



3716 – 274th Ave. SE ♦ Issaquah, WA 98029 ♦ 800-326-4418

# The Internship Advanced Training for Mental Health Professionals Objectives

## **Theoretical basis for the psychotherapy models taught:**

- ✓ the psychosocial stages of ego development (Erikson, Mahler, Vaillant)
- ✓ the psychobiology of state-dependent “body memories” (Rossi, Cheek, Lowen)
- ✓ the development of ego states (Hartmann, Assagioli, Berne, Kohut, Watkins)
- ✓ the intrapsychic interaction of complexes, shadow and persona (Jung)
- ✓ the influences of pre- and perinatal imprinted trauma (Grof, Janov, Emerson)
- ✓ the imperative for “ego strengthening” and “ego surrender” (Fromm, Welwood)
- ✓ the neuropsychology of trauma (Schore, van der Kolk, Porges)
- ✓ the transpersonal realms of experience (Jung, Maslow, Assagioli, Grof, Goleman)

## **Session #1 Codependency and Addictions**

1. Awareness of personal issues and of life purpose
2. How to create healthy community and healthy family systems
  - a. Boundary-setting
  - b. Sensitivity training in diversity
  - c. Clearing Process to release projections, transference and countertransference
  - d. Commitment to your goals
  - e. MasterMind concepts and forming groups  
Goal setting and achievement
3. Codependency (the Victim Triangle) in family relationships
  - a. Identify the 9 core symptoms of codependency
  - b. Identifying family of origin issues
  - c. Treating codependency with Hypnotherapy
  - d. Further development of the “feeling bridge”
  - e. Re-parenting within the developmental stage of initial trauma (developmental psychology)
  - f. Releasing repressed or blocked emotions

4. Developmental Stages/ Existential Issues
5. Shock (complex trauma and complex PTSD) – how to recognize and treat
6. Fundamentals of *Breathwork*
  - a. How to quiet the mind
  - b. Being fully present in the body
  - c. Spontaneous breath patterns
  - d. Physical release during which these layers are accessed and moved through
    - 1) defenses, boredom, sleepiness
    - 2) feelings and emotions
    - 3) collective feelings of humanity’s wounding
    - 4) birth, prenatal, conception
    - 5) forgiveness
    - 6) gratitude
    - 7) love, joy, bliss
    - 8) emptiness

### **Session #2 Addictions Treatment with Hypnotherapy**

1. Differentiating “Self-care” vs. “selfish” (Self-care contracts)
2. Addictions
  - a. Addictive behavior as self-medication
  - b. The Family Shame Cycle and perfectionism
  - c. Identify Victim patterns: the basis of addictions
  - d. The addict's family system - identify the family secrets
  - e. Identify the 3 categories of addiction
3. Accountability and the Integrity Checklist
4. Treating addictions with *Hypnotherapy*  
Learn 2 NLP techniques: *Collapsing anchors* and *Reframing unhealthy behaviors*

### **Session #3 Sexual Abuse Treatment with Hypnotherapy**

1. Continuum of dissociation  
Diagnosing and treating Borderline Personality Disorder and DID
2. Unhealthy Sexual Patterns in Families  
Body shame & body memories - releasing judgments
3. Shock and Trauma  
Trauma, PTSD, complex trauma and complex PTSD – Diagnosis and treatment
4. Treating trauma & sexual abuse
  - a. Identify incestuous family patterns
  - b. Using “Ego Strengthening”

### **Session #4 The Mind/Body Connection and Hypnotherapy**

1. The Body/Mind Connection
  - a. Treating dis-ease and pain control
  - b. The Role of Fear in disease
  - c. The psycho-somatic dynamic
  - d. Somatization of emotional pain
  - e. Examining the placebo effect

2. Treating physical illness, pain, or psychosomatic conditions
  - a. Discovering the body's own healing resources
  - b. Listening to the wisdom of your disease
  - c. Strengthening the immune system
  - d. Pain reduction with hypnosis
  - e. Using the body's energy centers to release illness
  - f. "Walking through Fear"
  - g. Autogenic pain control
3. Introduction to energy awareness and energy healing
  - a. Learning the primary energy centers (chakras)
  - b. How to feel and test these centers
  - c. Diagnostic steps for when they are open/ closed
  - d. Retrieving what has been lost or stolen through trauma or abuse (joy, innocence, confidence, courage, trust, etc.)
  - e. Releasing what does not belong to us (introjections and identifications)
  - f. Existential issues that one carries throughout the lifespan
  - g. Past life and interlife
4. Manifesting abundance and prosperity

### **Session #5 Eating Disorders**

1. Assessment of eating disorders
  - a. Eating Disorders Questionnaires
  - b. Thought disorders and how they connect with eating disorders
  - c. Body distortion
  - d. Hypoglycemia, glucose transport disorder
  - e. Childhood developmental stages and oral addictions
2. Treatment of eating disorders
  - a. Identifying target areas for treatment
  - b. Releasing body distortion
  - c. Behavior modification and NLP in hypnosis
    - i. "Flooding" & "Response prevention"
    - ii. "The Law of Reverse Effect"
    - iii. "*In vivo* desensitization"
    - iv. Collapsing anchors
    - v. Extinguishing the urge
    - vi. Stomach shrinking & hunger level
3. Introduction to the Wellness Psychodrama model
  - a. Safety (1-2-3 stop rule)
  - b. Interview
  - c. Induction
  - d. Managing the scenes, roles, trance, and correctional experience

### **Session #6 Sex, Co-sex, Relationship, Romance, and Love Addictions**

1. Diagnosing the “people addictions”
  - a. People addictions Questionnaires
  - b. Levels of sexual addiction
  - c. Insidious Trauma
  - d. Four Primary Existential Issues
  - e. Repeating unhealthy relationship patterns
2. Treating people addictions
  - a. Breaking into the addiction cycle
  - b. Extinguishing emotions underlying the addiction
  - c. Releasing Shame
  - d. Addressing withdrawal symptoms

### **Session #7 Relationships**

1. The Relevance of unconscious memories
  - a. Psychological imprints
  - b. Prenatal and birth issues
2. Jungian psychic structure (ego, persona, shadow, anima/animus) and projection, transference and countertransference
3. Healing through relationships
4. Hypnotherapy with couples - the Double Induction process

### **Session #8 Healthy Separation**

1. Healthy vs. unhealthy separation
  - a. Model of healthy separation
  - b. Creating healthy completion
2. Treating grief and loss
  - a. Recognizing attachment disorders
  - b. Working through dissociation
  - c. The high cost of “leaving too soon” separation
  - d. Treating attachment disorder with Hypnotherapy