



ISPS Trauma Therapy training course

Detailed course agenda

Sept 2024

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 T1: Foundations of Subcellular Psychobiology (5 classes)

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

- Background/ core purpose/ Grant's story
- Training structure/ certification/ introductions
- Simplified triune brain model
- Observing self (CoA) v directing self
- Developmental events model
- Primary cell/ transpersonal biology model
- What is trauma/ trauma strings/ biology of trauma
- Biographical trauma/ positive trauma/ multiple roots

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- Dreams
- How to heal trauma/ One-point tapping/ CPL
- Trigger event/ SUDS
- Heal therapist stuck beliefs
- Why clients don't heal
- Generational trauma (including WHH approach)
- Body associations/ voices/ allergies/ addictions
- Dysfunctional homeostasis
- Simple trauma v sub cellular cases
- Copies

Module T2: Pay for results, WHH & other trauma techniques (6 classes)

- Clarifying the issue/ Pay for results
- Informed Consent
- Rule of 3
- Whole hearted healing
- Loving yourself
- Triune brain therapy
- Triune brain connection to organelles
- Projections
- Shapes/ image overlays
- Elevator technique

Module T3: Safety and trauma therapy practice (6-10 classes)

- ISPS principles/ ethics/ safety
- Elevator pitch
- Challenging clients
- Practice client session outline
- Supervised practice #1

Module T4: Relationship issues, diagnosing & decision making (10-12 classes)

- Burning pain, nausea, and tiredness
- Sacred being damage
- Bubbles
- Time loops
- The Humanity Project
- Soul loss
- S-holes
- E-holes
- Tribal block
- Cords/ DPR
- Curses
- Relationship issues
- Diagnosing
- Dilemma
- Optimal decision making
- Healing requirements prior to certification
- Silent Mind/ Sound loops/ Sub-vocalization

Module T5: Depression & anxiety causes, chronic pain, spiritual emergency and resistances (10-14 classes)

- Abyss
- Loss of peak state/ problems with peak states

- Causes of depression
- Flattened emotions
- Triune brain shutdown
- Holes
- Causes of anxiety
- Spiritual emergency/ kundalini/ past lives
- Causes of evil experiences
- Archetypal images/ over-identification with creator
- Crown brain structures
- Chakra pain
- Chronic pain - PMS/ headaches (incl. viral net)
- Resistances
- Core traumas
- Guarding trauma
- Trauma flooding
- Supervised practice #2

Module T6: Less common sub cellular cases, ISPS support and support techniques (9-13 classes)

- Waisel base emotions
- Vortex
- Mitochondria clumping
- Sensate substitutes
- Supervised practice #3
- Emotional overwhelm interventions
- Focusing
- Rapid WHH
- Clinic processes
- Therapist and client support systems
- Graduate support
- Mentoring after certification
- Student Coordinator and certification requirements
- Guest speakers
- Training evaluation

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.