



Bodymind Institute-IBSR
Somatic & Cognitive Restructuring & Reprocessing

Order any of our trainings on digital video or schedule one in-house

Customizable | Convenient | Cost-Effective
www.bmi-ibsr.com
or call (304) 232-0230

REGISTER NOW!

Bodymind Institute-IBSR LLC
20 Walnut Ave.
Wheeling, WV 26003



Somatic Interventions For Working with Couples

Fast acting methods to resolve
communication issues between couples

Mathews, NC
JUNE 6, 2017

Blacksburg, VA
AUGUST 21, 2017

Up to
6
CE hours available
see details inside

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Somatic Interventions For Working with Couples

Fast acting methods to resolve
communication issues between couples

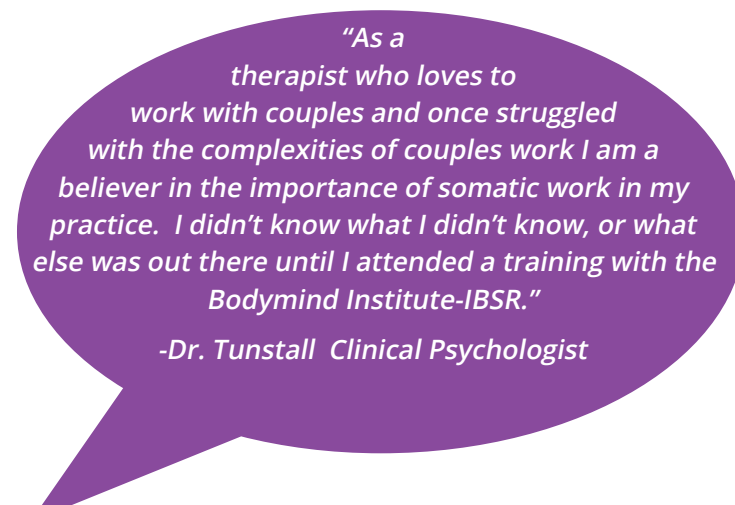
- ◆ Incorporate effective tools to disrupt harmful patterns that couples' work demands
- ◆ Assess during intakes whether your clients are somatic or cognitive based
- ◆ Create a collaborative short term resolution based treatment plan
- ◆ Learn fast acting techniques to address hyper-arousal
- ◆ Increase follow up appointments with constructive therapeutic experiences

When someone calls needing help with their relationship, they commonly say things have gotten to the point of break up, separation or divorce. It is even worse if there are children involved, the situation is ripe for immediate results. They want help now and need something fast acting.

We are biologically driven beings and biology favors efficiency. All of the patterns sabotaging relationships are reactionary, automatic and efficient. Clients need simple, quick and effective methods that do not involve relaxation, breathing and meditation. This is where somatic interventions work best. This one day training is designed to teach you somatic based methods you use right from the start during intake that will interrupt familiar patterns and change the outcome.

This approach typically requires only 3 sessions to resolve communication issues. This approach is also very low wear and tear on the clinician. If the concept of "less is more" interests you, then this training is for you.

Sign up today and reserve your spot!



"As a therapist who loves to work with couples and once struggled with the complexities of couples work I am a believer in the importance of somatic work in my practice. I didn't know what I didn't know, or what else was out there until I attended a training with the Bodymind Institute-IBSR."
-Dr. Tunstall Clinical Psychologist

About Bodymind Institute-IBSR

The Bodymind Institute-IBSR is a research, treatment and training facility. We are innovative and cutting edge. We bring inspired people together in forums like this, to ensure our clients achieve better health. We have taken the mystery, time and expense out of equipping mental health professionals with the skills to somatically treat.

Course Content

COUPLES WORK AND RELATED PROBLEMS

- ◆ Program introduction
- ◆ Individual intake for couples
- ◆ Partners intake
- ◆ Unconscious motivations
- ◆ Familial somatic patterns
- ◆ Innovative effortless ways to work with couples

INTRODUCTION TO SURVIVAL BRAIN AND BASIC NEUROSCIENCE FOR THE INDIVIDUAL & PARTNER

- ◆ Epigenetics & behavior
- ◆ Somatic reaction
- ◆ Cognitive response

OVERCOMING BARRIERS TO COUPLES TREATMENT

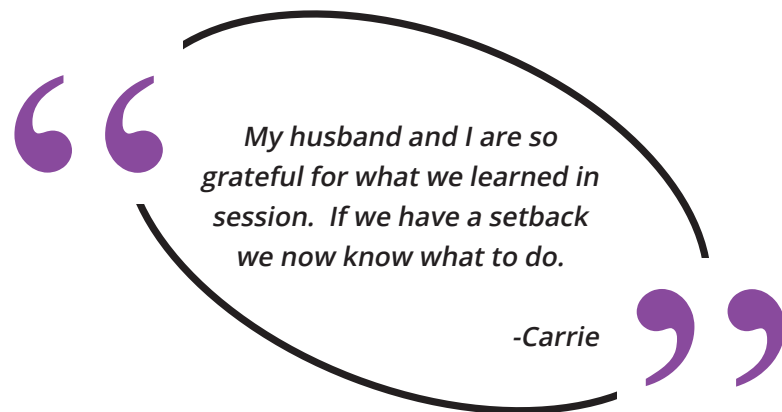
- ◆ Partners work for the individual who's partner refuses to attend
- ◆ Strategies that define a healthy marriage
- ◆ Blended families
- ◆ Real world implications
- ◆ How to effectively communicate needs without talk

PSYCHOSOCIAL DETERMINANTS FOR COUPLES HEALTH & WELLNESS

- ◆ Discussion of lifestyle factors that impact communication
- ◆ Group exercise; participants will experience an evidenced based somatic protocol that can be used with individuals & couples
- ◆ Emotional Health
- ◆ Social Health
- ◆ Nutrition
- ◆ Diet
- ◆ Supplements
- ◆ Medication
- ◆ Exercise
- ◆ Mental
- ◆ Physical
- ◆ Other personal health conditions

OVERVIEW; CURRENT ASSESSMENTS AND TREATMENT STRATEGEM

- ◆ Lifework
- ◆ Ecological validity
- ◆ Individual assessments
- ◆ IBSR Primer for the individual
- ◆ Couples treatment plan
- ◆ IBSR Primer for the couple



Intensive Director



Judith Moolten, PhDc, CSW, Educator, creator of IBSR Primer For Couples, has a degree in social work and an advanced degree in somatic psychology, with over 25 years of experience. She has helped families, couples and individuals worldwide find relief with the IBSR protocol. Judith has been featured on radio talk shows, coauthored books on trauma, and written articles for psychotherapy and somatics magazines and is working on a book of her own. Judith currently serves as a national representative for program consulting, supervision, research, and advancement of the IBSR Primer, IBSR and IBSR Hybrid protocols. Judith is a couples Specialist, using effortless

means to creating a new relationship. Judith is known worldwide for her couples building healthy skills to a successful marriage without having to fight to be heard. Couples learn how to create new vows and stop the pain.

Adjunct Educator

Brian Orzolek, BS, jack of all trades, All-American, is an amazingly succinct teacher. He brings a compliment to this training that makes it festive and fun. He is also the Training & Education Coordinator for the Bodymind Institute-IBSR. He promises to make you smile or your money back!



Objectives

1. Understand the communication struggles between somatic reaction and cognitive response.
2. Recognize why somatic work with couples is at the forefront of hot topics across a variety of healthy communication resources today.
3. Review the latest global and national somatic initiatives.
4. Gain a basic understanding of the entrained brain.
5. Discuss lifestyle factors, exercise, diet, socialization and others that support behavioral change.
6. Develop a foundational understanding of the importance of survival and cognitive brain health.
7. Integrate evidence based somatic protocol to develop a wellness program or service in your community.

Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact info@bmi-ibsr.com or (304) 232-0230 before the event. Full attendance is required to receive full credit. Partial credit will be awarded if your board allows. Please check approvals below for full attendance requirements. At the conclusion of the training, each qualified attendee will be handed a certificate of attendance.

COUNSELORS: The Bodymind Institute-IBSR, LLC, is approved as a sponsored provider for social work continuing education by the National Association of Social Work individual state boards and as a reciprocal sponsor by the Association of Social Work Boards (ASWB), and the Board of Behavioral Sciences (BBS). Counselors should contact their regulatory board to determine course approval for continuing education credits. Bodymind Institute-IBSR solely is responsible for all aspects of the program. This course qualifies for 6 clock hours.

SOCIAL WORKERS: The Bodymind Institute-IBSR, LLC, is approved as a sponsored provider for social work continuing education by the National Association of Social Work individual state boards and as a reciprocal sponsor by the Association of Social Work Boards (ASWB), and the Board of Behavioral Sciences (BBS). The Bodymind Institute-IBSR, LLC maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

PSYCHOLOGISTS: Psychologists should contact their regulatory board to determine course approval for continuing education

credits. The Bodymind Institute-IBSR, LLC maintains responsibility for this program and its content. The Bodymind Institute-IBSR, LLC is offering this activity for 6 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 360 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: The Bodymind Institute-IBSR, LLC, is an approved reciprocal provider of continuing education for Alcoholism & Drug Abuse Counselors. Addiction counselors should contact their regulatory board to determine course approval for continuing education credits. Full attendance is required; no partial credit will be awarded for partial attendance. This course qualifies for 6 contact hours.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity. The Bodymind Institute-IBSR, LLC is an approved sponsor by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance. This activity qualifies for 6 contact hours.

OTHER PROFESSIONS: This training qualifies for 6 continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for *specific requirements*.

QUESTIONS? CALL (304) 232-0230 OR EMAIL US AT INFO@BMI-IBSR.COM

Register Online at:
www.bmi-ibsr.com

Phone:
304-232-0230

Fax:
866-519-8020

Name _____

Profession _____

Email Address for registration confirmation _____

Address _____ Home or Work _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Locations

**MATHEWS, NC
JUNE 6, 2017**
Hampton Inn Charlotte/
Matthews
9615 Independence Pointe
Pkwy,
Matthews, NC 28105
704-841-1155

**BLACKSBURG, VA
AUGUST 21, 2017**
Hilton Garden Inn
Blacksburg
900 Plantation Rd.
Blacksburg, VA 24060
540-552-5005

Pricing

\$189

per person for 2 or more preregistering together - OR -single registration postmarked 3 weeks prior to training -**Early Bird**

\$209

per person postmarked less than 3 weeks prior to training

Payment

Check enclosed payable to: **Bodymind Institute-IBSR LLC**

MC VISA AE Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card# _____

Card Exp. _____ *Verification code _____

Signature _____

* MC, VISA, Discover - last 3 digits on sign panel on back of card.
AE - 4-digit number above account number on face of card.

**** If paying by credit card, please specify billing address if different.**

Cancellation Policy: Contact us at least 24 hours before the event for a full refund, minus a \$25 cancellation fee. You can also apply your tuition toward another training.

**Space is
limited
ACT NOW!**

Seminar Schedule

Registration: 7:30 am

Seminar Begins: 8:00 am

Lunch Break: 1 hour (on your own)

Seminar Ends: 3:30 pm

Breaks: 15 minutes (mid morning & mid afternoon)

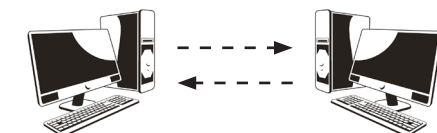
Who Should Attend

- Mental Health Professionals
- Counselors
- Social Workers
- Therapists
- Case Managers
- Addiction Counselors
- Psychologists
- Marriage & Family Therapists
- Other related professions

Guaranteed Education Program



We pledge you will take away a new and innovative approach with evidentiary results or your money back.



Looking for more options?

Call (304) 232-0230 or email info@bmi-ibsr.com and sign up for our trainings and individual, couple, or group session(s) & participate from the convenience of your home or office!

With LIVE off-site trainings and sessions, we now offer the latest technology to bring web-based IBSR services worldwide.