

Emotional Stress Release Mastery

January 11, 12, & 13, Chapel Hill NC

Cost- \$350 (Includes class manual)

Fri, Sat & Sun 9-6

Contact Hours(CEs) available for massage therapists

These simple skills complement the TFH and/or PKP training, and offer a whole new avenue for transformation in our lives.

Now you can feel confident having practical and easy-to-use skills when using ESR that offer great results for clients, your family & yourself.

After 20 years of teaching the Professional Kinesiology Practitioner (PKP) classes, Dr. Bruce Dewe M.D. realized not everyone had the training or skills to respond well when strong emotions arose. Many students felt unsure what to say when using the Emotional Stress Release holding points. He developed this course using straight forward approaches that do not require a counseling background. This class combines a variety of simple, powerful and effective skills anyone can learn to use. Dr. Dewe brought together approaches from psychology, visualization, self-help, kinesiology and spiritual traditions. This class trains you in 20 specific skills to de-stress emotional and mental issues, traumas and pain. Some of the skills are simple enough for children to use.

In this class you will learn:

- The elements and importance of 'active listening'.
 - How to use a 'worry box' to release worries.
 - How to help your client learn to ground themselves.
 - How to make negative thoughts go 'pop' like a balloon.
 - Symbolic Encapsulation: How to use the subconscious to assist you.
 - Skills to complete unfinished relationships.
 - A technique to contact and gently educate your inner child.
 - Two simple styles of role playing to gain insight into yourself and others.
 - The amazing picture frame technique. It's magical and worth the cost of the class all by itself!
 - How to handle the six different types of challenges to authority.
 - 'Feel/Want/Willing' technique to express yourself and create positive responses from others. (This technique is great for parents and children to stop struggling with each other.)
 - Video Rewrite- makes visualization and imagery easy and very effective.
 - How to assist clients to uncover empowering new resources.
 - Enhancing intuition- how to teach this to clients.
 - Learn how to individualize and find the emotion underpinning life challenges and stresses.
 - How to release those stuck emotions!
- And more!

"I feel like this course was equal to 15 years of psychotherapy for me."

Sylvia M- M.D.

Register online at: www.USKinesiology.com and send a \$100 non refundable deposit to: Larry Green, 7121 New Light Trail, Chapel Hill, NC 27516.