My name is Lia Cornelisse and I am a certified coach/trainer and a hypnotherapist. From this background I wanted to be able to help people with a disharmony in the brain like anxiety, ADHD, ADD, Dysphasia etc. From the BBIE, the Benelux Bureau of intellectual brands, I received my proof of registration. This means that only we can use the Liamar and Lisas Method.

The Liamar method is for people who want balance in their brain. The brains halves each have their different functions, as we know. People who have disharmony in their brain, mainly have lost track of the right half. The half which helps us to feel, have joy and creates balance. The technique give the people with the disharmony the tools to help the chaos and stress at bay. Our goal is to help them without the conventional medicine, not because we don’t believe in them but because the student either has had side-effects or felt that they we not themselves anymore.

The Lisas method focusses on the bond between parents and children. Because of the added pressure of work or stress some parents and their children have lost the bond between them. Through a series of exercises and assignments we help them to have a healthy connection again. To offer safety and structure is very important in the development for children. If the connection is healthy and the child feels loved the brain will grow better.

With these techniques and together with the medical science we hopefully achieve a safer, healthier environment for our children.