



**Family Caregivers Unite!**  
**Archives Available**  
**November 15th 2011: Training the Brain**

Nicky VanValkenburgh authored 'Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin.' Dave Siever, through his own company, Mind Alive Inc., provides technology for brain training for depression, attention deficit disorder, cognitive decline, insomnia and seasonal affective disorder, and other conditions. They describe how they came to be involved with brain training. They discuss the challenges various mental health conditions create for children and adults, and their family caregivers. They explain how brain training helps with

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**Featured Guests**



**Nicky VanValkenburgh**

Nicky VanValkenburgh is the author of "Train Your Brain, Transform Your Life: Conquer Attention Deficit Hyperactivity Disorder in 60 Days, Without Ritalin." This book was voted "Best Self Improvement Book of 2011"

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**Dave Siever**

Dave Siever graduated in 1978 as an engineering technologist. He later worked in the Faculty of Dentistry at the University of Alberta designing TMJ Dysfunction related diagnostic equipment and research facilities. He organized research projects, taught basic physiology and the advanced TMJ diagnostics course.

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