

A TWO- DAY TRAINING

Many people find they can often reject unfair criticism that comes from other people. However, when it's your client who is doing the negative self-talk, their sense of self-worth can be dramatically diminished and their potential severely limited. Moreover, negative self-talk triggers anxiety, limits the person's capacity for success, and colors life with a dark brush.

Often, people who suffer from these problems don't even realize they are caused by their own inner critics or from the internalized negative voices of parents and significant others. The reason they are not fully aware of these inner voices is the overwhelming feelings they generate. As a result, the negative self-talk is drowned out and therefore, plays *unconsciously*, in the background, impacting negatively on the person's experience.

Negative self-talk and intrusive memories produce strong unpleasant emotional states, problem behaviors and limit choices. These negative responses can then trigger numerous problems and difficulties, including:

- **Eating disorders and problem behaviors**
- **Alcohol and addictions**
- **Anxiety, depression and panic**
- **Anger management problems**
- **Self-confidence and self-esteem issues**
- **Intrusive thoughts**
- **Numerous other clinical issues**

THE BENEFIT

The methods presented in this extraordinary **Transforming Negative Self-Talk** workshop, are rooted in the work of Milton H. Erickson, M.D., and have been further developed by Steve Andreas, who is one of the most innovative trainers in the field of brief psychotherapy.

The techniques are practical brief therapy interventions. They can be incorporated into the orientation of each individual therapist. Use of these methods is "co-active" and encourages the client to use his/her personal resources to achieve positive results.

Why attend this workshop? Because, you want step-by step instruction in effective methods. And you want supervised practice in these skills and techniques. You can put them to immediate use to help clients make significant changes in the shortest amount of time.

What's unique about AHTA training? The instructor's focus is on training you to use these methods, not just showing how well the trainer does demonstrations. The training consists of lectures, demonstrations and exercises in small groups, where you will learn the elements to **Help Clients Take Charge of Their Negative Self-Talk**. There will be ample time to practice.

The information and techniques I learned at the workshop, *Helping People Transform Negative Self-Talk*, has been hugely helpful. Amazingly, clients really don't even seem to know most of their negative self-talk is happening, because it goes on outside of consciousness. More importantly, it is incredibly enlightening for them to realize how to change their internal dialogue and discover the tremendous impact it can have on their lives. **Randy Grant, M.S.W.**

More comments from AHTA participants, http://ahtainc.com/index_files/Page693.htm

WORKSHOP DATES & LOCATION

December 10 & 11, 2016

Radisson (formerly Crowne Plaza)

Rockville, MD

Hours: 8:15 AM to 5:30 PM

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ACCOMMODATIONS

Radisson - Rockville, MD

3 Research Court

Rockville, MD 20850

(Metro Wash., D.C.)

Room Rate: \$89.00 single or double

301-840-0200

Ask for Local Reservations Clerk Only

Make hotel arrangements on your own. Please contact the hotel as soon as possible to make your reservation and to be sure you get the special rates. ***Make your reservation with the hotel front desk clerk only. Say you are registering for the American Hypnosis Training Academy special local corporate rate of \$89.00.***

Please call Ron Klein immediately if you experience any difficulty making hotel reservations and he will take care of it personally. Cell: 301-523-5659.

THE TRAINERS

RON KLEIN, M.C.S., NBCCH, CT-NLP, is a Certified Trainer in NLP and an approved Continuing Education Provider. He is a nationally recognized teacher of Ericksonian clinical hypnosis and brief solution-focused psychotherapy. Ron has thirty-five years experience as a counselor and trainer. He has presented hundreds of workshops and provided training to more than 5800 mental health and health care professionals in a wide variety of public and private settings.

JILL CODY, M.A., LPC, NBCCH, is a Licenced Mental Health Counselor in Maryland, and a Certified Trainer in NLP. She has over thirty years experience as a psychotherapist, personal coach and trainer.

Continuing Education: 14 hours

Continuing Education: 14 hours. The American Hypnosis Training Academy (AHTA) is an approved provider by the American Psychological Association to offer C.E. for Psychologists (AHTA maintains responsibility for the program and its content).

AHTA is approved by the National Board for Certified Counselors (NBCC) to offer approved clock hours for events that meet NBCC requirements (AHTA is solely responsibility for all aspects of the program).

American Hypnosis Training Academy (AHTA) training programs are approved for Social Worker continuing education through Commonwealth Educational Seminars (CES).(CES), provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: October 15, 2015 through October 15, 2018. Social Workers should contact their regulatory board to determine course approval. Social Workers completing courses will receive the clinical continuing education clock hours for each program attended

REGISTRATION

Transforming Negative Self-Talk

Special Fee: \$396.00 with your registration.

A refund, less a \$ 86.00 fee, will be made when a written request to withdraw from the program is postmarked (certified mail-return receipt) at least 15 days prior to the event. After that date, the fee paid will be non-refundable and may be credited to a future program. Lodging and meals are the responsibility of the participant. In the unlikely event a workshop is canceled, full tuition refund will be made. Presenters assume no responsibility for any further expenses incurred by enrollees.

To enroll: fill out this form and mail it today.

phone: 301-565-0103 fax: 301-588-9535

Name: _____

Address: _____

City: _____ State: _____ Zip _____

E-Mail: _____

Day/Cell Phone: _____

Visa MasterCard Check **\$ 396.00**

Make check payable to AHTA

Card #: _____

Exp. Date _____ Security Code _____

Signature: _____

Mail to: **AHTA * 1110 Fidler Lane, Suit 1218**

Silver Spring, MD 20910

PARTICIPANT COMMENTS

The seminars provided by the American Hypnosis Training Academy have given me the opportunity to learn concepts and techniques which result in real, positive change for people. This has been the most fun I have ever had while learning more than I thought possible. Ron Klein and the other trainers artfully and masterfully demonstrate specific methods with which to guide clients to gain insight and to equip themselves with personal resources and beliefs that will continue to generate positive changes. Participants have ample opportunity to practice and ask questions in order to learn skills for building rapport and guiding a person to solve problems effectively, by making use of imagination, curiosity, playfulness and compassion as well as cognitive skills. This training will be highly valuable to professionals, such as psychologists, counselors, school psychologists, social workers and other professionals who wish to provide brief, solution-focused psychotherapy.

Lynn Henderson, M.Ed.

In addition to learning many useful skills at the workshop, I was a demonstration subject and presented an important personal issue. I got the benefit of Ron's expertise and skills as he allowed all the time I needed (about 45 minutes) to get a true change in a negative limiting belief that had been plaguing me since childhood. That alone was worth so much more than whatever the cost of the workshop. I can't put into words how positive the workshop was for me. Ron is a true master teacher and I'd recommend his training for any therapist who wants to learn more to help clients suffering from anxiety, limiting beliefs and other "stuck" feelings.

Audrey Sussman, M.S.W.

American Hypnosis Training Academy

1110 Fidler Lane, Ste. 1218
Silver Spring, MD 20910

Return Service Requested

**Helping People Transform
Negative Self-Talk
December 10 & 11, 2016**

Rockville, Maryland (Metro Washington, DC)

Transforming Negative Self-Talk

Brief Techniques for Changing:

- Limiting Beliefs
- Disturbing memories
- Habits and Problem Behaviors
- Compulsions and Eating Disorders
Alcohol and Addictions
- Anger, Anxiety, and Depression
- Self-confidence and Self-esteem Issues
- Intrusive Negative thoughts
- Numerous other clinical Issues

A Two-Day Continuing Education Training Program

December 10 & 11, 2016

**Rockville, Maryland
(Metro Washington, DC)**

American Hypnosis Training Academy
is a trade name of Ron Klein and Associates, Inc.

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