

INTRODUCING
THE



VITANYA
BRAIN PERFORMANCE

TELE-HEALTH INTEGRATIVE NEURO-KINESIS SYSTEM (THINK SYSTEM)

A brain training and restoration system focused on reducing the effects of trauma, improving stress resilience and optimizing executive functioning and performance for US Service Members.

INVESTMENT IN MILITARY BRAIN PERFORMANCE

- **Reduction of the Impact of War Stress and PTSD**
The heightened dangers of living in a combat zone can be detrimental to human performance and potential. Increasing human potential through brain performance provides better functioning service members.
- **Extension of Terms of Service**
Improving mental health and well-being can lead to more rotations and longer potential service.
- **Improving the Performance**
Brain performance allows accelerated task execution by improving reaction times, focus, and working memory.

NON-DISRUPTIVE DELIVERY SYSTEM

- Utilizing next level delivery systems and cloud technology, we can provide access to service members directly at any location.
- Access to power and the internet are the only requirements necessary to deliver complete system outcomes internationally.
- THINK system is personalized for each service member while being managed and delivered in real time by a brain performance coach.

PROGRAM DELIVERY & TRACKING

- Delivered Remotely in 20-30 minute sessions
- 36 Total Sessions
- 26-week Program Completion
- Monthly Progress Evaluation and Reporting in Three Areas of Interest:

Post-Traumatic Stress Disorder Assessment

- Measuring Trauma Symptoms
- Measuring Depressive Symptoms
- Measuring Anxiety Symptoms

World Health Organization Four Domain Assessment – (WHO-QOL-Bref)

- Assessment of Psychological Health
- Assessment of Physical Health
- Assessment of Social Relationships
- Assessment of Environment
- Assessment of Quality of Sleep

Executive Functioning and Comprehensive Behavior Rating Assessment – (CEFI-A)

- Organization
- Planning
- Attention
- Initiation
- Flexibility
- Working Memory
- Emotional Regulation
- Inhibitory Control
- Self-Monitoring

SPECIALIZED PERFORMANCE TEAM

- We provide a specialized brain performance coach that works with each service member to provide a personalized program for them. Coaches monitor progress and insure accountability to the program requirements. They are certified on all technology, assessment, and session delivery.
- Programs designed to ensure mission enhancement to all existing work being provided by clinical psychologist, sport psychologist and other mental health professionals.
- Our brain performance coordinator will manage reporting, scheduling, and educating participants and leadership on a monthly basis. Additional interaction and reporting as needed.
- All programs will be overseen by our own PhD Psychologist. He will provide quality control, progress oversight, as well as data collection, compiling, and reporting.
- Our team work together to provide the best outcomes in the shortest amount of time.

PERFORMANCE BEYOND THE PROGRAMS

- **No Continuation Necessary Beyond 26 Weeks**
Our experience shows that a successfully administered program will provide the positive changes to neuropathways creating long term improvements to behaviors.
- **Brain Rewired to Health Functionality**
Through supplementation support and neuro guidance, you can expect service members with improved brain performance and resilience.
- **Sustainable Levels of Performance for Years**
Modern science has revealed that the brain is always changing through its environmental inputs. As the brain's resilience to stress and trauma increase the neuropathways provide better resistance to maladaptive change.

PREVENTATIVE WELLNESS SYSTEM

- We recognize Brain Performance as the new frontier of wellness and the next step toward maintaining elite military performance.
- This method has been developed to go beyond pharmaceutical interaction and look at the root cause and effect. We offer a 100% non-drug approach to optimizing the brain's functionality.
- A primary focus is improving sleep in service members. Guiding the brain into restful sleep behaviors is one of the first objectives and at the core of improving brain performance.
- Once sleep is restored, improved brain functionality is restored by creating a balance within the functions of the brain by identifying stressors and ultimately increasing resiliency.

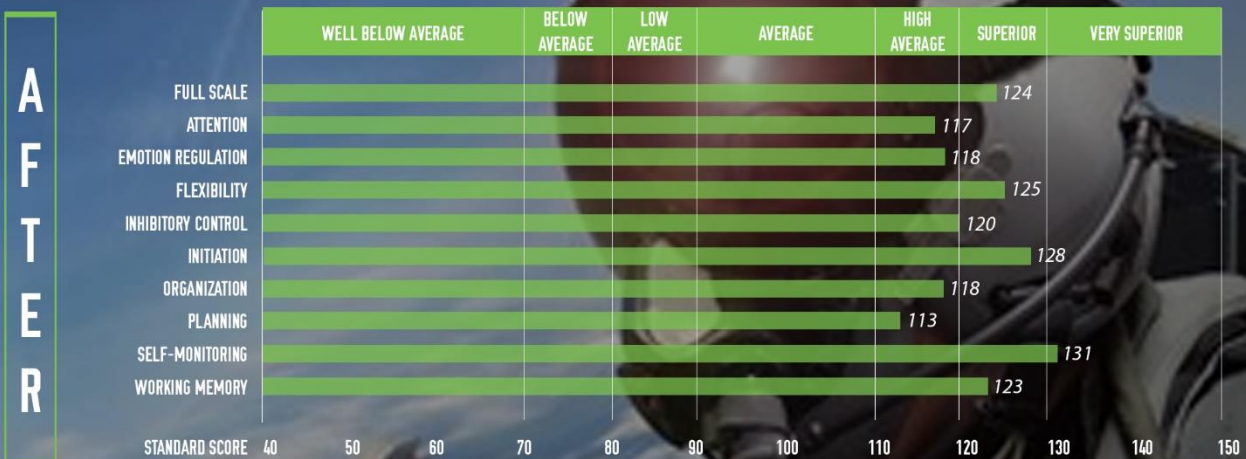
VITANYA DELIVERS PROVEN, MEASURABLE RESULTS

VITANYA HAS PROVIDED OVER 5,000 INDIVIDUALS WITH 100,000 BRAIN PERFORMANCE SESSIONS INTERNATIONALLY OVER THE PAST 7 YEARS WITH THE FOLLOWING OUTCOMES.

(Case Study: Charles Schwab veterans 2018)



(Overview of Results for Rural Military Veteran Age 52, Dawson College Montana)



Offering innovations in brain optimization to military personnel, veterans and first responders since 2012.

For more information or to get involved, contact LeAnn Boesch at leann@thephoenixoperation.org