

2020 SCHEDULE

LEVELS 1 & 2 TRAINING

Mar. 26-28: Tucson (Thu-Sat.)

July 20-22: Tucson (Mon-Wed)

Tuition: \$500

HEALING INTENSIVE WORKSHOPS

June 25-27: Tucson (Mon-Wed.)

Oct. 5-7: Tucson (Mon-Wed)

Tuition: \$500 (Required for Certification)

LEVEL 3 TRAINING in Tucson, AZ

Nov. 5-7 (Thu.-Sat) plus Nov. 8, (Sun, 1-5pm) = Supervision/Practice Session.

Tuition: \$500 + \$50 (if stay for Sunday)

CEUs: Healing Dimensions ACC/Brent Baum is a NAADAC Provider #161015 which includes NASW & NBCC.

ONLINE MONTHLY SUPERVISION :

Anyone who has taken Levels 1 & 2 of HMR (in-person or online) is able to attend the supervision/discussion group.

It occurs the 2nd Wed. of each month by "Zoom," "Skype," or phone, at 5pm AZ time. Arizona doesn't change time zones.

Dates: 1/8, 2/12, 3/11, 4/8, 5/13, 6/10, 7/8, 8/12, 9/9, 10/14, 11/11, 12/9.

WORKSHOP REGISTRATION: Call

Beverly Meland at (224) 558-4342 or email her at: bevmeland@gmail.com to register. You may contact Brent at: 847-372-8894 / abunah@comcast.net.

ONLINE TRAINING NOW AVAILABLE

ONLINE TRAINING: hmrtraining.com

Level 1: Online Video - \$250 (7 hrs.)

Level 2: Online Video - \$250 (6.5 hrs.)

Level 3: Online Video + Ethics - \$500

Note: The "Healing Intensive" remains an "in person" workshop and is required for certification in HMR..

Note: Supervision is available online or by phone; these fees are separate. The Healing Intensive is required for certification.

Private Sessions, Training, & Intensive Work in HMR Are Available Upon Request in Tucson.



Healing Dimensions, ACC
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Tucson, Arizona 85718

www.healingdimensions.com
www.hmrtraining.com
www.michaelsgift.org

Brent's Email: abunah@comcast.net
847-372-8894

Check Out Brent's 5 YouTube Videos
in the Video Section of the Website

Holographic Memory Resolution®



*Navigating the
Paths to Healing
and Enlightenment
through the Emotional
Reframing of Trauma*

HMR

- Personal & Online Training
- Workshops & Retreats
- Lectures & Conferences

*A New Integrative Approach
for the "Emotional Reframing"
of Memory-Based Pain*

Holographic Memory Resolution®

We now know that stress, emotional overwhelm, and trauma induce an altered state of consciousness, a “trance state” that captures and stores emotional and physical pain as a protective act. HMR allows us to access and release these statically held states of consciousness, which often manifest as depression, anxiety, compulsion, addiction, pain, and illness. This gentle process facilitates resolution of the painful emotions that anchor us in traumatic events without having to “relive” such experiences. The hallmark of HMR is the empowerment of the individual’s own “Healer Within.”

Preliminary research indicates that HMR induces an Alpha-Theta brainwave state that enhances safety and lets the conscious mind relax while providing enhanced visual and sensory access to stored imagery in the subconscious mind. Done from a seated position, the process, using both a verbal technique and an optional nervous system support technique along the top of the spine, enhances safety and enables the emotional reframing of “state-bound” or “state-dependent” memory, thereby

reducing memory-based pain and pathology. For the average individual, a significant percentage of pain in a given day is memory-based and can readily be reframed.



LEVELS OF TRAINING IN HMR

Training in HMR is open to both professionals and non-professionals alike, since HMR is a powerful tool that is easily employed in parenting, education, and personal stress management. Each level of training is designed to address increasingly complex levels of trauma induction and resolution. Skills are taught which facilitate the resolution of memories arising within the three general categories of the trauma continuum. Levels 1 & 2 are routinely combined in training.

LEVEL ONE: Trauma induction theory, process, and resolution: the verbal technique, voice modulation, nervous system support techniques, safety enhancement; single, multiple, and layered memories, and sub-memory sequencing.

LEVEL TWO: Complex patterns, archetypal encoding, cultural trauma, disease patterns, family role assignments, addictions, memory sequencing and mapping, Level 2 verbal skills, enhanced nervous system support, and self-care.

HEALING INTENSIVE: This 3-day workshop is an experiential healing process that is open to all interested in personal healing and also fulfills the “**Practicum**” requirements for HMR certification. It provides a safe, unique context to experience HMR in application to diverse forms of trauma. Participants gain many resources for healing trauma including: emotional reframing of both single (Level 1) and repeated patterns (Level 2) of trauma, reparenting, body-mapping, creating sacred space, boundary repair, grounding, and mindfulness with respect to memory-based pain.

LEVEL THREE: Complex verbal intervention, resistance issues, complex memory sequencing, patterns of dissociation, atypical responses, direct accessing techniques, advanced nervous system support techniques, extremes of trauma continuum, ethics, contraindications, certification and exam requirements. Completion of all three levels is required for certification in HMR.

BRENT BAUM

STB, SSL, CADC,
LISAC, CCH



Brent Baum

Developed HMR as a relapse prevention strategy while working in inpatient and outpatient treatment centers. As the former clinical director of Cottonwood Treatment Centers in NM and AZ, his work propelled him into working with survivors and rescue personnel from the Oklahoma City bombing, TWA Flight 800, and September 11, 2001. Brent’s interdisciplinary experience in trauma, spirituality, and addictions facilitated his development of HMR and led to his pioneering work in the Somatic, Energy, and Color Psychology fields. His work drew the attention of Dr. Andrew Weil and led to his affiliation with the Integrative Wellness Programs at Miraval and at the University of Arizona in Tucson. His discovery of the body’s capacity to map and resolve complex memory sequences and memory-based pathology led to the formation of Michael’s Gift, a charity committed to research on trauma resolution strategies and reducing the occurrence and impact of trauma in our world. He is the author of *The Healing Dimensions*, *Living As Light*, and *Surviving Trauma School Earth*. Brent is a Licensed Independent Substance Abuse Counselor and a Clinical Hypnotherapist. He resides in Tucson, AZ.