

# Awakening Potential:

## A Story of Resilience, Discovery, and Innovation

by CONNIE MCREYNOLDS, PH.D.

My narrative unfolds in America's heartland, where my formative years on a family farm instilled in me the values of perseverance, commitment, and the life-changing impact of learning. My father, steadfast in his farming, worked the soil—a testament to endurance from which I drew lessons in resilience. It took years, perhaps decades, to fully appreciate the deep ties between nature's cycles and the patterns of our existence. In embracing the ebb and flow of life, I found a journey toward growing tranquility within.

My mother, a beacon of determination, spent 32 years in a second-grade classroom. Her passion for teaching and her unwavering commitment to her students profoundly influenced my path. Education, in our family, was more than a profession; it was a calling. Inspired by my aunt, a respected dean of a college of education, and other family educators, I learned early on about the impact one could make through education. This belief, coupled with a restless curiosity, propelled me across the country in pursuit of new experiences, each shaping my understanding of the world.

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After gaining work experience and obtaining my bachelor's degree, I sensed a yearning for something more. This deep-seated urge to transcend my existing circumstances ignited my quest for a profession and career that resonated with the person I was beginning to recognize as 'myself.' In this quest for self-discovery and determining my life's direction, I discovered the field of rehabilitation counseling.

Equipped with a master's degree, I embarked on a fulfilling career as a rehabilitation counselor, experiencing significant personal and professional development. As I encountered individuals from all walks of life, each facing their own unique challenges, the work was immensely rewarding. I witnessed firsthand the impact that unconditional positive regard could have on the lives of the individuals with whom I worked. The intrinsic value of hope was forever embedded

within me as individuals were able to improve their quality of life.

Nevertheless, a quiet voice inside whispered there was more to learn and do, compelling me to embark on a Ph.D. in rehabilitation psychology. This decision marked the beginning of a 25-year tenure in academia, where I had the privilege of teaching at the university level and embracing leadership positions on a national scale. This period was instrumental in my personal and professional development, characterized by opportunities to be of service to the profession.

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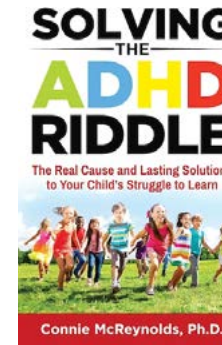
During these years, one of the most significant milestones was the establishment of an institute at a university where I explored the many potentials of neurofeedback. This innovative approach to treatment represented a paradigm shift, offering new hope and possibilities for individuals with attention-deficit/hyperactivity disorder (ADHD) and veterans experiencing post-traumatic stress disorder (PTSD), as well as those struggling with anxiety, depression, and chronic pain. This endeavor was transformative, both for the individuals we assisted and in cementing my life's purpose to enhance the lives of those confronting diverse obstacles. Through the exploration and promotion of groundbreaking solutions and perspectives, I recognized how profoundly my mother's legacy as an innovative second-grade teacher had shaped me, ultimately serving as a tribute to her pioneering spirit.

My exploration into neurofeedback was a pivotal moment in my career. Discovering this technology was akin to finding a new tool that could potentially reshape the landscape of interventions for ADHD and PTSD. This was not just about managing symptoms but addressing the root causes of these conditions, offering a paradigm shift from conventional methods and beliefs.





Drawing from my clinical experiences and the wealth of data collected, *Solving the ADHD Riddle* is not merely a book but a mission statement. It encapsulates a journey of discovery, not just my own but also of the many individuals who have been part of the process.



Bridging the gap between the despair of unanswered questions and the hope of effective solutions, it offers a new perspective on ADHD that emphasizes the brain's capacity for change and adaptation.

The influence of this work reaches beyond the confines of the clinical environment, confronting the stigma surrounding ADHD and fostering dialogue about alternative, noninvasive approaches. It's centered on equipping individuals with the understanding that transformation is achievable, and the brain's adaptability can be leveraged for considerable personal development—a realization that holds value for many.

Looking back on my unique journey from the Midwest fields to the leading edge of educational and psychological innovation, I recognize a path defined by an innate drive to make a difference, to challenge the status quo, and to expand the boundaries of what is possible. This journey has taught me to appreciate the significant influence of nurturing not only my mind but also my heart, body, and spirit—embracing a holistic approach that considers every aspect of oneself.

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At the outset of my professional journey, the parallels between my farm upbringing, where every season brought its own set of challenges and rewards, and the intricate world of human psychology were compelling. The farm taught me about the cycles of life, growth from nurturing,

and the resilience required to withstand the uncertainties of nature. These lessons became metaphors for my work in rehabilitation counseling and throughout my career, where growth and resilience in the human spirit became my focus.

This journey, woven with the threads of awakening potential, paints a larger tale of human resilience, discovery, and innovation. It stands as a testament to the belief that individuals, given the right encouragement and understanding, can transcend their challenges, unveiling new pathways for their existence. It also underscores the vitality of curiosity, the imperative of challenging prevailing norms, and the transformative power of sharing what we learn.

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My hope is that my journey, rooted in my belief in every individual's potential to grow and transform, will inspire others to embark on their own journeys of discovery and innovation.

I would like to invite you to consider your own path of resilience, discovery, and innovation. May we all find the strength to face our challenges, the courage to pursue our passions, and the wisdom to nurture our potential.

May your journey be filled with peace, happiness, and the joy of continuous learning and transformation.

### **With Much Hope and Love, Connie**



Dr. Connie McReynolds is the founder of neurofeedback clinics in Southern California and is a Licensed Psychologist & Certified Rehabilitation Counselor with more than 30 years of experience in the field of rehabilitation counseling and psychology.) More about Dr. Connie at <https://www.ConnieMcReynolds.com/>