

Crossroads Institute Mission Statement

Crossroads Institute's mission is to provide services that promote and enhance proper brain-body functioning within all elements that make up the mind-body connection, without the use of medication therapies whenever possible. We use 4 primary brain core concepts to achieve best results. These concepts are:

1. **Functionality:**Where is the brain in terms of capability?
2. **Flexibility:** How does the brain generalize information or skills?
3. **Fluency:** How fast can the brain perform under stressful conditions?
4. **Fluidity:** What is the brain's ability to move through the task effortlessly (adaptability)