Mindy's Search for Help

My name is Mindy Bell and my son Mac, who is eight, has been seeing Dr. Hansen for about 10 months now. We started with her back in January of 2025 and we were in a very dark and desperate place when we came to her needing a lot of help and he's adopted.

So that comes with some trauma and some challenges that we've been dealing with over the years. And we have been, pretty much knocking down every door and resource you can possibly find in order to get him the help that he needs.

And it just felt like it was roadblock after road block after roadmap to be able to. Get him to a place of stability. I had a very huge problem with a lot of professionals that just wanted to slap the bandaid of medication on things and not get to the root problem.

Finding Dr. Hansen and Connect My Brain

professionals tell me when I would ask, but what about going back to the beginning? What about healing his brain? I feel like it's possible. And I had very, um, a lot of pushback from that, from professionals that flat out told me you can go down the holistic route.

You can try innovative things, that's not going to help you. I had a really huge problem with that. As his mom and as his advocate, I was not okay with the answer.

And so we started seeking out other things. That's when I found Dr. Hansen. I actually found her through her podcast and had no idea that she lived in the same city as me.

Starting Intensive Treatment

So I immediately got on the phone with her and immediately I felt like we aligned and she was finally the thing that I had been looking for, kind of the all encompassing professional that we needed on our side.

And so we started with here pretty much immediately after having our first call. As I mentioned, we were in a really hard place. We actually Shortly after our first call with her, we pulled him from school because it was not the right environment and it had really put him in a very fight or flight state.

And so when we initially started with Dr. Hansen, We started coming three times a week just to expedite his healing process. Almost immediately we started seeing results and over the last 10 months we have seen massive amount of improvements.

Progress at Home and School

We have had more peace in our home. Um, we have better behavior, behaviors at school. we Have had less impulsivity, less anger and aggression. have seen improvements in his academics.

friends and family members come to us that don't necessarily know that we're doing this program and have said, Oh gosh, he just seems so different. Like, you just seem like he's doing so well.

And I have to point it to Connect My Brain. I just feel like that is the initial place that we started seeing the most growth and the movement in his healing.

And so I am just so grateful that found Connect my Brain and found Dr. Hansen. It was just meant to be, honestly. She is a wealth of knowledge.

Gratitude for the Healing Approach

I wish I could sit down every session and have hours with her myself to answer all of my questions and just hear everything that she has knowledge of.

But I think overall, I am just grateful that there's a professional on our side who believes that our brains can be healed and believes our brain and our bodies were designed by God in a very intricate way.

And that healing can't be done because Most professionals don't believe that. And so we're just really grateful. We're super, super pleased with our center.