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May 31, 2006

Michael Ballard  
President,  
Resiliency for Life  
Suite 303, 640 Sheppard Avenue East  
Toronto, Ontario, Canada, M2K 1B8

Hello Michael,

I have reviewed the CD – Imagine Yourself to Sleep Volume 2 that you sent. Overall, I found the idea to be an innovative concept. The voices are soothing, exercises easy to do, and the visual effect beautiful and relaxing.

Of a personal nature, I found the sound of rain in “Be a Cat” very effective.

Specifically, my background is in Emergency Nursing and now Hospital Administration and I am wondering how a CD of this nature would be incorporated into the hospital milieu. A practical aspect and a question that comes to mind is whether the child would have access to the auditory only or would we be able to use the visual as well in a patient room and the related equipment that would be necessary. Perhaps the CD could be made available to parents for home use prior to hospitalization so the child would become proficient in these relaxation techniques prior to hospital admission.

The target age is 4-10 years and my thoughts are that the programs would be more effective in the earlier years of this spectrum, as there may be more of a willingness to do what is asked.

We have found in the Emergency Department that the more we can involve the child (and adult) in choices about their care and treatment (which arm would you like the IV started in?) the better the interaction goes and the more positive the memories of the hospital visit. Allowing the patient (any age) more control over their situations within medical limitations usually makes for a more positive outcome for all concerned.

Any method whereby the hospitalized child would rest more effectively would ease nursing workload, parental concerns and enhance the healing processes. Your company is to be congratulated for this innovative product.

Best Regards,

Kathy Wortley, R.N., CEN, B.H.S. (Admin)