



LEARNING DESIGNED FROM THE INSIDE OUT

INTEGRATIVE EDUCATION + NERVOUS SYSTEM SUPPORT

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Integrative Education Specialist | Certified SSP & RRP Provider



Whole-child support for homeschool and traditionally enrolled learners - integrating academics, executive function, emotional regulation, agency and family partnership.

ACADEMIC SUPPORT & PROGRESS

- Literacy, writing, math & interdisciplinary support
- Homework guidance without added pressure or overwhelm
- Targeted skill development and learning-gap support
- Accelerated progress through individualized instruction
- Strengths-based support for diverse ways of learning

EXECUTIVE FUNCTION & AGENCY

- Planning, organization, task initiation & follow-through
- Attention, working memory & cognitive flexibility
- Sustainable routines, study skills & problem-solving
- Self-awareness, self-advocacy & ownership of learning
- Growing confidence, independence & learner agency

REGULATION & LEARNING READINESS

Because a child's state shapes the capacity to connect, think and learn.

- Nervous system and sensory-informed support
- Tools for regulation, focus & sustained attention
- Support for school anxiety, overwhelm & shutdown
- Co-regulation and relationship-centered learning

THERAPEUTIC LISTENING PROGRAMS

Safe and Sound Protocol™ (SSP)

Gentle listening support for nervous system regulation, relational safety, sensory processing, attention and social engagement.

www.whatisthessp.com

Rest and Restore Protocol™ (RRP)

Restorative sound-based support for deep rest, recovery, sleep, mental clarity and emotional balance.

integratedlistening.com/products/rest-and-restore-protocol/

Available independently or integrated into educational services.

FAMILY, SCHOOL & CLINICAL PARTNERSHIP

- Collaborative goals shaped around the whole child
- Parent coaching and nervous system education
- Homeschool planning or school-success support
- IEP/504 support, family advocacy & care navigation
- Collaboration with educators, therapists & care teams

FLEXIBLE PATHWAYS

Individual sessions • Small groups • Homework and after-school support • Homeschool partnerships • Short-term intensives • In-person and virtual support

EDUCATIONAL EXPERIENCE + NERVOUS SYSTEM DESIGN

Nearly three decades in education and school leadership, combined with doctoral research in Mind-Body Medicine - bringing learning, regulation and care into one integrated approach.

Safety is the soil of learning. Presence is the pedagogy.
Connection is the pathway to growth.

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Direct Pay Provider
PEP & Unique Abilities