



Paul Hyman

Paul Hyman is president of Brain Fitness International. He is a dynamic and entertaining “Brain Trainer” who enjoys teaching people how to boost their learning, communication, creativity, problem-solving and thinking skills.

He worked for 10 years as a therapist at the Centre for Addiction and Mental Health (CAMH) in Toronto, and was awarded the Nath Nayar Award, for Outstanding Contribution and Service. Paul was a member of the design team responsible for creating Ontario’s first problem gambling program. He developed the stress management program and served as therapist.

A specialist in Body-Centered therapies, he is a trainer for the Hincks-Dellcrest Centre’s Advanced Trauma and Resiliency Program in Toronto. Programs, integrate his extensive training and experience in numerous therapeutic psychophysical approaches. Paul a certified Trager[®] practitioner, also a licensed Brain Gym[®] instructor/consultant for 15 years, served on the Brain Gym International Foundation Board from 2004 – 2008 receiving the "Outstanding Achievement & Contribution" award. He currently serves as a board member of the Canadian Association of Specialized Kinesiology. Paul has over 20 yrs experience in the Wellness field and as a workshop presenter.

His interest in effective performance began with his career of 15 years as a professional recording musician for popular entertainers, TV and movie industry. Working 9 years with the Hong Kong Philharmonic, he was on faculty at Hong Kong University and Academy for the Performing Arts.

Working with Diversicare Canada, Paul created a movement-based, multi-sensory brain stimulation program – Brain Gym[®] & MORE, www.diversicare.ca Some of the other modalities include Trager[®], Hendricks Body-Centered Approach, Breath Work, Tai Chi, Touch For Health, Stress Management techniques, Therapeutic Recreation, the principles of Snoezelen and Bal-A-Vis-X[®] along with Paul’s growing collection of playful toys/teaching aids. This innovative initiative reflects current research about the brain's plasticity and the impact of physical activity on brain functioning for older adults.

Paul is available for private sessions, consultations and in-house training/presentations.

Brain Fitness International

Strengthen Your Mind

Brain Fitness International delivers services based upon the recent discoveries from the field of neuroscience. Utilizing the latest skills and techniques to unleash our true, natural potential in a dynamic way! Strengthening our mind, quite simply, is learning to use our brain the way it’s capable of working. Applications are unlimited and include the way we think, learn, communicate and solve problems. We pride ourselves in cutting-edge staff development, excellent customer service and select, challenging programs that allow participants to become highly skilled. Brain Fitness Specialists in whole-brain integrative learning and enhanced performance, provides counselling, training and consulting services. We invite you to join us now for a fabulous, fun learning experience.

SKILLS & QUALIFICATIONS

PHYSICAL

- Acupuncture Detoxification Specialist – NADA Certified
- Licensed Brain Gym® Consultant/Instructor
- Bal-A-Vis-X® - Level 1, 2, 3
- Rhythmic Movements – Level 1, 2
- Licensed TRAGER® Practitioner - Movement Re-education
- Certified Touch For Health Instructor
- Body-Centered Therapist - Hendricks® Approach
- Transformational Breathwork
- Reiki Master
- Certified Trainer of MIPP (Musculoskeletal Injury Prevention Program)
- Repetitive Strain Injury Specialist
- Certified Standard First Aid
- Certified C.P.R.

MENTAL – EMOTIONAL

- Stress Management Therapist – Centre for Addiction and Mental Health – 10 years
- Certified/Registered Hypnotherapist
- Bereavement Group Facilitator
- Time Line Therapy™ Practitioner
- "Stress Map®" Facilitator
- Neuro-Linguistic Programming Practitioner

BEHAVIOURAL

- Recreation Therapist – Centre for Addiction and Mental Health – 10 years
- Certified Wellness/Lifestyle Coach
- Certified Y.W.C.A. Life Skills Coach
- “True Colors™”, Personality Dimensions™ Facilitator
- "SurviAbility®" Facilitator – Career Strategies for the New World of Work