



# THE FAMILY ATTUNEMENT MOVEMENT

NURTURING COMMUNITIES THROUGH THE  
ATTUNEMENT MODEL OF CARE

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CHILD ADOLESCENT PSYCHIATRIST

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# WHAT IS AMC?

## Attunement Model of Care

The Attunement Model of Care (AMC) is an evidence-based, trauma-informed, preventive mental health intervention designed to strengthen family relationships and reduce the risk of psychiatric illness in children. Clinically studied with children ages 6-16 experiencing depression, anxiety, ADHD, autism spectrum disorders, and borderline traits, the model has demonstrated that increasing parental attunement directly decreases child reactivity. This creates resilience, emotional stability, and long-term mental health benefits.





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# WHY FAMILY ATTUNEMENT MATTERS:

- Most effective non-invasive prevention tool
- Creates empowered and resilient children
- Scales across schools, families, and communities



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# ATTUNEMENT CORE PRINCIPLES

- Parents take on the role of Nurturer, while children step into the role of Receiver.
- Role rehearsals strengthen nervous system regulation and reduce stress in children.
- Reducing child reactivity helps prevent anxiety, depression, ADHD, OCD, and related disorders.





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# ATTUNEMENT TRACKING TECHNOLOGY: EVERY PARENT IN THE KNOW



The TIARA app allows parents and providers to track attunement scores, observe child reactivity changes, journal family progress, and receive real-time prompts for daily practices.





# READY TO BE NURTURED?

***Bring the Attunement Movement  
to Your Community***

Website: [www.tealdragon.org](http://www.tealdragon.org)

YouTube: [TealDragonHealing](https://www.youtube.com/TealDragonHealing)

Speaking Engagements  
[events@tealdragonhealing.org](mailto:events@tealdragonhealing.org)

Community Partnerships  
[kayla@tealdragonhealing.org](mailto:kayla@tealdragonhealing.org)

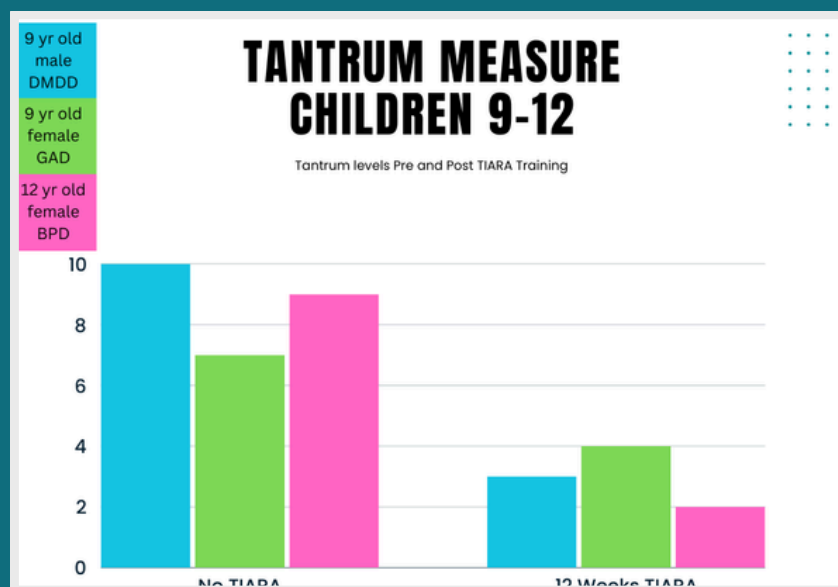
**"Attunement is the most  
powerful medicine we can give  
our children."**





# OUTCOMES

1. Strengthen caregiver attunement scores
2. Reduce child behavioral reactivity by 90%
3. Improve parental confidence and mental health
4. 100% caregiver attendance
5. Lasting behavioral gains in children 6 months and one year follow up.





# CASE STUDY #1

## Turning Crisis Into Confidence

*from hospitalization to high school graduation*

### **Subject:**

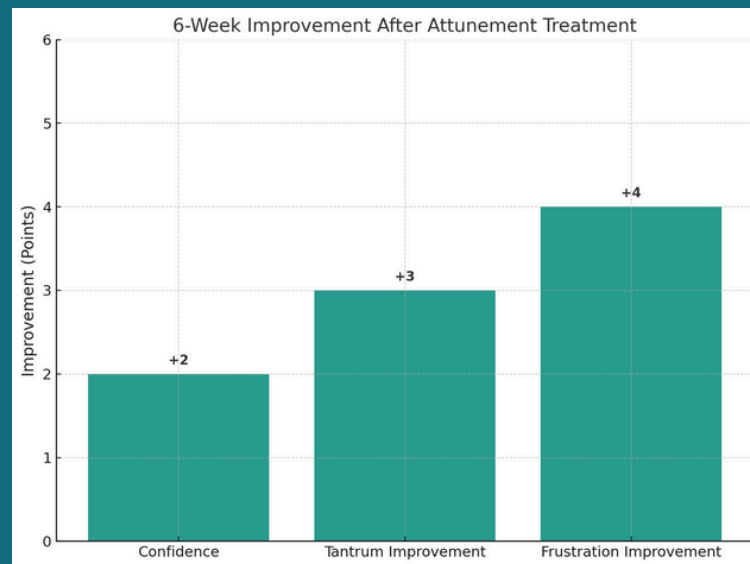
**17-year-old male with Conduct Disorder**

### **Background:**

Was hospitalized overnight for alcohol overdose. He had over 400 alcohol in his blood. Patient was unaware and unconscious when he woke up. He also had frequent marijuana use and was failing school.

### **Treatment:**

Treated him for ADHD with medication, plus 6 weeks of attunement training for parents.



### **Outcomes at follow up:**

- Now in a therapeutic school / graduated
- Decreased marijuana use
- No alcohol use
- No depression, no anxiety
- No more stealing



# CASE STUDY #2

## Turning Violence & Chaos Into Calm

*from being stuck at home to freedom to go out*

### **Subject:**

9 yo male with Disruptive Mood Dysregulation Disorder

### **Background:**

Mother was close to calling police, as she was scared to be at home with him. He was violent towards himself and others (ie. throwing furniture, hitting himself on the walls) They couldn't go out in public. He had unspecified learning disabilities and ADHD. Drug use in utero from biological mom. Bipolar in biological family. They didn't know how to deal with his anger. Very sensitive nervous system.

### **Treatment:**

12 weeks, small dose of mood stabilizer plus attunement training for parents. Was able to go off of medications after awhile.

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# CASE STUDY #2

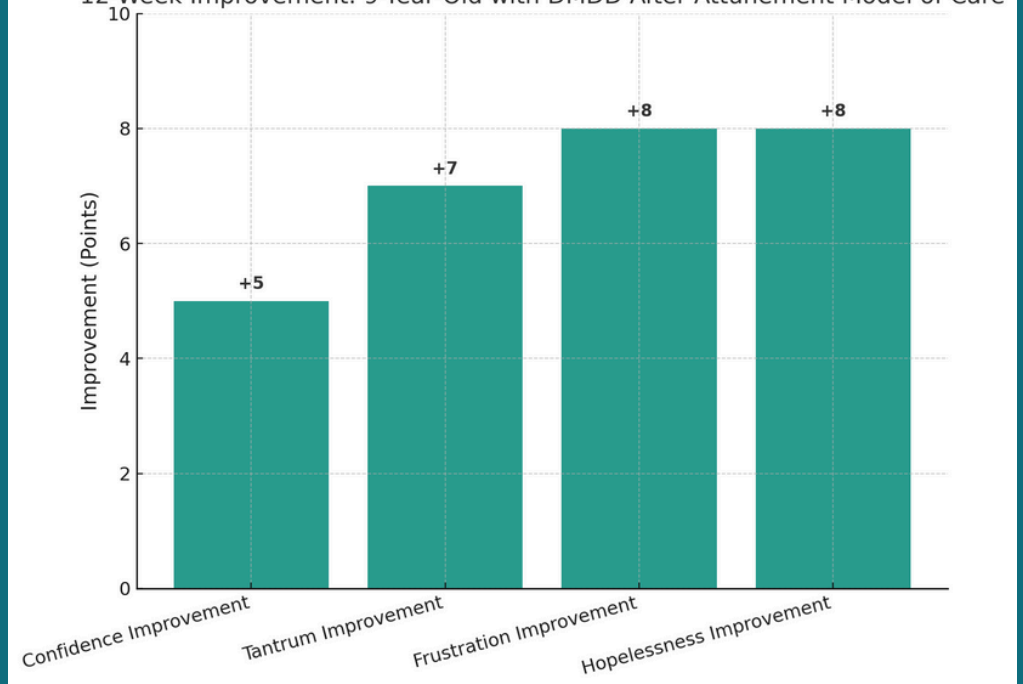
## continued

**Turning Violence & Chaos Into Calm**  
**from being stuck at home to freedom to go out**

**Subject:**

9 yo male with Disruptive Mood Dysregulation Disorder

12-Week Improvement: 9-Year-Old with DMDD After Attunement Model of Care



### Outcomes at follow up:

- Relaxed, able to do school work
- Able to go outside without getting upset or angry
- Was able to be totally regulated
- Mother was able to de-escalate before he lost control
- Was able to go off of medication





# CASE STUDY #3

## Turning Panic to Tranquility

*from obsessive worry to calm, adaptable Living*

### Subject:

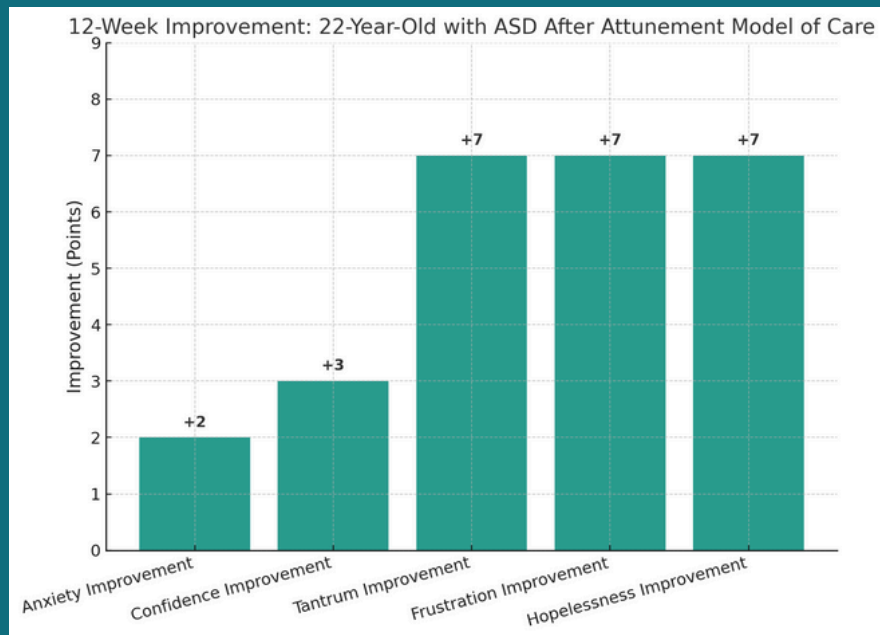
22 year old male with Autism Spectrum Disorder

### Background:

Major OCD, obsessive thoughts, couldn't function - slow getting dressed etc because of obsessive worry. He was hospitalized at one point for severe 3 hour panic attack.

### Treatment:

Medications + 12 weeks attunement training for parents



### Outcomes at follow up:

- Higher functioning, no more panic
  - Moved up in grades
  - Mom + child both had anxiety go down
- Much more resilient to changes in schedule - adaptable to change without freaking out





# CASE STUDY #4

## Turning Drama to Honesty

*from opposition and manipulation to healthy, trusting relationships*

### **Subject:**

12 year old female with ADHD, ODD, and budding borderline personality disorder.

### **Background:**

Exhibiting lots of opposition and manipulative behavior with parents. She was isolative, door slamming, not talking to Mom, constant fighting and arguing. Couldn't connect to her emotions. Lots of drama. Mother was overwhelmed and unsure of what to do but knew she didn't want to argue all the time. Developing into personality disorder - she was insulted easily with spontaneous unpredictable mood swings and argumentative, oppositional behavior. This is usually a precursor to eating disorder behaviors and other dissociative behaviors.

### **Treatment:**

12 weeks attunement training

(continued...)



# CASE STUDY #4 continued

## PARENTAL ATTUNEMENT SCORE OF 12 YEAR OLD FEMALE WITH BPD

Parental Attunement Score Pre and Post TIARA Training



### Outcomes at follow up:

- She was able to be vulnerable and cry with her Mom instead of acting out.
- Mother learned how to stop projecting her anxiety, and became proficient in emotional de-coding and listening.
- Mother relationship significantly improved, no more fighting and arguing.



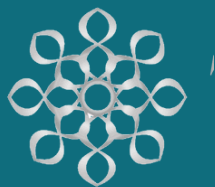


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# TESTIMONIALS

*I genuinely believe that your vision and work is the kind of change that can potentially move humanity forward. It ventures to shift the consciousness of populations. I liken the vision to a "Great Awakening" project.*

*Dr. Bryan Sykes Impact Investor*



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# TESTIMONIALS: ATTUNEMENT TRAINING

*Dr. Blickstein teaches parents incredibly powerful strategies that are easy to understand and implement. These strategies have a profound impact on both the parent-child relationship and on the child's mood and behavior. I can't recommend her highly enough!*

*-Dr. Donna Kirchoff Integrative  
Pediatrician*



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# TESTIMONIALS: ATTUNEMENT TRAINING

*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 Viera Mom and Women's Life Coach, Founder of My Happy Place*





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# TESTIMONIALS: ATTUNEMENT TRAINING



*Teal Dragon's attunement training  
has completely transformed my  
relationship...*

*What I learned through attunement  
training showed me how to be the  
kind of mother I want to be.*

*By learning how to attune to him,  
we have so much more fun  
together, and I feel so much  
less anxious and worried about  
him.*

*Kayla Yoder, Mom, Authentic  
Relating Specialist, Sacred Space  
Ceremonial Leader*



# TEAL DRAGON HEALING

## **Conscious Psychiatry & Attuned Parenting for Lifelong Family Wellbeing**

Holistic care for families ready to move beyond symptom relief into  
deep healing and connection.

500+ Families healed and  
reunified



Get in touch with us  
[Welcome@tealdragonhealing.org](mailto:Welcome@tealdragonhealing.org)



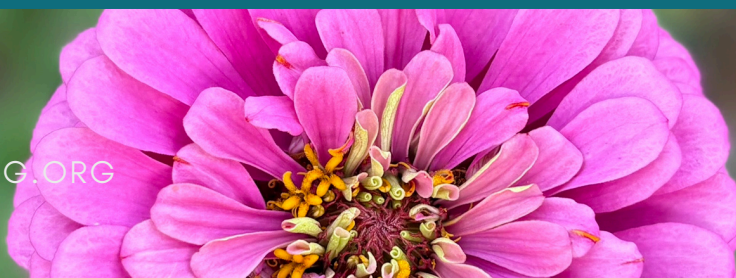
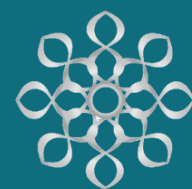
# ABOUT DR. BLICKSTEIN

Child & Adolescent Psychiatrist with dual training in medicine and public health, and the founder of Teal Dragon Healing, LLC. passionate about children's mental health, systemic reform, and family empowerment. A Columbia University graduate with over a decade of leadership in integrative psychiatry, public health research, and community-based healing. Founder of the Attunement Model of Care, a holistic, trauma-informed, and culturally sensitive framework designed to optimize family and child mental wellness through collaborative care.

She is the creator of the Attunement Score, a groundbreaking tool that measures the relational health between parent and child. Her research has shown significant correlations between highly attuned parenting and the prevention and mitigation of mental illness in children.

As a mother of two children, one of whom has special needs, Dr. Blinkstein has used and refined her attunement techniques to effectively mitigate escalations and behavior issues. She is dedicated to advancing this work and training professionals in attunement training to help families and children heal from mental illness. Dr. Blinkstein currently resides in Stamford, Connecticut, and enjoys salsa dancing, acrylic art, fashion, and music.

To hear more about her work visit [tealdragon.org](http://tealdragon.org) and follow her on the Teal Dragon podcast, Resilience.

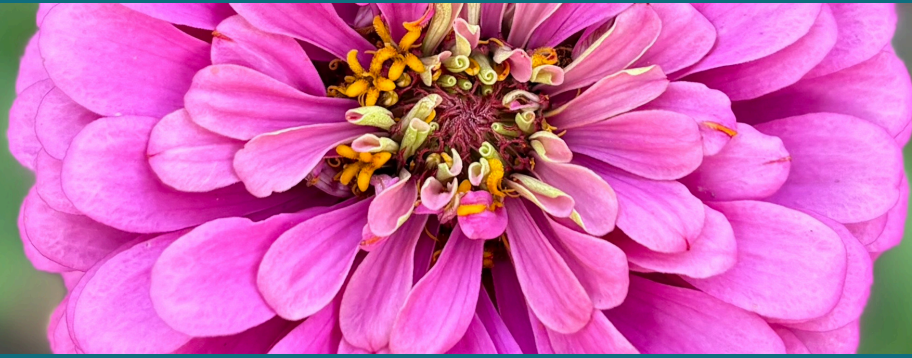




# JOIN THE FAMILY ATTUNEMENT MOVEMENT

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AN ENGAGED COMMUNITY INVESTED IN  
CREATING AN ATTUNED WORLD



1. **Partner in Attunement Study** Using TIARA
2. **Bring Attunement Training** to your organization
3. **Become a Community Member** of TDH
4. **Become a Certified Attunement Specialist** to share Attunement Teaching with your clinic or community

Get in touch with us  
[Tealdragon.org](http://Tealdragon.org)

