



## Cognitive Function Development Institute (CFDI)

**We ignite lasting transformation—so you stay sharp, calm, focused, and confident.**

**Cognitive Function Development Therapy (CFDT)** is a revolutionary, drug-free approach that uses action—not talk—to help rewire the brain and regulate the nervous system. Our work is:

### **Hands-on & Human-to-Human**

We use engaging, face-to-face challenges designed to activate cognitive growth and emotional regulation—no screens, no medication.

### **Targeted & Measurable**

Our sessions are guided by objective assessments that pinpoint cognitive functions needing support, so each session is tailored for maximum impact.

### **Trauma-Sensitive, Without Rehashing the Past**

Healing happens through development, not retraumatization. We help resolve the effects of trauma without requiring individuals to relive painful experiences.

### **For All Ages & Abilities**

We work with clients ages 6–96—whether or not they carry a diagnosis. From ADHD to anxiety, burnout to brain fog, we help clients build resilience and clarity.

### **Fast, Transformational Results**

Clients often experience meaningful, life-enhancing change in as few as **24 sessions over 12 weeks**. \*Some clients benefit from longer programs.



### **Research Backed and Evidence-Based**

We measure change in the brain function using research-backed objective measurement tools. Peer-reviewed research confirms CFDT improves cognitive performance and emotional regulation—key assets not just for clients, but for anyone aiming to perform at a higher level.

We're located at the Village Shops outside Pine Ridge Marketplace. **3250 Gateway Blvd. Suite 200, Prescott, AZ 86303** [www.CFDInstitute.com](http://www.CFDInstitute.com) **928-848-9766**