

Types of Training Events

There are several types of training events available both at the Institute of Thought (IOT) in San Diego and also at Better Life Teaching & Counseling Center (BLTCC) in Berkeley. These include Transpersonal Hypnotherapy Training weekends, 15th Step Training weekends, 15th Step Practice Nights, IARRT-Sponsored events and World Healer Institute events. Learn more about each of these here.

Transpersonal Hypnotherapy Training, presented one weekend a month at the IOT offices in San Diego, and also one weekend a month at BLTCC in Berkeley. These monthly series each constitute a 12-session course in Transpersonal Hypnotherapy. The series is repeated each year, allowing you to start at any point in the cycle or to fill in courses missed at an earlier date. Information on dates and topics is available from this website or by calling the IOT at 619-516-3999 or BLTCC at 510-486-8268. The fee for these weekend seminars is \$220.00.

- 15th Step Training, given on selected weekends at the IOT in San Diego, at BLTCC in Berkeley, and elsewhere around the USA (and occasionally outside the USA). Information on dates and locations is available from this website or by calling the IOT at 619-516-3999 or BLTCC at 510-486-8268. The fee for these two-day 15th Step seminars is \$285.00.

All training is presented from a transpersonal perspective integrating consciousness and altered states information. Classes blend presentation with demonstrations, training exercises, group and individual inductions and audio/video taping, thereby encouraging learning on both theoretical and experiential levels. A special emphasis on the way these skills are used to expand personal and professional abilities is given to each student centering on the specific needs and interests of the individual.

- 15th Step Practice Nights. In addition to the training events described above, there are "15th Step Practice" sessions offered in various locations. These are helpful because the more one practices the 15th Step process, the easier it becomes to use. These practice sessions are usually done in the evening, and are thus often referred to as 15th Step Practice Nights.

15th Step Practice nights are designed to offer support and guidance to individuals who have completed one Two Day 15th Step Seminar. Practice nights are designed for students to practice with one another, with the supervision of an experienced 15th Step Certified Teacher.

Practice Nights are held on a scheduled basis at Better Life Teaching & Counseling Center in Berkeley. Information on dates is available from this website or by calling the Better Life Center at 510-486-8268. Groups are limited to six people per night, working in teams of two. 24-Hour reservation is required to participate, sessions run from 7PM-9:30PM, and the cost is \$25.00 per evening.

For information on Practice Nights at IOT, call the IOT offices in San Diego at 619-516-3999.

IARRT-Sponsored Events: The International Association for Regression Research and Therapies (IARRT) offers training in Hypnosis and Regression Therapy. In 2010 there is a training the last week of January in San Diego, and one the week of the Annual International Conference. For more information visit the IARRT website at www.iarrt.org

World Healer Institute: The World Healer Institute Training Event is June 17-20, 2010 in San Diego, CA. For more information visit the World Healer Institute website at www.WorldHealerInstitute.org.