

Level 1 & 2 Training in HMR

Dates for 2010:

JANUARY 15-17

APRIL 23-25

JULY 23-25

(LEVEL 3: OCTOBER 8-10, 2010

PRACTICUM: OCTOBER 11, 2010)

(CEU's Approved for MSW, LCPC, MFT)

Times: Friday: *10:00am-6pm

Saturday: 9:30am-6pm

Sunday: 9:30am-6pm

*Later start on Friday to avoid traffic!

Location: Equilibrium: Energy & Education

47 W. Polk Street, Suite M-5

Chicago, IL 60605

312-786-1882

Cost: \$750. Deposit of \$250 required to reserve. This deposit is non-refundable but transferable to future trainings.

Registration Options: Please call Beverly Meland at (224) 558-4342 or email melandb@comcast.net to register. Space is limited! Please register early.

Websites: For additional information on lectures, trainings and intensives, visit our websites: www.healingdimensions.com and www.equilibrium-e3.com. Contact Brent @ abunah@comcast.net or (847) 372-8894.

Healing Intensives 2010

DESCRIPTION: The "Healing Intensive" is a three-day process that was initially developed in the inpatient setting to enable the expedient resolution of traumatic memory. The process is designed for a group of 8-10 persons interested in personal healing and is open to both professionals and non-professionals alike. Among the dynamics used are: "HMR," Body-mapping, Internal Resource Development, Memory Mapping, and group reframing exercises. Memory resolution is greatly enhanced through group support, feedback, and participation in HMR.

Dates & Location for 2010:

APRIL 16-18 Equilibrium in Chicago, IL

JULY 16-18 Equilibrium in Chicago, IL

OCT. 22-24 Equilibrium in Chicago, IL

Times: Friday: *10:00am-6pm

Saturday: 9:30am-6pm

Sunday: 9:30am-6pm

* Late start on Fri. due to traffic.

Registration: Beverly M. @ (224) 558-4342

or email melandb@comcast.net

Cost: \$525. Deposit of \$250 required to reserve. This deposit is non-refundable but transferable to future intensives.

Special Note: The "Healing Intensive" is a requirement for those interested in certification in HMR. *(CEU's Approved for MSW, LCPC, MFT)*

*Offering Training
And Workshops in*

**HOLOGRAPHIC
MEMORY
RESOLUTION®**



**INTRODUCING
A BREAKTHROUGH
IN TRAUMA
RESOLUTION**

Developed by:

Brent M. Baum

STB, SSL, ICADC, CCH, LISAC

*2010 Workshops
Chicago, Illinois*

Holographic Memory Resolution

We now know that stress and trauma induce an altered state of consciousness that captures and preserves pain indefinitely as a protective act. HMR enables us to quickly master these statically held states of consciousness - subsequently reducing stress to the bodymind and transferring support back to the immune system.

Research indicates that HMR induces an Alpha-Theta brainwave state that lets the conscious mind relax - preventing a re-live of the original pain while raising the subconscious mind to Theta-providing enhanced visual and sensory access to repressed imagery. HMR also engages the inner wisdom of the bodymind and initiates a self-healing and self-mapping sequence that reveals the history of a problem, pattern or illness. Done from a seated position, the process, using both a verbal technique and an optional nervous system support technique along the spine, produces a discharge of pain usually resulting in noticeable shifts in pain levels in the nerve centers of the body.

HMR allows expedient access to past memories and complete resolution of the painful emotions associated with these events without having to “relive” such experiences.

THE THREE LEVELS OF TRAINING IN HMR

Each level of training in HMR is designed to address increasingly more complex levels of trauma induction and resolution. Skills are taught which facilitate the resolution of the memories which arise within the three general categories of the trauma continuum.

Level One: Trauma Induction process and resolution, verbal technique, voice modulation, nervous system support technique, safety enhancement, single memory encoding, multiple and layered memories, sub-memory sequencing.

Level Two: Complex patterns, archetypal encoding, cultural trauma, family role assignments, addictions, disease patterns, memory sequencing and mapping, level two verbal skills, enhanced nervous system support, self-care.

Level Three: Complex verbal intervention, resistance issues, patterns of dissociation, complex memory sequencing, atypical responses, direct accessing techniques, advanced nervous system support techniques, enhances safety techniques extremes of trauma continuum, contraindications, ethics, certification and exam requirements. Certification in HMR requires completion of all three levels of training.



BRENT M. BAUM STB, SSL, ICADC, CCH, LISAC, is an internationally recognized author, trainer, and trauma resolution specialist who has worked with over 15,000 trauma survivors, including officers and medical personnel from the Oklahoma City bombing and the terrorist attacks of September 11, 2001. He is responsible for the development of Holographic Memory Resolution®, a new mind-body therapy which addresses encoded memory on both cellular and systemic levels. Brent's intuitive capacity to identify trauma sites in the body and their mechanism of resolution enabled him to develop HMR and to deliver this modality to various traumatized populations.

Brent has served as Clinical Director of Cottonwood Treatment Centers, and is one of a select group of alternative therapists providing services at Miraval in north-west Tucson. He is a certified addictions counselor, a hypnotherapist and the author of The Healing Dimensions and Living as Light. Brent has a private practice in Tucson, AZ, and also travels internationally lecturing, and teaching his trauma resolution approach. He is a co-founder of Michael's Gift, a non-profit charity committed to reducing the occurrence and impact of trauma in our world.