

COURSE OBJECTIVES:

Upon completion of this workshop, mental health professionals and students will be able to:

- Define trauma conceptually and outline its psycho-physiological sequel
- Teach simple stabilization and grounding techniques for immediate reduction in physiological arousal
- Teach self-hypnosis techniques to reinforce new ways of thinking
- Define the utility of hypnosis in trauma resolution and apply hypnotic techniques to guide recovery
- Utilize the power of language as a healing tool
- Discuss how to transform re-traumatizing flashbacks and nightmares into a non-threatening experience via Rapid Trauma Resolution™, and
- Will be introduced to equine co-facilitated therapy while participated in the powerful transformative technology for trauma recovery, amongst many other objectives.

COST OF WORKSHOPS:

Both days:
\$300/person

Day 1 Only: Psycho-Educational and Hands-on Experiential Workshop
\$179/person

Day 2 Only: Equine-Therapy and Experiential Workshop
\$179/person

Student Discount:
\$150/person

Group Discount (2 or more people):
\$265/person

Early-bird Registration (up to 1-month prior):
\$275/person

PRESENTERS:

Dr. Darlene Williams, PhD, PA and Dr. Gloria Payne, PhD, LMFT, NBCDCH are joining together to host these workshops—of which they have over 30 years experience treating individuals with a wide-range of mental health issues.



Check out www.AltitudeMeetings.com for updated schedule and workshops.

Approved by the American Psychological Association (APA)