



Insight Therapies LLC | (814) 662-5338 | RelaxationNonViolenceTraining.com
Science of The Magnetic Heart Program ~ Therapy Resolution, PractitionerPro®

RELAXATION THERAPIES TRAINING AND MOBILE KIT

PractitionerPro® Certification Programs: Relaxation Therapist, Peer, Health Coach
Course: Relaxation Therapies Training & Student Starter Kit Working with Kids - Adults
Delivery: Home-study, and Specialty Training, Teleconference, and Supervision
Student Starter Kit: Customizable, Mobile-Ready
Certification: Designed for licensed & non-licensed professionals - No Prerequisite
Peer, Health Coach, Therapist, Educator- Relaxation Therapies Certification
License: Licensed PractitionerPro® Provider (Individual & Site Licenses available)
Course complexity: Basic Core, Intermediate and Advanced

Course Description (Program Total Word Count: 215,847) **Relaxation Therapies home-study training is for Consultants, Coaches, Health Educators, Teachers, Clinical and Community Service Professionals.** Templates included are designed for both licensed and unlicensed clinicians working with pediatric, teen and adult care. Get a student starter kit to launch a career with everything you need to deliver in-person therapy, virtual or mobile coaching. Practice hands-on exercises as you listen to audio lectures and exercises guiding you step-by-step. Curriculum structure: Your training consists of two in-depth relaxation training courses. Begin education with Guided Imagery therapeutic training for mastering the art of communicative dialogue, creating hypnotic (deep relaxation) scripts and expand skills learning Therapy Resolution and several relaxation techniques such as Guided Imagery, Hypnosis, Biofeedback Assisted Relaxation, Deep Breathing or Breathing Exercises, Progressive Relaxation, Autogenic Training, Self-Hypnosis (Mindfulness, Meditation and Relaxation Techniques). Read and study two course training manuals containing prerecorded lectures and audio examples of Relaxation Techniques, as well as templates for conducting individual, group and workshops; a business portfolio, and a helpful Q & A tutorial guide for the quiz. Practice hands-on exercises as you listen to audio lectures and exercises guiding you step by step.

Training includes audios and PDF documents to ensure the best learning experience and course completion certificate. Home-study training is your starting point for earning certification. Request supervision after course completion to get the certification. PractitionerPro® training provides audio examples to illustrate the methods and techniques, as well as data to support their effectiveness.

Treatment Model: The treatment model is a combined CBT approach that employs relaxation, cognitive, and communication skills interventions (Interpersonal Skills).

Model has been designed as a strategy for organizational, educational, and clinical settings.

Tuition

Download: Sale Price \$697 (\$997) USD No Tax
CD: (10) CDs: Sale Price \$797 (\$1140) USD Plus shipping, No Tax
USB Flash Drive: Sale Price \$710 (\$1015) USD Plus shipping, No Tax

Add-on (optional): \$300 Phone Supervision (2 hours) - Certification Process. Upon completion of home-study, request supervision by calling (814) 662 - 5338. After Certification, become a Licensed Provider. \$125 Annual license fee with low monthly cost (\$10.42). Please ask about Site License Fees.

Product Description

Download, (10) CDs, USB Flash Drive (Request Group Training: web-based management log-in access available for site training, please ask for fees). Customizable training materials for working with kids and adults are designed for *both* licensed and non-licensed clinicians. Digital Media Format: Internet connection needed (Adobe Acrobat Reader & capability to access Microsoft Word required for viewing). Once you download the program you do not need to maintain internet connection.

Program includes audios and PDF documents to ensure the best learning experience. Product includes PDF, WORD, Fillable PDF Forms, Audios (MP3), and Videos (WMV) that are accessible by most smart phones, PCs, and tablets. Most devices already include player/reader and user flexibility allowing our student kit to be easily launched to mainstream profiles. There are no additional fees needed for management use. Our product was designed by a clinician for today's clinician without the fuss, extra and expenses. A student can launch a starter kit working with children, teens and adults with flexible applications in-person, or via the Internet.

RELAXATION THERAPIES HOME-STUDY COURSE INCLUDES:

- o 2 Course Manuals (begin reading PDF files, listen to prerecorded lectures)

#1: Guided Imagery Clinical Behavioral Relaxation Training Digital Therapy Aids

#2: Self-Regulation Therapies: Self-Hypnosis Strategies for Clinical Teaching

Home-Study & Digital Therapy Aids

A.) Relaxation Techniques Training: Autogenic training (AT), Progressive Muscle Relaxation (PMR), Guided Imagery, Classical Self-Hypnosis Therapy, Hypnosis Therapy, Therapy Resolution, PractitionerPro® Methods (Rapid Methods), Breathing, Professional Dialogue Training, How-To-Write Scripts & How-To-Do Relaxation Therapy Techniques.

B.) Ethics

C.) Tutorial Guide

D.) Exam & Evaluation

- o Research Book (efficacy of methods and applications)

- o Cognitive Distortions: 15 Styles of Distorted Thinking and Thought-Provoking Questions

- o Digital Media Kit: (8) Deep Relaxation Exercises; Guided Imagery Therapy Audio, Autogenic Training (Self-Hypnosis 1-3), Relaxation Therapy Music, Smoking Cessation (2) Guided Imagery Videos with Narrative Subtitles/Without Narrative Subtitles

Exercise Instruction are relatively brief [15-20 minutes] targeting to develop self-awareness, self-regulation skills, manage emotions, improve emotional intelligence, and improve emotional health by promoting self-awareness as it reduces stress.

Cognitive CBT Activities Worksheets For Reducing Stress (for teen/adult therapy or self-help) How to Handle Stress, Anger Management, Assertiveness Training Teen/Adult, Assertiveness Training 6th Grade 11 – 12 yr. old, Assertiveness Training 5th Grade 10 – 11 yr. old

o Student Starter Kit: PractitionerPro® Logo, Business Portfolio Forms (Session Delivery Templates, Scripts, Intakes, Questionnaires; Patient & Parent, Consent forms & examples, etc.), Patient Education Pamphlets (Brochures: pediatric, teen & adult standard & personalized-add your logo) How-to-do PractitionerPro® (trainer & user workbooks), Handouts, Instruction Guides, How-To-Do Deep Breathing, Trainer Template Guides: Individual, Group, Workshop, Royalty Free Music

o 2 Course Certificates of Completion

Program Learning Objectives:

- Discuss the findings of alternate methods of Relaxation Therapies
- Describe the use of Relaxation Therapies as an individual, group & workshop tool
- Demonstrate how to do Goal Planning to prompt accountability and success
- Describe benefits of Relaxation Therapies: medical and mental health applications
- Recognize “how to” do trade technique: Mindfulness Meditation and Guided Imagery
- Determine potential mind sabotages created by imprints of the subconscious

Upon completion of the program, participants find they can:

- Demonstrate Relaxation Therapies: stress reduction & stress management methods
- Demonstrate Professional Communicative dialogue working in client care
- Demonstrate to write relaxation scripts working in relaxation, meditation and guided imagery
- Describe rapid approaches and several different types of relaxation therapies practices
- Discuss clinical knowledge working with benefits for children, teens and adults
- Discuss Relaxation and Stress Reduction fostering a mind-body, mind-body-behavior connection
- Describe evidence-based methods and benefits working with Hypertension, Respiratory Conditions, Cancer, Intestinal Conditions, Pregnancy Stress Management and Childbirth
- Describe nonnarcotic Relaxation methods scientifically proven to reduce anger, anxiety, depression, stress and pain as well as improve positive mood and quality of life
- Demonstrate knowledge of Interpersonal Skills and Training Programs: Assertiveness, Stress Reduction and Anger Management to prevent and *reduce stress, resolve conflict, and improve communication*
- Demonstrate knowledge of how-to-do Deep Breathing (Diaphragmatic *breathing*)
- Demonstrate mastery of lesson comprehension at levels of 70% or higher

Special Logistics

The certification program is 16 weeks expectancy completion. Specialty training includes an additional three (3) weeks teleconference web conferencing training.

21-week programs include Staff Training, Peer Leadership Development, Parent Caregiver Project, and Maternity Stress and Leadership Certification.

Home study program offers a Course Completion Certificate and is particularly designed for those who would like to become a Certified Licensed PractitionerPro® Provider. Please visit us on the web or call to learn more about our Partner Program Structure Logistics.

Presented by: Instructor/Course Author *Martha Watson, PhD, CHT, CI, CAMS-II (NAMA Diplomate)*
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