

# The Trauma Freedom Project

*Healing what holds you hostage*

## Healing the Trauma, Restoring the Heart



- Have you personally witnessed someone that followed standard mental health protocols and is still stuck?
- Do you know people that keep going back for more pills to feel less miserable and who no longer believe that something better is possible?
- Have you personally experienced hitting a wall with a chronic condition and years later you are no further along?

# Healing the Trauma, Restoring the Heart: A Transformative Approach to Trauma Recovery

## *Taught by a deep student of Life and her own Traumas*

After 35 years of unraveling her own traumas and helping numerous other individuals navigate theirs, a teacher has been gifted with a rare synthesis for recovery. This revelatory and inspirational teaching method transforms darkness into diamonds and misery into conscious transformation.

If you have personally dreamed that you could immeasurably and positively change your suffering and the suffering of others, the teacher is now present.

*“Stephanie Shipper’s techniques are advanced, unconventional, and combine her cross-disciplinary expertise in neuro-linguistics, kinesiology, intentional prayer, and brain-based change.”*



## Healing the Trauma, Restoring the Heart – Training Detail

This is a year-long training, undertaken over 8 hours a month, partially virtually. There are two, 4 hour segments each month with four additional in person trainings a year (1.5 day segments, 12 hours per weekend) held in Omaha, Nebraska.

The intent of the four in person segments is to bond the group and teach pieces that should be done in person for maximal understanding. **Training begins in March 2024. The in person weekend dates are being finalized. Ongoing dates for Zoom education will always be on Saturday and Sunday and are decided upon democratically by the group.**

Training offered includes Seven Modules:

### Module One: Patterns of Neuro-linguistic Programming

#### 1st Month – Training is done in person to bond the group

1. Establishment of Subconscious Rapport/Learning Styles – 8 hours in person
2. Decision-making Strategies – 4 hours in person

#### 2nd Month – All Online

1. Well-Formed Outcomes – 4 hours
2. Deep Questioning Skills that go from Surface to Center of a Problem – 4 hours

### **3rd Month – All Online**

1. Perceptual Filters, How do you know that Change has Occurred
2. Presuppositions of Neuro-Linguistic Programming – 4 hours
3. Patterns that Invoke Resourceful States – 4 hours

## **Module Two: Basic Kinesiology to Develop Empowerment for the Client**

*“Each person has an inner knowing, kinesiology teaches that natural intelligence or knowing resides within each person.”*

### **4th Month – In Person Weekend**

1. Switching on the Brain/Hydration – Weekend Day 1 (Sat) in person, 8 hours
2. Learning Basic Muscle Testing (Sat) – in person
3. Developing Surrogacy for Remote Treatment – Weekend Day 2 (Sun) in person, 4 hours

### **5th Month – All Online**

1. Circuit Locating to be Sure Your Client’s Brain is Switched On – 4 hours
2. The Language of Checking Responses – 4 hours

## **Module Three: Language of Prayerful /Healing Intention**

### **6th Month – All Online**

1. How Negative Language is Grave Digging- Power of Language – 4 hours
2. ‘Prayer is that Constant Thought Upon Which the Mind Dwells’
3. ‘Thought Leaders do not React, They Interact with the Possible Good’
4. Masuru Emoto, Messages in Water, How Prayer Transforms Natural Structures – 4 hours

### **7th Month– All Online**

1. Powerful Prayer Formats – Dealing with the ‘Enemy’ Within with Intentional Prayer
2. Prayer Wall – Healer Heal Thyself, Writing Effective Prayers – 4 hours
3. Emotional Mail (Email) – Connecting with Client; Before the Session
4. Personal Born Again Formula – 4 hours

## **Module Four: Half the Healing is the Healed Goal – Finding the Saboteur**

### **8th Month – In Person Weekend**

1. Essential Nature of Leading with a Healed Goal-Ethics of a Healed Goal – Sat
2. Development of Goals: Positive, Present Time, and Exciting Outcomes – Sat, 8 hours
3. Understanding the Saboteur – What Prevents the Goal from Manifesting? – Sat
4. Undoing the Myth of the Saboteur; A=B=C and therefore D, Using the Language Of the Saboteur – Sun, 4 hours

## Module Five: Trauma Recovery – Neurological Techniques for Healing

9th Month – All Online

1. What defines Trauma? The Neurochemistry Necessary to Change
2. The Amygdala and How it Records Trauma – Criteria of Trauma
3. ACES – Acute Childhood Events; Why Talking Won't Heal the Reactions – 4 hours
4. Basic Amygdala DePotentiation – Finding the Inception Trauma
5. Grace States – Finding Personal Resources for Recovery
6. Finding the Realm and Order for Recovery – Organizing Treatment – 4 hours

## Module Six: Trauma Clearing and Essential Neurological Methods to Deal with Blockage

10th Month – In Person Weekend

1. Critical Paperwork (Intake, Trauma History, Waiver, Dual Relationship)
2. Clearing a Trauma – Exercises – Sat
3. Subjective Unit of Distress (0-10) – Establishing a Measurement of Progress – Sat, 8 hours
4. Primitive Brain Reflexes and How They Effect the Healing of Trauma – Sun, 4 hours

## Module Seven: Supervision with Clients and Personal Session

11th & 12th Month

8 hours a month, applying the techniques to cases and doing your own personal work

*“When the student is ready the teacher will appear...” – Buddha*



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