

## Relaxation Techniques Home-Study Training & Student Starter Kit for Working with Kids & Adults

### Program Description



LET US HELP TAKE YOU TO THE DIGITAL AGE ~ Mobile Ready Starter Kit ~

Programs built for PC's, Smartphones and Tablets (without hidden fees). Launch a career and get complete start up spending less time and more time delivering evidence-based care. Materials are easy to edit and customize.

Relaxation Techniques & Student Starter Kit

Delivery: Home Study (Download, Flash drive, 10 CD Package)

Certification: Relaxation Therapist

Credentialing: Licensed PractitionerPro® Provider Certification



Mind-Body Medicine home-study offers training at your own pace. Study relaxation techniques & strategies. Get a comprehensive digital accessible starter kit. Practice hands-on exercises as you listen to audio exercises guiding you step by step. Training includes audios, videos and PDF documents to ensure the best learning experience. Home-study training is your starting point for earning certification. Become certified by requesting supervision and successfully completing an oral exam. Expand credentials and continue to work with Student Starter kit by becoming a licensed provider. In this course you will receive a wide range of relaxation techniques proven to be effective for different profiles that you may work with. Training provides audio examples to illustrate the methods and techniques, as well as data to support their effectiveness.

**Product Description:** Dive deep into Guided Imagery therapeutic training by mastering the art of communicative dialogue, creating hypnotic (deep relaxation) scripts and expand skills learning rapid methods and new approaches to Behavioral Health (Therapy Resolution), several relaxation techniques and Cognitive Distortions (Examples & Definition). In this course you will learn: Therapy Resolution, Guided Imagery, Hypnosis, Biofeedback-assisted relaxation (Deep Breathing Exercises), Progressive Muscle Relaxation, Autogenic Training, Meditation (professional dialogue), Communicative Dialogue, Classical Hypnotherapy and Relaxation, Mindfulness & Meditation varieties of Self-Hypnosis.

**Training includes:** Two Manuals, Prerecorded Lectures, Leader Tutorials and Templates, Research Book, Audio & Video Relaxation Exercises, Ethics, Exam, Certificates of Completion, Program Evaluation, Licensed Provider Registration Form and more.

**Student Starter Kit Working with Kids & Adults Includes:** Portfolio, Toolbox, Relaxation Kit

**PORTFOLIO** ~ Customizable Business and Office Expandable Folders: Templates, Tutorial Guides, Session Structure Guides, intakes, questionnaires (patient & parent), Suggestibility Tests (Assessments), inventories, handouts, brochures (2) patient education pamphlets (brochures: Pediatric, Teen/Adult Standard and Personalized -add your logo) consent forms and therapeutic hypnotic scripts (children & adults). Documents are provided in PDF and WORD.

**TOOLBOX** ~ (5) Programs & (4) Workbooks: Relaxation Therapies (RT) Instructor's Manual and Learner's Workbook, and Facilitators Guide/Workbooks to offer programs in Anger, Assertiveness, Stress training, and Self-Hypnosis Program Outlines (Workshops).

**RELAXATION KIT** ~ Relaxation technique activities & Audio-Visual Aids, (9) Audios, (2) Videos (Guided Imagery, Autogenic Training, Relaxation), and (1) Soothing Meditation Music (Royalty Free Music). Audio Exercises are relatively brief (15-20 minutes) accompanied by Leader Manual and User Instruction Workbook.

*Relaxation training* methods offer scientifically validated nonnarcotic relief to reduce anger, anxiety, depression, stress and pain as well as improve positive mood and quality of life. The course is designed to fit both non-licensed and licensed apprenticeships. Completion of this program offers licensed provider and academia certification.

Staff training and site licenses available. CUSTOMIZABLE STARTER KIT for both non-licensed and licensed professionals.

Nonnarcotic Scientifically proven methods for Addictions, Perinatal Care, Behavioral Health...

Helping epidemic profiles; stress, anxiety, anger, depression, pain, drug-alcohol-opioid addictions.

