

Insightful Healing

Welcome to this Unique Learning at "Prerna School of Inspiration"

A discussion with Arti ji left certain words of her in my mind

- *'Thoughts we Brood upon, Breed upon us'*
- *'Lets aim not just for a Correct diagnosis, but for a Complete diagnosis'*
- *'Mind therapists need to know how to reach root cause : from Organs to the Mind, from Mind to the Root cause'*
- *'What is the link between thoughts and organs - this needs to be known'*
- *'How to Clean up these thoughts and feelings, should be known to all'*

From that discussion originates this workshop at the Ashram

It also aims to help us find answers through therapy

Questions that we face day to day:

Why me?

Why now? Why this..... and , Why that....?

How did this problem originate?

Where is all this coming from? When and how did these thoughts originate?

Where is the beginning of this emotion? This behavior?

How else can we treat it?

At

“Prerna School of Inspiration”

9AM-6PM, 1st October 2011

Insightful Healing

Lets Learn & Practice, how to

I. Make a Complete Diagnosis

- Discover; for each individual; what is causing a particular problem
- Discover; for each individual; what is the link & connect between thoughts & its effects on the body

II. Uncover & Understand the Connections & Cause-Effect Links

- Begin from the Organ or Body part affected - and Reach the Root cause of the problem
- Begin from the Situation, Thoughts, Feelings or Actions - and Reach the Root cause of the problem

III. Do Cleaning, Clearing up & Release of all that's Harmful

- Do Therapy through an simple approach for Cleaning & Clearing up of Thoughts & Emotions
- Have a Fixed yet Flexible approach, that automatically gets Individualized to each person

Lets also learn some Basic Anatomy & Mind-Body Connection

Conducted by

Dr.Nitin Shukla

Consultant Psychiatrist & Psychotherapist

Trainer of Psychotherapies (Hypnotherapy, NLP, Bio/Neurofeedback)

Open to All

Eligibility : Desire to Learn

Insightful Healing

Introduction

30min (Expectations from the course, the trainer and from themselves)

Basic Anatomy

1hour (Theory through Diagrams, Simultaneous demonstration on a Volunteer)

- Basic Working knowledge of Body, Organs, Brain

Mind-Body Connect

30min (15min Theory through Diagrams & Flow charts. 15min Q & A)

- Mind-Brain-Body-Cell-Gene connections
- Being sure that Mind based therapies are affecting our body as well as our genes

Therapy Approach: Adopting an Individualized approach

15min Walking through the Approach & Discussion, Group Demo

- Following a fixed yet flexible and non-rigid Structure. Therapeutic Interview
- How to remain non-judgmental and non-interfering, while continuing to guide in therapy

Accessing Connections & Links for a Complete diagnosis

15min Theory through Diagrams

- The Effects from all Causes : T-E-A model (Thoughts - Emotions - Action)
- Thoughts (Beliefs, Judgmental thoughts, Prejudices, Biases), Emotions (Suppressed & Stored up Emotions & Energy), Behaviors (Habits, Harmful behaviors)

PRACTICE IN PAIRS: 20min

Accessing the Root cause for a Complete diagnosis

15min Theory through Diagrams & Flowchart of a Script of Questions

- Cause of all causes : Gaining Awareness of Cause & Origins of problems easily : The VAK model of Access

PRACTICE IN PAIRS: 20min

DEMONSTRATION: 45 min

1.5Hour (Demo of all 3 approaches. 15min Practice in Pairs for all 3 approaches)

- Accessing root cause through Organ, Body part
- Accessing root cause through Situation
- Accessing root cause through T-E-A (Thoughts, Feeling or Behavior)

PRACTICE IN PAIRS: 45min

Cleansing & Clearing: Clearing up Thoughts & Emotions

15min; Theory through Diagram & Flow chart

- Approach to Working with deep seated, chronic thoughts and emotions. Releasing Emotions. Getting the intended Learnings and Moving on

DEMONSTRATION: 45 min

PRACTICE IN PAIRS: 45 min