

Hello dear parent.

I know you are likely at your wits end, scrambling for support and flailing, not understanding your child's behavior and not know what to do about it.

Without the right intervention, your child is often one step away from more intensive treatments like residential programs, polypharmacy, or inpatient hospitalization, which without deep healing of the entire family system seldom leads to sustainable outcomes.

In the last five years, I have discovered remarkable reversals in child mental illness through parental attunement training.

I'm here to tell you that sustainable life-long healing is entirely possible for you and your family. Because when a family is ready to heal, sustainable and life-long results are inevitable. Thank you for choosing to heal. Thank you for choosing your power.

With love, gratitude, and attunement.

Dr. Blickstein



Transform your family 12 weeks with transformational child psychiatrist, mental health thought leader and innovator and multi-dimensional energy healer, Dr. Adena Blickstein.

Every Parent Deserves Nuturance



What Problems Are addressed

- Hyperactivity
- Screen addiction
- Oppositional behavior
- Psychosis
- Substance use and abuse
- Sociopathic and narcissistic traits
- Suicidal tendencies
- Eating disorders
- Aggressive and explosive behaviors



Kelly Viera, Mom

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



Kayla Yoder, Mom

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.

-K

**Are you ready to heal
your family?**

Ready to be nurtured? Connect With Us

For more information about family healing

📍 1200 High Ridge Road Stamford, CT



**Are you ready
to heal your
family?**

Build Your Dream Family



Tealdragon.org



Training Benefits for Parents

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



Parental Confidence

Parental Hope

Co-parent Bonding and Reunification

Parental Intimacy

Family Results



1. Symptom Reversal

100 of children reflect 96% symptomatic reversal after parents complete 12 weeks of training in attunement.



2. Decreased Medications

100% of patients have successfully reduced their medication regimen by at least 50-75% within 3 years of participating in the program.



3. Confident Parents

Parents feel more hopeful, connected, and energized, leading to stronger relationships and healthier communication with their children.

What you get when you sign up:

Community Connection

Connection to Attuned forever community of similar families going through similar challenges.

Access to TIARA

Access to TIARA Assessment and Platform

Why we are different



Sacred Triad Geometric Model: A framework to enhance family bond integrity.



TIARA Assessment & Platform: This tool measures Interpersonal Awareness and Relational Attunement Scores.



Progress is tracked at the beginning, 6 weeks, and 12 weeks into the program.



The Build Your Dream Family Program **rewires the nervous system in every single family** member by enhancing the bond integrity of family members.