

## Crossroads Institute Philosophy

- We acknowledge that the mind-body connection is a self-healing, self-regulating system. We believe that by stimulating this ability proper function can be restored.
- The mind-body connection operates under biological and mechanical laws therefore treatment must be designed according to these laws.
- We know that each type of brain wave and its characteristic number of cycles is responsible for the mind-body connection that allows flexibility.
- We look beyond the label for the cause.
- Every individual is unique. Therefore, multiple modalities must be used in order to design a program specific to the individual.
- We gain understanding of the emerging person and their difficulties by using FDA approved diagnostic tools and standardized multiple assessments.
- We assist the person to go beyond the challenge and increase their fluency.
- Integration is learned through proper mentoring and guidance that leads to fluidity.