

**Motivation Hypnosis:
Turner Techniques of Age Regression –
Identifying & Releasing the Causal Imprint Workshop©- Level 1 *
Friday, June 7, 2019- Level - 1**

| FRIDAY | | | |
|---|-------------------|--|--|
| START - END | TOTAL TIME | Location: Champlain College, Burlington, VT | FACULTY |
| 9:00 – 9:30 AM | | REGISTRATION | |
| 9:30 – 9:45 AM | | Intro to Workshop & Faculty & Schedule | <u>Conference Room</u> <u>Boardman Hall</u> Maureen, Casey & Nick for all 3 Levels |
| 9:45 – 10:00 AM | 15 min. | Does Age Regression Therapy make a difference - physically and emotionally? Case examples. | |
| 10:00 – 10:30 AM | 30 min. | Why Age Regression? Historical Perspective with some new historical information | Nick |
| 10:30 – 10:45 AM | | BREAK | |
| 10:45 – 11:30 AM | 45 min | Memory/Making beliefs/behavior/6 primary feeling states/5 Levels of fear | Nick |
| 11:30 – 11:45 AM | 15 Min. | Age Regression Techniques Overview | |
| 11:45 – 12:15 PM | 30 min. | Present Elman -Turner Induction & Anchoring | |
| 12:15 – 1:00 PM | 45 min. | Group Experience: Elman -Turner Induction with options | |
| 1:00 – 2:00 PM | | LUNCH on own (Local Options) | |
| 2:00 – 2:15 PM | 15 min. | Group Demo- Elman -Turner: Pulling 1-4 Anchors, then to Level #5 | |
| 2:15 – 3:15 PM | 60 min. | Confidentiality, history form & interview history: Pre-Birth, family dynamics, earliest conscious memory & Self-Talk Assessment | Nick |
| 3:15 – 3:45 PM | 30 min. | Anchoring & Preparation for Triad #1 | |
| 3:45 – 4:00 PM | | BREAK | |
| 4:00 – 6:00 PM | 120 min. | Triad # 1 – Regress to positive experience & anchor, and give 3 measurable suggestions – Emerge 100% aware! | Nick |
| 6:00 – 6:15 PM | 15 min. | Discuss Triad #1 Experience | |
| 6:15PM | 7 Hours | End of Day | |
| <p>Learning Objectives – Participants will be able to: LO1 Discuss theory, applications and demonstrate 2 traditional and 2 novel age regression techniques. LO2 Develop experience in applying at least 2 age regression skills in Triads.</p> | | | |

**Motivation Hypnosis:
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Saturday, June 8, 2019**

| SATURDAY | | | |
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| START – END | TOTAL TIME | | FACULTY |
| 9:00 – 10:15 AM | 75 min. | Turner’s Rescue Mission – Theory & Psychosomatic – Affect Bridge to Imprinting Event / Pre and Post Trauma Rescue techniques and protocols/ ASCH effect – Including hypno-whisper to most traumatized and/or fetus & infants & rescue of positive mind states – left behind/ abreaction prevention/ intervention techniques including ASCH effect | Nick & Casey |
| 10:15 – 10:30 AM | BREAK | | |
| 10:30 – 11:30 AM | 60 min. | Video of Rescue Mission – K.B /J.P. and checking Rescue Protocol Process List | NICK |
| 11:30 – 12:00 PM | 30 min. | Discuss Video of Rescue Mission & Protocols and add Choice of “Slide” Technique to Emerge | |
| 12:00 – 12:15 PM | 15 min. | Prepare for Triad #2 – Level 5 & regress to Minor trauma plus using Emerging Slide Technique | |
| 12:15 – 1:15 PM | LUNCH – On Your Own (Local Delivery & Café options) | | |
| 1:15 – 3:15 PM | 120 min. | Triad # 2 – Induction to Level 5 and regress to anxiety/minor trauma Treat with hypnosis & emerge with positive mind state – use Slide to measure 0-10 and utilize “Slide up and down to most comfortable emerging level-100% alert!” | Nick |
| 3:15 – 3:30 PM | 15 min. | Discuss Experience | |
| 3:30 – 3:45 PM | BREAK | | |
| 3:45 – 4:15 PM | 30 min. | Why ADHD & Age Regression? Utilizing Clinical Hypnosis research on ADHD Comorbids: Addiction, Anxiety, Depression, OCD, ODD, and PTSD, medication update | Casey & Nick Participants include: Level 1, & Level 2 students |
| 4:15 – 5:00 PM | 45 min. | Case (S.W.) Video – Age Regression by Maureen & Discussion | |
| 5:00 – 5:15 PM | 15 min. | Turner’s List of ADHD hypnosis techniques & applications to DSM-5 Diagnoses© Instruction to own self-assessments & scoring | |
| 5:15-6:00 PM | 45 min. | Self-Assessments and Scoring | |
| 6:00 – 6:15 PM | 15 min. | Group discussion | |
| 6:15 PM | 7 hrs. 45 min. | Saturday Workshop ends | |
| Learning Objectives: | Participants will be able to: LO3 Assess for ADHD and apply 2 novel age regression techniques to ADHD signs & symptoms | | |
| Wine/ Beer/ Cheese Reception at Motivation Hypnosis Suite, Boardman Hall | | | |

**Motivation Hypnosis:
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Sunday, June 9, 2019**

| SUNDAY | | | |
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| START - END | TOTAL TIME | | FACULTY |
| 8:15 – 9:30 AM | 60 min. | Technique Demonstrations: Control Room, Meeting Room, Magic Sieve, Magic Helmet, Anchoring Counter & Reward Triggers | Casey & Nick |
| 9:30 – 10:15 | 45 min. | Habit Theory– Assessing resistance and Building in Accountability Demonstration - Dyad #3 Prep – Assessing and treating Resistance | Nick |
| 10:15 - 10:30 AM | BREAK | | |
| 10:30 - 12 Noon | 90 min. | Dyad # 3 Habit Reduction/Extinction- using a new technique | Nick |
| 12:00 – 12:15 PM | 15 min. | Group Dyad #3 Discussion | |
| 12:15 – 1:15 PM | LUNCH | | |
| 1:15 – 2:00 PM | 45 min. | Clinical hypnosis techniques for the management of trauma/abreactions, dissociation, repressed memories and re-emerging for 100% alertness techniques – cases and demonstrations. | Nick |
| 2:00 – 3:15 PM | 75 min. | Triad #4 – Individual Choice | |
| 3:15 – 3:30 PM | 15 min | Triad # 4 – Discussion | |
| 3:30 – 3:45 PM | BREAK | | |
| 3:45 – 4:45 PM | 60 min. | Turner’s Demo of Self-Concept Improvement techniques: Worthiness, deservedness, dignity, integrity and self-compassion Teaching client/patient to be own best detective to recognize triggers and be own best coach/boss in managing behavior – Group Participation | All Levels Maureen, Casey & Nick |
| 4:45 – 5:00 PM | | Evaluations & Certificates | |
| 5:00 PM | 7 Hrs. | Workshop Ends | |
| Learning Objectives- At the conclusion of this workshop participants will be able to: LO4 Formulate, explain, and apply age regression applications to appropriate cases. | | | |
| Total Hours: 21 | | | |