



# PROGRAM

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Gentle Trauma Release Learning Retreat

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HEALING THE ROOT CAUSE



## RETREAT PROGRAM

- DAY #1**     **WHERE IT BEGAN:** To set the stage, we'll look at some of the main pitfalls that coaches, healers, counselors as well as therapists encounter in their practice despite their best efforts to help their clients heal. Then, we'll share three breakthrough discoveries that form the basis of a pioneering trauma-release approach.
- DAY #2**     **TRAUMA FUNDAMENTALS:** Many of your clients (perhaps even yourself) will carry trauma. Day #2 provides you with a clear overview of what trauma really is. We'll look at the official definition of trauma. Later, we'll dive into an expanded view of how trauma tends to show up, even in people without an official diagnosis.
- DAY #3**     **FEARS AND PHOBIAS:** Many don't realize that fears and phobias are fairly easy to tackle and eliminate for good once you understand what their root cause is and deal with it. Day #3 will offer you inspiring healing stories where phobias were cleared and gone for good.
- DAY #4**     **CHRONIC PAIN:** Chronic pain is a horrible ordeal. And while not all chronic pain can be boiled down to emotional trauma, there are definitely cases where collapsing traumatic events from one's past leads to complete elimination of chronic pain or a significant reduction. Healing stories will be shared.
- DAY #5**     **OBSESSIONS AND COMPULSIONS:** Obsessive and compulsive issues are little talked about and quite taboo. Day #5 offers you a rather detailed understanding of Obsessive-Compulsive issues and their link to trauma, including healing stories revolving around "love obsession", body dysmorphia and more.



## RETREAT PROGRAM

**DAY #6** **RECOGNIZING TRAUMA:** Day #6 brings you the opportunity to take yourself through a Gentle Trauma Assessment. You'll be able to reflect on *if* and *how* trauma can potentially be showing up in your own life. To assist you in this endeavor, we'll provide the assessment as well as a class offering tips on recognizing trauma.

**DAY #7** **GTR® INVITATION:** Should you feel intrigued by the Gentle Trauma Release Method® and drawn to explore more, then Day #7 is here to give you a tour of the Gentle Trauma Release® Certification Training. The doors of our school will officially open on this day to welcome new students,

**DAY #8** **YOUR QUESTIONS ANSWERED:** To answer your questions about healing trauma, psychology of trauma, the Gentle Trauma Release Method®, and the Gentle Trauma Release® Certification Training, we'll hold a special call on Day #8.

**DAY #9-11** **STUDY and REVISION TIME:** These three days are here to allow for some more time to benefit from the learning materials available to you during the retreat.

**DAY #12** **FAREWELL + PARTING GIFT:** On the last day of the retreat, we'll offer you a small parting gift before saying goodbye.



## HOW DOES IT WORK?

### HEALING THE ROOT CAUSE RETREAT

Once you sign up for the retreat via the online form, you'll receive a *free pass* to attend the retreat. This means that we'll send you daily email updates on the classes and materials available to you each day.

You'll have access to the Learning Retreat Platform throughout the duration of the retreat. Once the retreat comes to a close, the learning materials will be withdrawn.

Towards the end of the retreat, we'll officially open the enrolment to the Gentle Trauma Release® Certification Training. However, if you'd like to apply sooner, contact us so that we can reserve your spot.

*“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](mailto:info@gentletraumarelease.com)