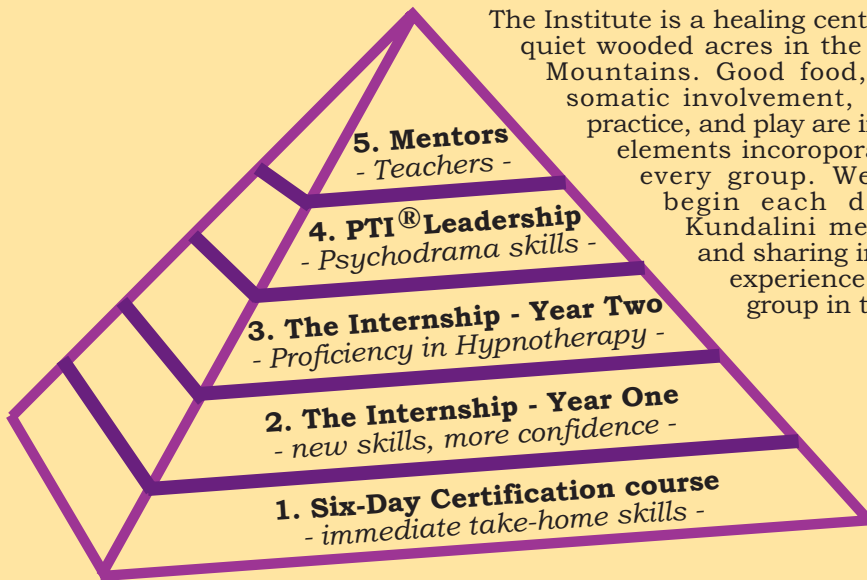
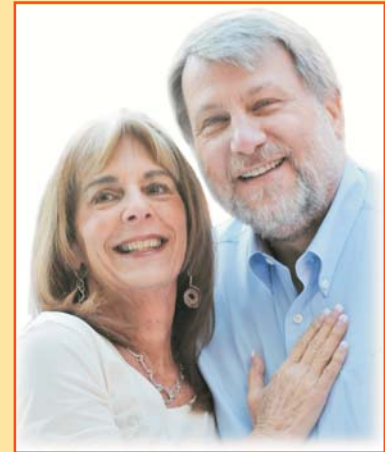


The Wellness Institute Course Catalog Heart-Centered Therapies®

*Learn how to feed your soul
through the life work you have chosen.*



The Institute is a healing center on ten quiet wooded acres in the Cascade Mountains. Good food, healing somatic involvement, spiritual practice, and play are important elements incorporated into every group. We always begin each day with Kundalini meditation, and sharing individual experience with the group in the circle.



Diane Zimmeroff & David Hartman



The Foundation is Hypnotherapy Certification - Coursework in Six Days

- Experiential training prepares you with ready-to-use skills
- Begin using the methods with your clients immediately

The Internship - Two Years

- Incorporate Soul work and Soul retrievals, past life regressions, subtle energy work, Parts Therapy (integrating shadows, the disowned parts), physical and spiritual healing, and chakra opening.
- Experience being welcomed into a warm, supportive network of like-minded professionals

PTI® Leadership - One Year

- Become more effective with groups in all areas of your life
- Expand clinical expertise in the areas of pre- and perinatal trauma, the differential diagnosis and treatment of trauma and shock, group psychotherapy dynamics and effective leadership, ego-state therapy with self-sabotaging shadow parts
- Become licensed to teach the trademarked PTI program in your community

Mentors - One Year Modules

- Develop your gifts as a teacher
- Intensive immersion in Jungian and shamanistic practices of "soul work," the relevance of unresolved developmental stages to unrealized human potential, existential issues of unfulfilled meaning in life, somatically releasing energy blocks
- Explore transpersonal realms such as conception, the womb, dreams, archetypal energies (anima and animus), Jungian Type Psychology, death, past lives, and the interlife

The Institute's training programs follow a sequential progression of increasing depth (exploration of the unconscious), and movement from trauma resolution through shadow accountability, to the heights of ego transcendence.