



Strength

in HEALTH

Dear Family, Friends and Acquaintances,

I am writing to you today to ask for your support in my journey towards helping children with internal imbalances thrive to their fullest potential.

For those of you that know me, my eldest son, (Loïc, now 7), is one of these children who has benefited hugely from these amazing therapies that have had a HUGE positive transformative effect on his life.

He has been born with 'Grey matter migrational disorder' **[the presence of normal grey matter, which are abnormally located in clusters within areas of white matter]**. https://en.wikipedia.org/wiki/Gray_matter_heterotopia

For almost the entire 2022 year, I travelled to Cape Town (3 times per week, 1 hr session) for my son to have **Neurofeedback**. This therapy was so instrumental in his sudden transformative development. Unfortunately our finances could not survive due to mostly the distance and intense schedule/time.

Dr Michelle van Niekerk, a pediatrician at Mediclinic Hermanus with a special interest in neurodiversity wrote that "the global prevalence of autism stands at one in every 54 births" <https://www.mediclinicinfohub.co.za/all-about-autism/>

The sponsorship or donation(s) is to help me study:

(1) Integrative Learning therapy AND (2) Neurofeedback therapy.

These 2 therapies, is a neurodevelopmental, eco-systemic approach. Using information from related fields of study and practice makes it a multi-disciplinary approach as well.

My goal after my studies, practice and case studies, is to open a practice (brick and mortar) in Hermanus, where my aim is to work with other professionals, specifically in helping neuro-diverse children (including my son) in need of such therapy such.

My Goals and Reason for sponsorship or donation:

Goal 1 : Raise the funds to study ***Integrated Learning Therapy (courses ILT1 & ILT2)***, to qualify and receive my equivalent National Qualification Framework (NQF), LEVEL 6 qualification [LEVEL 6 is a diploma or technical qualification].

This therapy focuses on addressing the root causes of learning difficulties and behavioral issues in children and adults. ILT combines various therapeutic techniques, including neuro-linguistic programming, cognitive behavioral therapy, and brain gym exercises, to help clients overcome learning difficulties and improve their academic, social, and emotional skills. The therapy aims to help clients develop a positive attitude towards learning, enhance their self-esteem, and become more confident in their abilities. By addressing the underlying issues that affect learning, ILT helps clients achieve long-lasting results and overcome their learning challenges.

R4000 (ILT1) + R19000 (ILT2). [Local studies : ILT1 +-4 months ; ILT2 +-18months]

https://www.youtube.com/channel/UCwpg-FVDhoboxkA_rTUvcMA

Goal 2 : Raise funds to study Neurofeedback Therapy.

This non-invasive, drug-free therapy that uses real-time monitoring of brain activity, stimulates and creates neural pathways that allow the brain to function more effectively. With so many advances in the combination of brain science and computer technology, Neurofeedback has been used to treat a variety of conditions, including ADHD, anxiety, depression, PTSD, and chronic pain. People who do Neurofeedback training can expect meaningful improvement in cognitive, emotional, behavioural and physiological functioning. A short video below explains this very well.

US\$ 5000 (+-R90000), + computer & equipment R24700. This includes, equipment, learning & mentoring, and Professional Certification (USA). [Studies and mentoring online (USA) +- 12-18months]

<https://www.youtube.com/watch?v=jqEJ53dwgNY>

Goal 3 : A (brick and mortar) practice in Hermanus. This is another capital outlay, and if there is someone who would like to help me with this (whether in skills, time or donations), it would be immensely appreciated.

If you would like to support me in achieving these goals, you can sponsor me or make a donation to the bank account (see account info below. This is Loïc's own account). **Any amount, big or small, will make a difference.**

Thank you for taking the time to read this letter. If you have any questions or would like more information, please do not hesitate to contact me. Your support means the world to me.

Sincerely,

Lynsel Snyman (Email : lynsel.personaltrainer@gmail.com ; Tel : +27 (0)81 703 5562 ; Hermanus, South Africa



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Proof of Account Details



To Whom it May Concern,

We hereby confirm that Mr Loic Snyman has the following account(s) at Capitec Bank Limited on 28/04/2023:

Account Details

Account Status:	Active
Account Type:	Savings
Account Number:	1542690887
Branch Code:	470010
Date Opened:	01/09/2017

Capitec Bank

28/04/2023

Branch: 470010

Device: 0000

The account details provided herein should not be read as extending by implication to any other matters not specifically addressed. The account details are given as at the above date and no obligation is hereby assumed to update the account details on any future date.

Capitec Bank Limited shall have no liability whether in contract, delict (including without limitation negligence) or otherwise to the above accountholder or any third party in relation to the account details contained herein.