

2019 SCHEDULE

LEVELS 1 & 2 TRAINING

May 31-June 2: Chicago, IL (EQ)
June 21-23: Toronto, ON (Fri.-Sun.)
July 22-24: Tucson, AZ (Mon.-Wed)
Sept. 12-14: Maui, HI (Thurs.-Sat.)
Tuition: \$500 (Fees vary per loc.)

HEALING INTENSIVE WORKSHOPS

June 7-9: Chicago, IL (Equilibrium)
Sept. 23-25: Seattle, WA (Mon.-Wed.)
Tuition: \$500 (Required for Certification).

LEVEL 3 TRAINING

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

ONLINE TRAINING: hmrtraining.com

Level 1: Online Video - \$250 (12 CE)
Level 2: Online Video - \$250 (12 CE)
Level 3: Online Video + Ethics - \$500
(24 CE). Note Supervision is available
online or by phone (fees separate).
(Heal. Intensive is required for certification.)

ONLINE DISCUSSION/SUPERVISION:

Free Online HMR trainee/discussion
group occurs the 2nd Wed. 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.

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

HMR TRAINING BENEFITS:

- ◆ *Improve Treatment of Pain and Illness by Learning the Dynamics of Site Encoding, Trauma Imprinting & Resolution in the bodymind.*
- ◆ *Integrate a "Clean Language" approach to enhance your treatment of stress, anxiety, trauma and memory-based pathology.*
- ◆ *Acquire new resources to increase effectiveness in treating children & adolescents.*
- ◆ *Learn specific necessary interventions for addressing flashbacks and Complex PTSD.*



LECTURES & CONFERENCES

- June 3: Free Presentation at Equilibrium, located in the South Loop Chicago, IL*
- June 6: Presentation at the Theosophical Society in Wheaton, IL.*
- Oct. 17-20: CAIET Conference: (Canadian Energy Psychology) in Vancouver, B.C.*

Healing Dimensions, ACC

5675 N. Camino Esplendor #6137
Tucson, Arizona 85718

healingdimensions.com
hmrtraining.com, michaelsgift.org
Brent's Email: abunah@comcast.net
847-372-8894

Check Out Brent's 3 YouTube Videos on the Website

Holographic Memory Resolution®



*Navigating the Paths to
Healing and Enlightenment
through the Emotional
Reframing of Trauma*

HMR

- *Personal & Online Training*
- *Workshops & Retreats*
- *Lectures & Conferences*

**A New Integrative Approach
for the "Emotional Reframing"
of Memory-Based Pain**

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 2 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 (Level 1) 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.