daughter went from a constant fight to us being able to collaborate and understand each other. **She even wants to spend time with me!** The perspectives and tools made this possible and I will be forever grateful!*

-Kelly

# Process: TIARA<sup>TM</sup> Model

*The Interpersonal Awareness and Relational Attunement Model*

## Module 1: Assess

Take our TIARA<sup>TM</sup> assessment to discover your attunement score and your child's reactivity score.

## Module 2: Repattern

Join our Build Your Dream Family program to repattern your nervous system for relational attunement.

## Module 3: Celebrate + Advocate

As your attunement score goes up and your child's reactivity score goes down, there will be a lot to celebrate! The most sustainable healing happens in community. We'll support you to share about TIARA with your family and community so that together we can build an attuned world.



# WHAT YOU'LL LEARN

## Module 1: Assess

WEEK 1: ROOT CAUSES

WEEK 2: STOP BEING THE 'FIX IT' PARENT

WEEK 3: PERSPECTIVE AS MEDICINE

WEEK 4: REWRITING THE STORY OF SUPPORT

## Module 2: Repattern

WEEK 5: THE COURAGE TO ASK

WEEK 6: BECOMING A SAFE LANDING

WEEK 7: FAMILY BALANCE: HEALING THE BREAK, STRENGTHENING THE BOND

WEEK 8: ALCHEMIZING RAGE INTO CLARITY

## Module 3: Celebrate & Advocate

WEEK 9: THE PARENT AS GUARDIAN, NOT RULER

WEEK 10: ENOUGHNESS AS A PRACTICE

WEEK 11: LANGUAGE OF EMOTION

WEEK 12: BUILDING YOUR DREAM FAMILY: PRESENCE & INTEGRATION AS THE FINAL PRACTICE

# INSIDE BUILD YOUR DREAM FAMILY PROGRAM

WHEN YOU ENROLL IN BYDF, YOU AND UP TO 4 FAMILY MEMBERS RECEIVE ACCESS TO:

- **12 Week Build Your Dream Family** online course with weekly audios and handouts
- **6 Live Teachings with Dr. Blickstein** over 3 months
- **Private Community Support Group** on WhatsApp
- **A digital copy of Dr. Blickstein's book - *A Journey to Family Unity***
- Priority access to beta test **TIARA app**

+1 YEAR OF SUPPORT in our:

- **Monthly processing groups**
- **Monthly family healing sessions**  
(extended family is welcome!)

**Investment: \$3,000**

# VALUE + INVESTMENT

**12 week online course - \$1,200 value**

**6 Live Teachings with Dr. Blickstein - \$1,500 value**

**12 Monthly processing groups - \$1,200 value**

**12 Monthly family healing sessions - \$2,400 value**

***Total Value = \$6,300***

**Investment: \$3,000**

[ENROLL HERE](#)

Have questions? Book a  
complimentary 15 minute call  
with Dr. Adena Blickstein:

**Book Your Call**

