

## LEVEL 1-2 TRAINING (TORONTO, ON)

Dates: June 21-23, 2019 (Fri.-Sun.)

Times: 9:30am - 5:30 pm

Cost: \$350 USD (\$470 CAN ).

Deposit: \$175 needed by June 1.

Registration: Call Beverly Meland  
at (224) 558-4342 or email her at:  
bevmeland@gmail.com to register.

### Additional Training Information

#### Healing Intensive Workshops:

(Required for Certification in HMR)  
June 7-9: Chicago, IL (Fri.-Sun. @ EQ)  
Sept. 23-25: Seattle, WA (Mon.-Wed.)  
Oct. 14-16: Tucson, AZ (Mon-Wed.)  
Tuition: \$500\* (\* Denotes USD)

**Level 3 Training:** in Tucson, AZ  
Nov. 7-9 & 10: Thu.-Sat. + Sun. 1-5pm  
Sun. = Practice. Tuition: \$500 + \$50

#### Online Training: [hmrtraining.com](http://hmrtraining.com)

**Level 1:** Online Video - \$250\*

**Level 2:** Online Video - \$250\*

**Level 3:** Online Video + Ethics - \$500\*

**Note:** Supervision is available online  
or by phone. Fees separate.

#### Online Discussion/Supervision (Free):

Available the 2nd Wednesday of each  
month by "Zoom," "Skype," or phone,  
at 5pm AZ time (unchanging zone).  
Dates: 1/9, 2/13, 3/13, 4/10, 5/8, 6/12,  
7/10, 8/14, 9/11, 10/9, 11/13, 12/11.

## HMR TRAINING BENEFITS:

- ◆ *Improve Treatment of Pain and Illness by Learning the Principles of Site-Storage and Trauma imprinting in the bodymind.*
- ◆ *Integrate a "Clean Language" approach to enhance your treatment of stress, anxiety, trauma and memory-based pathology.*
- ◆ *Learn the Principles for Trauma Treatment employed with OK City, 9-11, Sendai (Japan).*
- ◆ *Gain additional skills to address Complex PTSD and memory-based pain.*
- ◆ *Acquire new resources to increase effectiveness in treating children & adolescents.*
- ◆ *Learn specific necessary interventions for addressing flashbacks and Complex PTSD.*



Healing Dimensions, ACC  
5675 N. Camino Esplendor #6137  
Tucson, Arizona 85718

[www.healingdimensions.com](http://www.healingdimensions.com)  
[www.hmrtraining.com](http://www.hmrtraining.com)  
[www.michaelsgift.org](http://www.michaelsgift.org)

Brent's Email: [abunah@comcast.net](mailto:abunah@comcast.net)  
847-372-8894

[Check Out Brent's 3 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

**ANNOUNCING  
LEVEL 1-2 TRAINING  
TORONTO, ON CANADA  
JUNE 21-23, 2019**

**A Revolutionary Approach  
to Trauma Resolution Therapy**

## 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 two 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 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 (level1) 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 are 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.