

2023 Training Schedule

LEVELS 1 & 2 TRAINING:

May 4-6: **In-person** (Tucson, AZ) with
May 7: Extra day for Private Sessions
August 18-20: **Zoom** Training
Tuition: \$500 (24 CEU - see below)

HEALING INTENSIVE WORKSHOP (20 CEU)

July 20-22: **In-person** (Tucson, AZ) with
July 23: Extra day for Private Sessions
October 6-8 (**Zoom** mainly for those
outside the U.S. Tuition: \$500)

LEVEL 3 TRAINING : (24 CEU - see below)

November 9-11: **In-person** (Tucson, AZ)
with November 12: Extra day for private
sessions or supervision. Tuition: \$500

ONLINE TRAINING: www.hmrtraining.com

Level 1: Online Video - \$250 (12 CEU)

Level 2: Online Video - \$250 (12 CEU)

Level 3: \$500: Online Videos + Ethics,
Certification Info. (24 CEU- see below)

Note: Supervision and Mentoring are
available online or by phone. Monthly
free Zoom supervision on the 2nd
Wed. of each month at 5pm MST.

CEU INFORMATION: Healing Dimensions/
Brent Baum is an approved NAADAC
Provider (#161015), which includes
NBCC and NASW.

REGISTRATION: Please contact Denise
Gastellum at (520) 631-6611 or email:
denise.healingdimensions@gmail.com.
For **Retreat enquiries**, Contact:
Antoinette K. at 225-247-8202.

RETREAT , LECTURES, INTENSIVE WORK

March 23-27: *Annual Retreat in Houston, TX**
27-28 *Research Presentation & Discuss.*

April 23: *Free Zoom Lecture: 6pm CST*
"HMR as a Parenting Skill: Using HMR for
Anxiety, Migraines, Trauma with Children"

September 10: *Free Zoom Lecture: 6pm CST*
"From Trauma to Presence: Awakening
the Holographic Mind (Higher Self) to
Release our Trauma Attachments."

Intensive Work in Tucson: *The option for private,*
intensive HMR work with Brent in Tucson is
available. First time HMR clients have the
option for 4-6 session intensive work over
four days with optional Pre and Post-HMR
QEEG scans to contribute to our ongoing
research. Our charity Michaels Gift subsidizes
the cost of the QEEGs.

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www.healingdimensions.com,
www.hmrtraining.com
www.michaelsgift.org

Brent's Email: abunah@comcast.net
520-977-3884

Check Out Brent's Five YouTube Videos
in the Video Section of the Website

Holographic Memory Resolution®



HMR

*Committed to Reducing the Presence
and Impact of Trauma in Ourselves
and our World.*

**2023 Schedule: Training
Workshops & Retreats
Lectures**

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

Holographic Memory Resolution®

We now know that stress and trauma induce an altered state of consciousness 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.

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.

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.

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.