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The Internship

Advanced Training

- Summary of the structure of this advanced training
- The five clinical modalities incorporated
- The six primary fields of focus
- Complete citations of relevant references

Each of the eight four-day workshops offers 32 hours of classroom coursework. In each workshop there are 8 hours of didactic material presentation, and 24 hours of experiential hands-on practice of clinical techniques. Here are the highlights:

- ✓ Attend four powerful four-day Workshops per year for two years, becoming a valued member of a highly supportive Network of high-energy professionals.
- ✓ Develop group process skills to use in facilitating groupwork, and learn and incorporate more advanced hypnotherapy techniques.
- ✓ Experience and learn *Heart-Centered Breath Therapy*, which is highly effective in healing "birth issues", releasing energy blocks, gaining personal clarity, and deepening the spiritual connection.
- ✓ Expand your areas of expertise to include a wide variety of emotional disorders, especially addictions, personality disorders, dissociation and relationship issues.
- ✓ Learn *Energetic Psychodrama*, a powerful technique which integrates trance work, group work and energy work. This exciting technique will stimulate you to be more effective with groups in all areas of your life.
- ✓ Achieve a high level of personal clarity and be able to manifest your goals. Discover your "life's work" and how it can become your spiritual path.

Emphasis is on integrating into your psychotherapy practice:

- the psychosocial stages of ego development (Erikson, Mahler, Vaillant)
- the psychobiology of state-dependent "body memories" (Rossi, Cheek, Lowen)
- the development of ego states (Hartmann, Assagioli, Berne, Kohut, Watkins)
- the intrapsychic interaction of complexes, shadow and persona (Jung)
- the influences of pre- and perinatal imprinted trauma (Grof, Janov, Emerson)
- the imperative for "ego strengthening" and "ego surrender" (Fromm)
- the transpersonal realms of experience (Jung, Maslow, Assagioli, Grof, Goleman)



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Following is a listing of the five clinical modalities comprising the advanced training offered to professionals certified as Clinical Hypnotherapists by The Wellness Institute, and for each the primary theoretician, concepts, and reference citations.

Clinical Modalities

<i>modality</i>	<i>author</i>	<i>concepts</i>	<i>reference</i>
Hypnotherapy	Fromm	The hypnotic state, attention cathexis, the fading of generalized reality orientation, deautomatization, primary and secondary process, the role of imagery, regression	<i>Creative Mastery in Hypnosis and Hypnoanalysis: A Festschrift for Erika Fromm.</i> Brown, 1990.
	Zimberoff & Hartman	Heart-Centered Hypnotherapy	"The Heart-Centered Hypnotherapy modality defined." Zimberoff & Hartman, 1998.
	Hartland	Ego strengthening	"The value of 'ego-strengthening'." Hartland, 1965.
Breathwork	Orr	Rebirthing	"An introduction to rebirthing for health professionals." Jones, 1983.
	Mack	Somatic and affect access	"Nonordinary states of consciousness and the accessing of feelings." Mack, 1993.
	Zimberoff & Hartman	Heart-Centered Breath Therapy; breathwork and the shamanic state of consciousness	"Breathwork: Exploring the Frontier of 'Being' and 'Doing'." Zimberoff & Hartman, 1999.
Psychodrama	Zimberoff & Hartman	Energetic psychodrama	"The Heart-Centered Energetic Psychodrama." Zimberoff & Hartman, 1999.
	Moreno	Classical psychodrama with hypnosis	"The hypnodramatic technique." Enneis, 1950.
Shamanistic practices	Gagan	Techniques for ego transcendence; the spirit world encountered in journeying is the collective unconscious	<i>Journeying: Where Shamanism and Psychology Meet.</i> Gagan, 1998.
	Modi	Soul healing	<i>Remarkable Healings.</i> Modi, 1997.
Kundalini meditation	Jung	The psychology of the chakra system	<i>The Psychology of Kundalini Yoga.</i> Jung, 1996.
	Goleman	Meditation and states of consciousness	"The Buddha on meditation and states of consciousness." Goleman, 1975.



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Clinical Modalities: References

Hypnotherapy

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Fromm, Erika. (1979). *Hypnosis: Developments in Research and New Perspectives*. New York: Aldine Pub. Co.

Hartland, J. (1965). The value of 'ego-strengthening' procedures prior to direct symptom removal under hypnosis. *American Journal of Clinical Hypnosis*, 8, 89-93.

Zimberoff, D., & Hartman, D. (1998a). The Heart-Centered Hypnotherapy modality defined. *Journal of Heart-Centered Therapies*, 1(1), 3-49.

Breathwork

Emerson, W. R. (Spring, 1996). The vulnerable pre-nate. *Pre- & Perinatal Psychology Journal*, 10(3), 125-142.

Grof, S. (1988). *The Adventure of Self Discovery*. Albany, NY: State University of New York Press.

Holmes, S. W., Morris, R., Clance, P. R., & Putney, R. T. (Spring 1996). Holotropic breathwork: An experiential approach to psychotherapy. *Psychotherapy*, 33(1), 114-120.

Jones, E. (1983). An introduction to rebirthing for health professionals. In S. Ray (Ed.), *Celebration of Breath*, 160-170. Berkeley, CA: Celestial Arts.

Mack, J. E. (1993). Nonordinary states of consciousness and the accessing of feelings. In S. L. Ablon, D. Brown, E. J. Khantzian, & J. E. Mack (Eds.), *Human Feelings: Explorations in Affect Development and Meaning*. Hillsdale, NJ: The Analytic Press.

Zimberoff, D., & Hartman, D. (1999). Breathwork: Exploring the Frontier of 'Being' and 'Doing'. *Journal of Heart-Centered Therapies*, 2(2), 3-52.

Psychodrama

Enneis, James M. (1950). The hypnodramatic technique. *Group Psychotherapy*, 3(1), 11-54.

Zimberoff, D., & Hartman, D. (1999). The Heart-Centered Energetic Psychodrama modality defined. *Journal of Heart-Centered Therapies*, 2(1).

Shamanistic practices

Achterberg, J. (1985). *Imagery in Healing: Shamanism and Modern Medicine*. Boston: Shambhala.

Gagan, J. M. (1998). *Journeying: Where Shamanism and Psychology Meet*. Santa Fe, NM: Rio Charm Publications.

Modi, S. (1997). *Remarkable Healings: A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness*. Charlottesville, VA: Hampton Roads Publishing Company.

Kundalini meditation

Goleman, D. (1975). The Buddha on meditation and states of consciousness. In C. Tart, (Ed.). *Transpersonal Psychologies*, 203-230. New York: Harper & Row.

Jung, C. G. (1996). *The Psychology of Kundalini Yoga: Notes of the Seminar Given in 1932 by C. G. Jung*, Sonu Shamdasani (Ed.). Bollingen Series XCIX. Princeton, NJ: Princeton University Press.



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Advanced Training

Following is a listing of the six primary fields of focus comprising the advanced training offered to professionals certified as Clinical Hypnotherapists by The Wellness Institute, and for each the primary theoretician, concepts, and reference citations.

Fields of Focus

<i>Field</i>	<i>author</i>	<i>concepts</i>	<i>reference</i>
Development of ego states	Erikson	Stages of psychosocial development	<i>Childhood and Society</i> . Erikson, 1950.
	Mahler	Object relations, rapprochement	<i>The Psychological Birth of the Human Infant</i> . Mahler et al, 1975.
	Watkins	Development and interaction of ego states	“Ego-state therapy: an overview.” Watkins, 1993.
	Jung	<i>Self-oriented ego</i> : the individuated ego, conscious of being directed by the Self.	<i>Ego and Archetype</i> . Edinger, 1972.
	Gould	current reality conflicts and developmental deficits	“Clinical lessons from adult development theory.” Gould, 1990.
	Assagioli	Self, superconscious, False identification, subpersonalities,	“A Psychosynthetic Model of Personality and Its Implications for Therapy.” Haronian, 1975.
	Vaillant	Psychotic, immature, neurotic and mature styles of ego defense	<i>The Wisdom of the Ego</i> . Vaillant, 1993.
Psychobiology, somatics	Rossi, Cheek	State-dependent memories	<i>The Psychobiology of Mind-Body Healing</i> . Rossi, 1986.
	Lowen	Bioenergetics and armoring	<i>Bioenergetics</i> . Lowen, 1976.
	Janov	Psychosomatic illness	<i>Why You Get Sick, How You Get Well</i> . Janov, 1996.
	Levine	corrective experience activates psychophysiological resources (somatic and emotional)	“The body as healer: A revisioning of trauma and anxiety.” Levine, 1991.



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<i>Field</i>	<i>author</i>	<i>concepts</i>	<i>reference</i>
Energy, chakras, shamanistic practices	Jung	Possession, autonomous complexes, the persona, the shadow	<i>Jung and Shamanism in Dialogue: Retrieving the Soul/Retrieving the Sacred.</i> Smith, 1997.
	Ingerman	dissociation as a form of soul loss, shamanic soul retrieval	<i>Soul Retrieval: Mending the Fragmented Self.</i> Ingerman, 1991.
	Baldwin	Diagnostic Criteria: Entity Attachment, MPD and Mind Fragments	<i>Spirit Re/easement Therapy.</i> Baldwin, 1997.
	Zimberoff & Hartman	Personal Transformation	“Personal Transformation with Heart-Centered Therapies.” Zimberoff & Hartman, 1999.
Prenatal and birth influences	Grof	BPM (basic perinatal matrixes) and COEX (systems of condensed experiences)	<i>The Adventure of Self-Discovery.</i> Grof, 1988.
	Janov	Imprints	<i>Imprints: The Lifelong Effects of the Birth Experience.</i> Janov, 1983.
Transpersonal Realms	Jung	The intrapsychic interaction of complexes, shadow, and persona; archetypes and the collective unconscious	<i>Anatomy of the Psyche.</i> Edinger, 1985.
	Assagioli	The Lower, Middle and Higher Unconscious, Field of Consciousness, Conscious Self or “I”, Higher Self, Collective Unconscious	“Symbols of Transpersonal Experiences.” Assagioli, 1969.
	Grof	The parameters of the field of transpersonal psychology	<i>Birth, Death, and Transcendence in Psychotherapy.</i> Grof, 1985.
Existential and karmic issues	Frankl	existential analysis	“A new beginning in application of Frankl’s work to emerging issues in psychotherapy.” Kovacs, 1999.
	Bugental	liberation, searching, responsibility, and presence	“Jim Bugental’s vision: The next step.” Schneider, 1996.
	Zimberoff & Hartman	Ego, existential and transpersonal identity	“Ego Strengthening and Ego Surrender.” Zimberoff & Hartman, 2000.

Fields of Focus: References

Psychosocial development: stages & ego states

Edinger, E. F. (1972). *Ego and Archetype: Individuation and the Religious Function of the Psyche*. Boston: Shambala Publications.

Engler, J. (1993). Becoming somebody and nobody: Psychoanalysis and Buddhism. In R. Walsh & F. Vaughan, (Eds.). *Paths Beyond Ego: The Transpersonal Vision*, 118-120. New York: Jeremy P. Tarcher/Putnam.

Erikson, E. K. (1950/1963). *Childhood and Society*. New York: W.W. Norton.



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Watkins, H. H. (Apr 1993). Ego-state therapy: an overview. *American Journal of Clinical Hypnosis*, 35(4), 232-240.

Psychobiology, somatics

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Levine, P. (1991). The body as healer: A revisioning of trauma and anxiety. *Somatics Magazine*, 8(1), 18-27.

Lowen, A. (1976). *Bioenergetics*. New York: Penguin Books.

Energy, chakras and shamanistic practices

Baldwin, William. (1997). *Spirit Releasement Therapy*. Terra Alta, WV: Headline Books.

Ingerman, Sandra. (1991). *Soul Retrieval: Mending the Fragmented Self*. San Francisco: Harper San Francisco.

Smith, C. Michael. (1997). *Jung and Shamanism in Dialogue: Retrieving the Soul/Retrieving the Sacred*. Mahwah, NJ: Paulist Press.

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Prenatal and birth influences

Feller, L. (1980). *The Psychology of Birth: Roots of Human Personality*. New York: Continuum.

Janov, A. (1983). *Imprints: The Lifelong Effects of the Birth Experience*. New York: Coward-McCann.

Transpersonal Realms

Assagioli, Roberto (1969). "Symbols of Transpersonal Experiences." *Journal of Transpersonal Psychology*, 1(1).

Edinger, E. F. (1985). *Anatomy of the Psyche*. LaSalle, IL: Open Court.

Grof, S. (1985). *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*. Albany, NY: State University of New York Press.

Existential and karmic issues

Kovacs, George. (Dec. 1999). A new beginning in application of Frankl's work to emerging issues in psychotherapy. *Psychological Reports*, 85(3, Pt 1), 945-946.

Schneider, Kirk J. (Fall, 1996). Jim Bugental's vision: The next step. *Journal of Humanistic Psychology*, 36(4), 67-70.

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[rev. 6-2010]



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