

GENTLE TRAUMA RELEASE©

Training



A COMPLETE PROGRAM TEACHING YOU THE GENTLE TRAUMA RELEASE METHOD©

MASTER the powerful Gentle Trauma Release Method© and give your clients lasting relief from trauma.

BECOME a fully trained and highly skilled Gentle Trauma Release© Practitioner.

ELEVATE your client skills to the most advanced and professional level. Feel good about your work.

Welcome...

Thank you for exploring the Gentle Trauma Release© Training! We aspire to provide a **learning environment of the highest quality, teaching our unique system called *The Gentle Trauma Release Method*©.**

Our Training is an online program with in-person elements, allowing you to become fully trained and competent in the Gentle Trauma Release Method©. It will **teach you everything you need to know to acquire superior trauma-release skills** and so much more.

The Gentle Trauma Release Method© is specifically designed for practitioners working in the framework of coaching, counseling, healing and therapeutic settings.

This Gentle Trauma Release© Training is a **one-stop-shop that will equip you with everything you need to know** in order to provide excellent trauma-release work and so much more.

What a magnificent journey this will be!



Izabela Viskupova

IZABELA VISKUPOVA, LL.M., M.A.
Founder of the Gentle Trauma Release Institute

Level #1

FOUNDATIONS

1

Master the core skills of Gentle Trauma Release©

In Level #1 , you will get access to everything you need to understand the core skills of the Gentle Trauma Release Method©. You will become confident in handling any traumatic event or situation that pops up for your client while you work with them...without feeling like you are too big for your boots.To magnify your learning, you'll get plenty of practical examples in the form of video case studies. The well-organized and beautifully designed Members Area provides access to everything you need to learn.





module #1

1. TRAUMA BASICS & FUNDAMENTALS

Trauma Fundamentals is your kick-start module. You'll get a thorough overview of trauma. You'll explore the history and evolution of trauma. You'll develop a solid understanding of trauma as a diagnosis and you'll learn about the different expressions of trauma. In this module you will:

- Get a thoroughly comprehensive, solid understanding of the field of trauma
- Understand the current status quo of trauma and trauma treatment
- Discover the most efficient and powerful approach to healing trauma
- Become clear on the different, and unexpected ways trauma can show up

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS
- LECTURE NOTES
- QUIZ
- INTRODUCTORY CASE STUDY
- MODULE #1 CHECKLIST





module #2

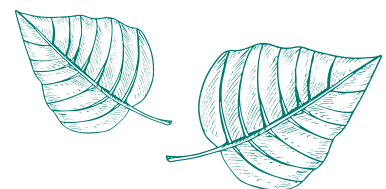
2. HEALING TRAUMATIC EVENTS

Module #2 gets your feet wet. You'll master the first and most fundamental trauma release healing protocol. With plenty of case studies to help you along in this training, you will know exactly what needs to be done when the memory of a specific event is traumatic in nature. In this module you will:

- Know what to do with traumatic memories tied to a specific event
- Watch case studies showcasing how to proceed when traumatic memories relate to concrete events
- Learn an easy protocol to neutralize traumatic memories in minutes
- Understand the science and principles behind the Gentle Trauma Release Method©

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS 1
- SPECIALTY CLASS 2
- LECTURE NOTES
- QUIZ
- 3 CASE STUDIES
 - *From Dip To Divorce*
 - *Monica's Mom Withers Away*
 - *Marcus Can't Sleep*
- 3 CASE STUDY GUIDES
- 3 ANSWER KEYS
- BASIC RECIPE
- MODULE #2 CHECKLIST





module #3

3. CONDUCTING POWERFUL SESSIONS

The secret in providing great trauma-release work lies in doing things at the right time and in the right order. It's not just about the technique. It's about developing the skills necessary in conducting a powerful session as a whole. This is what makes or breaks the success of any trauma-release technique. In this module you will:

- Find out how to identify core traumatic memories that hold trauma in place
- Learn to structure individual sessions so they flow smoothly and effortlessly
- Master the art of taking Client History in the most efficient way
- Familiarize yourself with the most common and most overlooked symptoms of trauma

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS 1
- SPECIALTY CLASS 2
- LECTURE NOTES
- QUIZ
- 3 CASE STUDIES
 - *Reina Is In Pain*
 - *Angelica's Breakup*
 - *Ana gets Robbed*
- 3 CASE STUDY GUIDES
- 3 ANSWER KEYS
- WELLBEING ASSESSMENT
- MODULE #3 CHECKLIST





module #4

4. HEALING TRAUMATIC EMOTIONS

Sometimes, clients can't recall specific traumatic events and yet...their system can be heavily traumatized. This is because in some cases, they deal with intrusive, traumatic emotions that hijack their day-to-day living. This module teaches you about healing those traumatic emotions. In this module you will:

- Learn what to do with trauma that is tied to specific emotions
- Explore how to proceed when clients access traumatic emotions rather than traumatic events
- Access case studies showcasing how to proceed when traumatic emotions emerge
- Master a powerful, easy-to-follow protocol to heal traumatic emotions

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS
- LECTURE NOTES
- QUIZ
- 3 CASE STUDIES
 - *Tackling That Heavy Feeling*
 - *Monica Is Anxious*
 - *And Connects With Her Courage*
- 3 CASE STUDY GUIDES
- 3 ANSWER KEYS
- EMOTIONAL RELEASE RECIPE
- MODULE #4 CHECKLIST



module #5

5. HONING TRAUMA RELEASE SKILLS

One of our biggest aspirations in doing the Gentle Trauma Release® work is to completely clear specific traumatic events and emotions so that they don't bother our clients in the future anymore. This module teaches you the ultimate ingredients needed for the most stubborn cases. In this module you will:

- Learn what to do when traumatic memories or emotions are not clearing up completely
- Master the ultimate trauma release tools for the most stubborn traumatic memories and emotions
- Access information-filled case studies demonstrating how to proceed in more convoluted cases
- Find out how to conduct a session no matter what the client throws at you

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS 1
- SPECIALTY CLASS 2
- LECTURE NOTES
- QUIZ
- 7 CASE STUDIES
 - *Becky's Teenage Pregnancy*
 - *Clearing That Old School Memory*
 - *Reina Is Fired*
 - *Ana Takes Her Children Back*
 - *Jeannie Needs To Unfreeze*
 - *Healing From Betrayal*
 - *Sarah's Kitchen Is On Fire*
- 7 CASE STUDY GUIDES
- 7 ANSWER KEYS
- MODULE #5 CHECKLIST





Deep care module

THE DEEP CARE MODULE

Helping others feel better and heal takes more than just having the skills. It takes effort, energy, dedication, and a lot of caring. In the Gentle Trauma Release© Training, we'd like to make sure that you feel cared for and supported both as a student as well as a future Practitioner. In this module you will:

- Find how to take care of yourself as a Practitioner and prevent your own traumatization
- Learn how to avoid compassion fatigue and empathy overload
- Explore how to cultivate your own wellbeing in the long run
- Craft your own Practitioner Self-Care Plan customized to you and your life

THIS MODULE INCLUDES:

- THE DEEP CARE PLAYBOOK
- THE DEEP CARE VIDEO CLASS
- SPECIALTY CLASS 2
- WELLBEING CLASSES
 - *Fascia: The connective tissue waving through us all*
 - *The Psoas Muscle: The Muscle Of The Soul*
 - *Lymphatic Drainage: The Immediate Relaxation Tool*
- WELLBEING WORKSHOPS
 - *Gentle Fascial Release Workshop*
 - *Gentle Psoas Release Workshop*
 - *Lymphatic Drainage Workshop*



GENTLE TRAUMA RELEASE INSTITUTE

*"We're here to spread
the message of hope
that, with the right
tools, the road to
trauma recovery and
well-being is possible."*

Level #2

ADVANCED

2

Acquire advanced Gentle Trauma Release® skills

In Level #2, you're ready to enhance your Gentle Trauma Release® expertise by mastering advanced skills and topics. You will learn how to guide your client once their core traumatic memories and emotions are taken care of. You will learn how to continue their healing journey so that its complete and sustainable in the long run. You will get access to the advanced modules of the Training, including more examples in the form of video case studies.





module #6

6. WORKING THROUGH TRANSITIONS

Helping clients get their lives back on track after trauma isn't just about clearing their traumatic memories and emotions. It's also about helping them start a new chapter of their life and create a new future. But in order to do that, we have to master transitions work. In this module you will:

- Understand how to help clients transition from a trauma-filled life to a life clear of trauma
- Dive deep into the three stages of transitions applied specifically to trauma
- Learn optimal transition interventions and transition assignments for your clients
- Discover how to create a new, post-trauma identity for your client and help them embody it

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS 1
- SPECIALTY CLASS 2
- SPECIALTY CLASS 3
- LECTURE NOTES
- QUIZ
- 10 CASE STUDIES
 - *Healing From Loss*
 - *Angelica Breaks Free*
 - *Angelica Is In No-Man's-Land*
 - *Stepping Into Warrior Identity*
 - *Change Is Coming*
 - *Healing The Heart After Trauma*
 - *Shaping A New Identity*
 - *Marcus Needs To Grieve*
 - *Marcus Is In The Neutral Zone*
 - *Jeannie Has Letters To Write*
- 10 CASE STUDY GUIDES
- 10 ANSWER KEYS
- THERAPEUTIC LETTER TEMPLATE
- MODULE #6 CHECKLIST





module #7

7. GETTING BACK INTO THE BODY

The ability to stay in the body can be heavily compromised in a traumatized system and the consequences can be quite severe, even dangerous. This is why it's crucial to know how to help clients get back into the body again. In this module you will:

- Learn how to help the client befriend their body and feel safe in it
- Discover how to help clients solidify their connection to the body so that they stop disassociating
- Find out how to teach the client to reconnect with their gut feelings
- Master a process called Body Intuition Activation and learn to use it with clients

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS 1
- SPECIALTY CLASS 2
- LECTURE NOTES
- QUIZ
- 4 CASE STUDIES
 - *Helping Ana Get Into The Body*
 - *When The Love Affair Is Over*
 - *Marcus Activates His Lower Body Intuition*
 - *Doing The Right Thing*
- 4 CASE STUDY GUIDES
- 4 ANSWER KEYS
- DROPPING SAFELY INTO THE BODY
- BODY INTUITION BLUEPRINT
- MODULE #7 CHECKLIST



module #8

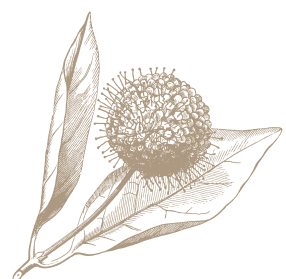
8. WORKING WITH THE INNER CRITIC

We all hear the voice of the Inner Critic from time to time. But for a person with trauma, this voice is paralyzing. It's so prominent that it can massively interfere with their ability to move forward with goals, dreams and ambitions. In this module you will:

- Find out how to dismantle the resistance of your client's Inner Critic
- Discover how to help your clients get the 30,000 ft view of what's going on for them
- Master a neat protocol to tame the Inner Critic of your client
- Discover how to install self-worth and self-esteem in your client

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS
- LECTURE NOTES
- QUIZ
- 2 CASE STUDIES
 - *Marcus And His Inner Critic*
 - *Marcus Tames His Inner Critic*
- 2 CASE STUDY GUIDES
- 2 ANSWER KEYS
- TAME THE CRITIC RECIPE
- MODULE #8 CHECKLIST



module #9

9. CULTIVATING RESILIENCE & HOPE

We want to help the client maintain their wellbeing long-term and give them practical tools to cultivate resilience and hopefulness. They will avoid symptom regeneration and further traumatization in the future. This module also features a powerful strategy to help you craft optimal homework assignments for your clients. In this module you will:

- Master giving your client long-term relief from trauma
- Explore how to prevent further traumatization
- Understand how to maintain wellbeing even after trauma is gone
- Learn how to design optimal homework assignments
- Understand therapeutic presence

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS
- LECTURE NOTES
- QUIZ
- 2 CASE STUDIES
 - *Marcus Is Angry*
 - *Breaking Through Denial*
- 2 CASE STUDY GUIDES
- 2 ANSWER KEYS
- POSITIVITY RECIPE
- MODULE #9 CHECKLIST





module #10

10. ART OF SYSTEMATIC DETRAUMATIZATION

We want more for our clients than just applying a band-aid to where trauma hurts the most. A structured approach is key when healing trauma because it encourages long-term relief. This module teaches you how to proceed systematically in your work AND how to package it so that you can incorporate it into your practice right away. In this module you will:

- Find out how to gradually and methodically detraumatize your client's system
- Learn how to time and structure your client sessions
- Discover how to package your trauma release work for powerful offerings
- Understand how to practice ethically

THIS MODULE INCLUDES:

- MAIN CLASS
- SPECIALTY CLASS
- LECTURE NOTES
- QUIZ
- 1 CASE STUDY
 - *The Healing Journey Is Complete*
- 1 CASE STUDY GUIDE
- 1 ANSWER KEY
- EMOTIONAL FREEDOM PLAN
- PACKAGED OFFERINGS
- MODULE #10 CHECKLIST





confidence builder module

CONFIDENCE BUILDER MODULE

The Confidence Builder is here to help you feel confident and reassured when it comes to doing the Gentle Trauma Release© work yourself. It contains a generous amount of additional, real-life Gentle Trauma Release© sessions. You'll be able to witness many healing client transformations facilitated by our certified Practitioners. In this module you will:

- Enhance and uplift your Gentle Trauma Release© skills
- Familiarize yourself with the road map for sustained healing
- Step into an *I can do this* confidence in your own Gentle Trauma Release© skills and knowledge
- Access numerous extra Gentle Trauma Release© sessions with real clients

THIS MODULE INCLUDES:

- 15+ REAL-LIFE CLIENT SESSIONS
 - Cynthia's Healing Journey
 - Tim's Healing Journey
 - Olivia's Healing Journey



GENTLE TRAUMA RELEASE INSTITUTE

"We aspire to offer top-notch training and education to those who wish to help others heal from trauma."

Level #3

CERTIFICATION

3

Getting Ready For Certification

After going through the learning modules in Level #1 and Level #2, you will be invited to conduct Gentle Trauma Release® sessions of your own. You will submit several recordings of your own trauma-release work. Your Professor will spend hours reviewing your work. In a one-on-one meeting, you will receive highly personalized feedback to help you understand your strengths and areas of improvement. This way, your mind will be at ease having a practical blueprint in front of you before you venture into the trauma release work of your own. The last step is your Final Exam. Upon completion of your studies, you'll receive the designation *Gentle Trauma Release® Practitioner*.



Practicum

CONDUCTING YOUR PRACTICUM

The Practicum module invites you to conduct thirty Gentle Trauma Release© sessions of your own. You will be fully equipped for the Practicum after working your way through the 10 modules. In this module you will:

- Get a sense of what it's like to facilitate Gentle Trauma Release© for someone else
- Receive invaluable, personal feedback from your Professor once your sessions get reviewed
- Access Ethical Guidelines and Principles allowing you to practice with integrity
- Get your questions answered anytime you need to via the multiple, varied support lines available to you

THIS MODULE INCLUDES:

- PRACTICUM INSTRUCTIONS
- PRACTICUM CLIENT FORMS
- ETHICAL GUIDELINES & PRINCIPLES
- 1 x 60 min MENTOR SESSION WITH YOUR PROFESSOR



Final exam

COMPLETING YOUR FINAL EXAM

Once your thirty Practicum sessions are completed, there is one more step to do. You'll submit your Final Exam to demonstrate that you have a solid understanding of the main concepts and theoretical pillars of the Gentle Trauma release Method©. In this module you will:

- Submit the last items required for your graduation and certification
- Receive the final feedback from your Professor to finalize your learning.
- Receive your *Gentle Trauma Release© Practitioner* certificate

THIS MODULE INCLUDES:

- FINAL EXAM INSTRUCTIONS
- FINAL ASSIGNMENT
- PRACTITIONER AGREEMENT



GENTLE TRAUMA RELEASE INSTITUTE

*"The only way to heal
our communities is to
help individuals
become trauma-free."*



Thank you...

WHAT IS THE NEXT STEP?

ENROLLING IN THE GTR[®] TRAINING

We offer open enrollment for the student who wishes to enter the Training at any time.

To provide you with the most updated news and information, please, join our newsletter by signing up at GentleTraumaRelease.com/enrollment.

You can also send us an email at info@gentletraumarelease.com.

“With the right tools, healing from trauma is possible. There truly is light at the end of the trauma tunnel.”

DO YOU HAVE QUESTIONS?

Contact us at info@gentletraumarelease.com