



ISPS Trauma Therapy training course

Detailed course agenda

Sept 2017

This in-depth comprehensive course (about 140-150 hours depending on class size) teaches how to diagnose all of our trauma types and subcellular cases and their underlying biology. The students are also taught (and practice) the techniques to permanently heal a trauma and most subcellular case as well. (Some exceptions include clinic processes and some cases that we have not developed a treatment for yet.) The course emphasizes training sessions with actual clients to get practical experience and to become comfortable with using these new trauma and psychobiology techniques.

Venue

This course is usually taught online. Training is available in English, French, German, and Polish.

Course length

About 140-150 hours depending on the class size.

Prerequisites

- Approval from instructor.
- We recommend taking the introduction course.
- No current psychiatric or major problem issues (such as suicidal tendencies) - these classes are not for healing of major personal problems.
- No potentially life threatening conditions such as a weak heart.
- Signed liability and health forms.

Recommended reading:

- *Subcellular Psychobiology Diagnosis Handbook* (2014) by Dr. Grant McFetridge. This is written specifically for therapists who've taken our training.
- *The Basic Whole-Hearted Healing Manual* (2004) by Grant McFetridge PhD and Mary Pellicer MD. This book, although dated, still has several techniques not covered elsewhere.

Detailed agenda

Below is a detailed agenda for the Institute's Foundational training. Note that each teacher is likely to teach material out of sequence. Or add, emphasize, or delete selected material given the needs of their particular students, and to circumstances like client session times and so on.

Module 120: Whole-Hearted Healing® trauma therapy

Note: This module is also taught as the Foundational training course.

- Exercise: Finding & Moving the Center of Awareness (CoA)
- A Problem Feeling Physical Symptoms
- CoA exercises
- Meridian Therapies
- Support Techniques for Trauma Healing
- The Hendricks "Loving Yourself" Technique
- The Loving Yourself Process
- Whole-Hearted Healing™ (WHH)

- WHH Step-by-Step Guide
- The Rule of 3
- About CPL - Calm, peace and lightness
- Some support techniques for WHH
- Quiz 1

Module 100: Trauma healing and subcellular psychobiology

- The Primary Cell and Trauma
- About CPL - Calm, peace and lightness
- Generational Trauma
- Body associations
- Ribosomal voices and sensate substitutes
- Optimal Decision-Making
- Unconsciously Blocking Healing to Avoid One's Optimal Life Path
- Subcellular infections/ parasites
- Bugs - burning, stabbing, ripping pain
- Bubble Diagnosis and Treatment
- Charge for Results Criteria
- Bubble Diagnosis and Treatment Process
- The Manipulation Fungus Technique
- Healing Bacterium
- Relationship Issues
- The Neediness Process/Sucking holes (s-holes)
- Cording, Curses, And the Borg Fungus
- The Distant Personality Release Technique (DPR)
- E-Holes and E-Cords
- Holes
- Resistance and The Tribal Block
- The Tribal Block Technique™
- Excessive Tribal Block
- Quiz 2

Module 110: Triune Brain Therapy™

- Triune Brains and Healing
- Notes on the Triune Brains
- A Checklist of Triune Brains and Their Characteristics
- Triune Brain Therapy™
- Special Cases of Triune Brains
- A Dominant Brain
- Other Triune Brain Cases
- Treatments for some triune brain subcellular cases
- Courteau Projection Technique™
- Crosby Vortex Technique
- Quiz 3

Module 130: Diagnosis

- Diagnosis Course Overview
- Heal Beliefs About Diagnosing
- Diagnostic Approaches
- Summary
- Spotting and Managing Subcellular Cases During Sessions
- Diagnosis
- Assessment - clarifying issues - contract

- Quiz 4

Module 170: Client/therapist relationships

- Heal Issues Involving Therapist-Client Relationships
- Exercises
- Practitioner/ Client Relationships
- Severe or Life Threatening Problems Triggered by Trauma Therapies
- Therapist training and safety precautions you must take
- Conventional training for safety
- Suicide
- Spiritual emergencies
- Psychosis and other severe mental disorders
- De-stabilization
- Working with clients via video calls
- Safety
- A Partial List of Safety Hazards
- Informed Consent
- Therapist fears about using an informed consent form
- So, how do you do informed consent and turn it into a feature?
- Sample form - Client Disclaimer of Responsibility Agreement
- Sample form - Informed Consent Form
- ISPS Principles for Peak States Therapists
- Professional Guidelines
- First Client Interview and Documentation
- Sample form - Charge for Results Agreement
- Sample form - Personal Details
- Sample form - Treatment Record Form
- Sample form - Session Record
- 'Charge for Results' Guidelines - Setting Fees

Module 160: Core trauma

- Core Traumas
- Older rev 2.0 version of Core Trauma Technique™
- Finding and healing Core Traumas Flowchart v2
- Core trauma steps in brief (rev 3.0a)
- The Core Trauma Technique rev 4.1
- Clinic Processes
- Major Psychological Disorders: Aspergers, Schizophrenia
- Brain Damage/ Traumatic Brain Injury/ Concussion
- Column of Self Problems
- Brain Shutdown
- Flattened Emotions
- Evil
- ADHD/ ADD/ Psychosis (Shattered Crystals)
- Being Present State
- Unusual Pains in the Present (After Regression)
- Excessive Tribal Block
- Trauma Bypasses
- Unusual Problems
- Leakage through the cell or nuclear membrane:
- Very damaged or clumped mitochondria:
- Quiz 5

Module 140: More healing techniques

- Trauma Healing Techniques
- Waisel Base Emotions Technique™
- Rapid Whole-Hearted Healing™ (rWHH)
- TAT for Peak State Traumas
- More Support Techniques
- Unconsciously Blocking Healing to Avoid One's Optimal Life Path
- Image-Streaming in Brief
- Evil: Causes and Treatments
- Setting Up a Mentoring and Financial Relationship With Your Clinic Therapist Backup
- Mentoring by An ISPS Staff Person

Optional Certification testing (held after trauma training is completed).

Revision history:

Sept 2024: This training is half of the previous month-long in person intensive course. The second half is now called the Peak States therapy training and is in a different document.