

## Are You Ready to Commit?

The Personal Transformation Intensive program is for individuals who are deeply committed to changing their life. Why is PTI different from other health & wellness programs? The answer is simple. PTI is facilitated by licensed mental health clinicians who are equipped to handle deep trauma and relationship difficulties.

You can rest assured that you are in good hands.

Additionally, PTI facilitators are trained using an experiential method, meaning that they are personally experienced with the deep transformational work this program offers.

Seek your inner light, heal yourself on deeper levels and become all you are meant to be. Join us today.

## YOUR FACILITATORS



**KURT ROBBINS, LMFT CAP ACHT**  
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**Sarah DiPerna, PsyD ACHT**  
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### 2018 DATES

**Weekend 1: Friday Feb 2-4th**  
**Weekend 2: Friday March 2-4th**  
**Weekend 3: Friday April 6-8th**  
**Weekend 4: Friday May 4-6th**  
**Weekend 5: Friday June 1-3rd**

### COSTS:

Personal investment of **\$2,800\*** for your PTI tuition. You may secure your place with a **\$500\*** non-refundable deposit. A payment plan is available.

Early registration discount is available.

Room and Board charges at retreat center are separate.

\*All prices reflect a 3% discount for cash or check payments

### Mailing Address:

1400 E Oakland Park Blvd. Ste 202  
Oakland Park, FL 33334

**[WWW.SOULALIGNMENT.COM/PERSONAL-TRANSFORMATION-INTENSIVE](http://WWW.SOULALIGNMENT.COM/PERSONAL-TRANSFORMATION-INTENSIVE)**

# PERSONAL TRANSFORMATION INTENSIVE (PTI) WORKSHOP

FIVE WEEKENDS  
TO  
**FIVE WEEKENDS**  
CHANGE **TO** YOUR LIFE  
**CHANGE YOUR LIFE**

## What is PTI?

So many people are longing for more meaning and more connection in life. Perhaps you have tried to put self-help books into practice, or worked on your issues using individual therapy for years making only small incremental changes. Or perhaps you are just beginning to take responsibility for long-standing problems that went ignored and avoided. The Personal Transformation Intensive (PTI) workshop uses techniques that allow participants to heal and resolve issues on deeper levels much faster than traditional therapy.

This is an **EXPERIENTIAL WORKSHOP** designed to give you the answers you have been looking for. We meet for five weekends over a five-month period, providing a loving and accepting environment for the challenge of profound personal growth.

Each weekend addresses a specific area of personal wellness that builds on the next. This model increases the participants' intimacy with each other allowing for a fully integrated and supportive therapeutic community.

Weekend 1: **Codependency**  
Weekend 2: **Addictions**  
Weekend 3: **Healthy Sexuality & Gender**  
Weekend 4: **Mind/ Body Connection**  
Weekend 5: **Healthy Relationships / Completion** (Grief/Loss)

## How Does PTI Work?

Personal Transformation supports you on your life's path, whatever that may be. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to your higher self (soul) and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

Heart-Centered healing modalities utilize altered-states of consciousness to access unconscious material, a deeply experiential approach, an acknowledgment of the vital role of the client's own spiritual connection, and an unflinching link with the unconditional love accessed through his/her heart center.

We offer tools that open the door to your *Personal Transformation*:

- **Hypnotherapy**: a dramatic combination of traditional hypnosis, Gestalt approaches, and energy work;
- **Breath Therapy**: sometimes called "conscious connected breathing" or "rebirthing," integrates one's emotional, physical and spiritual healing;
- Energetic **Psychodrama**: an awesomely powerful form of psychodrama that incorporates trance work and energy work within a traditional psychodrama format.

## Benefits of PTI

### Improve Relationships

- Express feelings in a healthy way
- Change Victim, Persecutor, Rescuer Patterns
- Stop the Blame Game

### Manifest Goals:

- Discover your unconscious goals
- Get clear on what you want
- Become member of a Mastermind Group

### Improve Health

- Learn the meaning of the messages your body is sending you
- Release body hatred and shame

### Connect with Others

- Develop close in-depth friendships
- Learn what healthy support means

### Release Self-defeating Patterns

- Procrastination
- Making fear based decisions
- Codependency

### Experience Unconditional Love

- Learn to separate love from sex, neediness, control and/or fear of abandonment

### Take full Responsibility for your life

- Stop sabotaging by playing the victim
- Self-care contracts teach you to take care of yourself

### Release addictive patterns

- Alcoholism, chemical dependency, food, gambling and others

### Learn powerful stress and relaxation techniques

- Guided meditation, conscious connected breathing, and others.