

**Certification Training:** Relaxation Techniques (RT) Home-Study  
and Student Starter Kit Working with Children/Teens/Adults  
Designed for Professional Caregiver, Leaders, Teachers, Coaches, and Therapists

*Get Starter Kit accessible with smartphones & tablets to work with all ages.*

**WHAT YOU LEARN:** Dive deep into learning the art of Relaxation Therapies. Your education starts by learning Guided Therapeutic Imagery, how-to-do hypnotherapeutic scripts, professional communication, and reflective listening skills advancing into exploring a complete collection of relaxation techniques. Discover a brain-based approach that offers benefits working in behavioral health offering nonnarcotic, nonopioid, research-based methods. Learn how a brain works understanding imprints, sabotages, working in mind-body integrative medicine, a masters guide to meditation, mindfulness, and relaxation. Learn Mind-Body intervention techniques using: Guided Imagery, Progressive Muscle Relaxation, Autogenic Training, Self-Hypnosis, Therapy Resolution (rapid methods), hypnosis therapy, and other relaxation exercises, and behavioral techniques to reduce stress, and work with stress-related disorders. The program is made up of two courses: Guided Imagery Clinical Behavioral Relaxation Training, and Self-Regulation Therapies: Self-Hypnosis Strategies for Clinical Teaching.

Register for relaxation therapies (RT) certification training working with pediatric, teen, adult, individual, group and family care. Home-study training provides audio exercises to illustrate the methods and techniques, as well as data to support their effectiveness. Students get a starter kit, a tool-box to reduce stress, change negative self-talk, and foster better communication and coping skills. Mindful practices reduce stress and regulate emotions. Additional ready-to-use programs (Anger Management, Stress Management, Assertive Training) in student kit provide strategies to support Executive Function, Self-Regulation, Life Skills, Social, Health and Character Education.

The Student Starter Kit is two-folded that includes the nuts and bolts for everything you need for an easy startup working in-person, or via virtual online services, or providing in-person care with smartphone supportive tools. The inclusive student-starter-kit provides office forms, brochures (child/adult), template guides, (4) trainer-user workbooks, scripts, and audio/video relaxation technique exercises. Launch a practice working with relaxation techniques easily in patient and family-centered care. The training and starter kit has ready-to-use templates for both nonlicensed and licensed professionals: therapy, clinical work, or teaching.

**NO PREREQUISITE:**

Designed for Professional Caregiver, Leaders, Teachers, Coaches, and Therapists.

**HOW TO WORK WITH PROGRAM:** Applications include in-person, virtual, outreach with digital media accessible through a digital device: any mobile electronic technology (for example computer, smartphone, laptop, tablet). We suggest practicing techniques in person and providing exercises thru digital devices as a supportive tool, take-home reminder, or homework practice of the skills your client has learned.

**OVERVIEW:** Learning relaxation techniques help you by promoting a relaxation response while reducing stress. Relaxation techniques aid in stress reduction and is founded on the mind-body connection principle: disengaging the stress response relaxes both body's physiological reactions to stress and mind, decreasing distress and symptom's prompt musculature relaxation that produces mental relaxation and vice versa. **BENEFITS:** Promote relaxation with scientifically proven methods to reduce anger, anxiety, depression, stress and pain as well as improve memory, positive mood and quality of life.

**HOME-STUDY CERTIFICATION:** Relaxation Therapist

PractitionerPro® home-study training offers education at your own pace. Practice hands-on exercises as you listen to audio exercises guiding you step by step. Training includes audios, videos & PDF documents to ensure the best learning experience.

**YOU GET:**

- 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
- 1 Research Book (efficacy of methods and applications)
- Cognitive Distortions: 15 Styles of Distorted Thinking and Thought Provoking Questions
- 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) (1) How to Handle Stress (1) Anger Management, Assertiveness Training Teen/Adult, Assertiveness Training 6th Grade 11 – 12 yr. old, Assertiveness Training 5th Grade 10 – 11 yr. old
- 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
- 2 Course Certificate of Completions

**AT END OF TRAINING PARTICIPANTS WILL BE ABLE TO:**

- Demonstrate relaxation techniques.
- Create a focused state for student learning, growth and transformation
- Manage one's organizational life; professional personal performance
- Employ anxiety reduction techniques to reduce pain and discomfort
- Identify techniques to reduce fears
- Discuss how relaxation therapies can change habits

- Discuss Cognitive Distortions
- Examine tools for the childbirth process
- Identify *Neuro-linguistic* programming suggestions help with weight loss and addictions
- Analyze techniques for Professional Goal Planning in achieving resolutions
- Employ tools and suggestions to Improve confidence and self esteem
- Discuss relaxation technique suggestions to improve quality of life
- Prepare procedures to get out of blocked patterns, form better relationships, and assist clients with stress and emotional difficulties
- Identify strategies for long-term stress management
- Discuss the findings of alternate methods of relaxation techniques.
- Describe the use of relaxation techniques as a workshop tool.
- Describe benefits of relaxation therapies: medical and mental health applications.
- Recognize “how to” do trade techniques; Autogenic Training, Diagrammatic Breathing, Classical/Self-Hypnosis, Guided Imagery, Meditation (professional dialogue), Progressive Muscle Relaxation, and Therapy Resolution, PractitionerPro® Methods
- Determine potential mind sabotages created by imprints of the subconscious

## WHY TRAIN WITH US

If you'd like a comprehensive, in-depth home-study education with the same benefits as land, and takes less time, join us. To be superior in your field, you need an outstanding training that gives a method to use with multiple benefit applications. That's what we offer. Other classes will require hours of training you stuff that you don't necessarily need.

Emotions, stress, and anger are not mental health conditions. We are the Experts

## NOT A DIAGNOSIS - STRESS

Stress is defined as a disruption of normal homeostasis. PMID:12040539

<https://www.ncbi.nlm.nih.gov/pubmed/12040539>

According to the American Psychiatric Association “Stress can be brief, situational and a positive force motivating performance, but if experienced over an extended period of time it can become chronic stress, which negatively impacts health and well-being.”

## NOT A DIAGNOSIS - ANGER

According to the American Psychiatric Association, anger is not an illness. Anger is listed as a diagnostic entity in the DSM-(IV)5. The DSM (DSM-IV) diagnostic manual does not include anger as a diagnosable disorder.

Therefore, counseling, psychotherapy or psychotropic medication is not useful. Teaching clients' vehicles on how to deal with stress such as Exercises for Grounding, Emotional Regulation, Relaxation Techniques, Coping and Problem-solving skills are imperative to become an integral part of therapy, coaching, and education. That is what we teach and is the missing link for communities to help individuals and families.

## Problems This Training Addresses in Communities:

**Community Epidemics:** Stress, Suicide, Trauma, PTSD, Alzheimer's, Dementia, Depression, Post-Partum Depression, Anger Management, ADHD, Anxiety, Obesity, Substance Abuse, Disruptive Behavior, and Impulsive Control Disorders. *Harmful effects of stress leading to broken homes, the rise of violence, bullying, and drug and alcohol abuse.*

**Silent Child Epidemics** Miscarriages, Autism spectrum disorders, Child Development Delay, Trauma, Stress & Stress Disorders: Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD)

**Elderly Epidemics** Alzheimer's Disease, Dementia, Cognitive Health, Pain, Heart Disease, High-Blood Pressure, High-Cholesterol, Diabetes, Substance Abuse, Respiratory Problems including COPD (chronic bronchitis, asthma, Emphysema) Cancer (skills proven build immune system)

**Opioid Epidemic Opioid law mandates our methods to be used! | Nonpharmacological Pain Management**

**Solutions for Mental Health Epidemics and Substance Abuse.** We offer **Nonnarcotic, Nonopioid methods.**

### **A New Approach For: Patient-Family Focused Care**

Science Conclusively Confirms That People Absorb Energy From Others. Our biology acts like a plant exercising photosynthetic energy absorption of energy. Our bodies absorb energy from our surroundings and other organisms. This breakthrough toward new ideas was published by a study from the University of Bielefeld and validated research by the Heartmath Institute. The human heart electromagnetic field is powerful generating thoughts, emotions, and feelings. It holds an "aura" discovered by scientific study that verifies the presence of another person in a coherent disposition (achieved by Relaxation Techniques) holds the ability to be used as a therapeutic tool. History has recorded the same found in Aristotle, Buddhism and other cultures but before now we lacked scientific proof. Patient-Family Focused Care now has the landscape changed working with a patient and family care. Welcome to PractitionerPro® Meditation, Mindfulness and Relaxation training, Relaxation Therapies Home-study training.

#### Family-Focused Approach

Benefits of Applying Relaxation techniques to Caregivers in conjunction with patient care are it increases patient's success and prevents the harmful effects of caregiver stress.

- 1.) Coaching: Caregivers reinforce relaxation technique methods to their family members practicing brain-based exercises that control impulses, improve memory focus and attention, achieve problem-solving and mindful practices maintaining self-control of emotional responses to stressful sensations, events, and experiences that regulate parasympathetic responses promoting physical and behavioral health benefits (evidence-based).
- 2.) Therapeutic change agent: Caregivers performing relaxation exercises achieve coherence and then become therapeutic reinforce for health, and healing
- 3.) Caregivers trained in relaxation techniques benefit by getting coping skills, maintain stamina, and break-the-cycle of statistical data. According to research, Caregivers become ill by disease, after seven years of enduring caregiver stress.

The program fulfills and increases compliance scores with **JCAHO, Osteopathic and Veterans Hospital** compliance mandates. **For more information, registration or interest in becoming our community partner, please call us at PH: (814) 662 – 5338.** This program is a brain-based, evidence-based, research-based program. Please feel free to ask for scientific research.

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