

Northern NSW: November 1 - 10, 2008

# PEAKSTATES™

## THERAPIST TRAINING

A ten day professional training offered by the Institute for the Study of Peak States

[www.peakstates.com](http://www.peakstates.com)

## Living at the top - where we belong Peak states of consciousness

### Facilitator Nemi Nath

Peak States Therapy represents a paradigm shift in understanding healing and even consciousness itself. Synthesizing information from the diverse fields of cellular biology, psychology, engineering, spiritual practice and shamanism, this work offers an underlying model explaining how the human psyche operates. In particular, it identifies how trauma (pre-natal and developmental events) strongly impacts our consciousness and health and how the healing of specific aspects of this trauma allows the realisation of peak states of consciousness....

..."Those wondrous moments in your life where you felt different, when time slowed down and when something was so remarkable and unique that you have always remembered it..."

With this new technology, it is possible to turn 'peak experiences' into permanent peak states for oneself and ones clients.

For example, in a less-poetic way a peak state is a permanent sense of peacefulness, happiness, or presence - not a state of constant euphoria, but rather a subtle and deep-felt sense of upliftment, clarity of mind, openheartedness, friendly and calm disposition throughout the ups and downs of life.

It turns out that a very small percentage of the population already live in continuous peak states. For example, in the 'Inner Peace State', the emotions of past traumas have no effect in the present.

The Institute for the Study of Peak States, (ISPS) has found the underlying mechanisms and their techniques for acquiring permanent peak states of consciousness. The successful application results in a radical improvement of quality of life, extraordinary mental, physical and emotional healing.

## ABOUT THE TRAINING

### ISPS Professional Therapist Training Basic Level

This course is for professional therapists (and approved qualified lay people) with experience in transformation and trauma healing. The course outcome is to become a Peak States Therapist with ISPS Certification. It consists of a:

- 5 day Course #110: The Basic Whole-Hearted Healing™ Training, the institute's comprehensive trauma healing technique (WHH).
- 5 day Course #120: PeakStates™ Therapist Professional Training in the institute's techniques for acquiring peak states of consciousness.
- A period of skill integration and practising in study groups in preparation for the Certification test.
- Cycle of sessions with a Certified practitioner, post residential.
- Course #180: Peak States Certification Course.

Course #110, The Whole-Hearted Healing™ (WHH) technique is a pre-requisite and a solid foundation for entering peak states work. It is a regression method enhanced by several known, and some new specialised techniques, for dealing with many different types of trauma. It is necessary to have mastered Whole-Hearted Healing to handle some of the traumas that arise during Peak States work. WHH is also a healing method on its own, and will enrich any therapist's repertoire. Other healing techniques include Emotional Freedom Techniques (EFT), Distant Personality Release (DPR) and triune brain therapy which is derived from the understanding of the biological nature of our intelligences.

Course #120 PeakStates™ Therapist Professional Training exposes participants to a variety of healing processes and techniques for acquiring peak states. The Silent Mind state is guaranteed to all participants. Inner Peace and Brainlight will be presented and an ability to see and interact with ones optimal Lifepath.

The "Silent Mind State" silences the autonomous mind chatter, which easily interferes with the therapist's intuition. It is also ideal for clients, giving them a similar effect to that described by experienced meditation practitioners.

The "Inner Peace State", as mentioned previously, is a wonderful gift of staying calm and collected in emotionally charged situations or turmoil. The "Brainlight State" heals the trauma that causes us to act on negativity and harm others. The "Lifepath Process" gives us a tool to recognise what are the most optimal choices to make in life and to heal the trauma we have with these choices ahead of time.

## PREREQUISITES

You need to be a practicing therapist with experience in trauma release, a physician, or a lay-person with relevant practical experience. Please call Peak States Australia if you would like to discuss your suitability for this course.

Reading materials (available from the PeakStates Australia office, or through Amazon):

- "Peak States of Consciousness Volume 1"
- "The Basic Whole-Hearted Healing Manual" (available from amazon.com or Peak States Australia Office)
- Familiarise yourself with EFT (Free manual available via their website: emofree.com).

## PREPARATION AND SUPPORT FOR CERTIFICATION

During the 9 day residential, you are instructed in the theory, application and practise of all the ISPS Basic Skills. Some of the learned skills can be used with clients immediately after the 9 day training. Others are restricted for personal use and/or for exchanging with co-students only, until after Certification. At the end of the residential period, students form study groups for this purpose (from experience, an average of 4 to 6 months is needed).

During the study period, students are encouraged to practise and fine-tune all the techniques, find their gaps of knowledge and list any questions they have about the material presented in the residential.

Questions can be asked via:

- a yahoo mailing list
- a question and answer tele-class
- the trainer
- the student support person

The required cycle of sessions with a certified therapist are to enhance professionalism. The student support person and the tele-class instructors are able to refer students to an appropriate therapist.

## CERTIFICATION

The Certification Procedure is outlined under "Course Descriptions" on the website - Course #180: Peak States Level 1 Certification Course (<http://www.peakstates.com/coursePSL1cert.html>). ISPS certifies its therapists to safeguard the techniques and provide the highest level of care and safety for clients. The ISPS requirements for certification include:

- demonstration of competence in the techniques and theoretical knowledge
- adequate training in crisis intervention, spiritual emergency and suicide prevention.

## SPECIALISATION & CLINICS

After Certification the ISPS specialised trainings are available. See "Professional Training Course and Certification Sequence" chart below. These trainings will enable therapists to work in the ISPS therapy clinics for addictions, and later other clinics focussing on specific diseases. First clinics (in Poland and Scotland) are scheduled to begin operations by the end of this year. Check website: [www.peakstates.com/projects.html](http://www.peakstates.com/projects.html).

The Institute for the Study of Peak States is taking its first steps in the establishment of training centres worldwide. Currently all ISPS staff are volunteers. The volunteer staff consists of country directors, administrators, student support, public relations, etc.

## FACILITATOR

The Course is led by Nemi Nath, Director of Training with the Institute for the Study of Peak States. With 23 years experience of teaching and facilitating breathwork internationally, Nemi has ample experience with trauma healing and transformational work. Before taking the post of Director of Training with the ISPS she conducted breathwork therapist trainings in her own international school for breathwork. She was Co-President of the International Breathwork Foundation (IBF) and helped achieve government recognition for breathwork in Australia.

## TRAINING LOCATIONS

### **Convener Australia:**

Peak States Australia - Nemi Nath:  
[nemi@peakstates.com](mailto:nemi@peakstates.com) : +61 02 6689 7455  
**Venue:** PeakStates Australia Training Centre  
"Kaivalya Meru" in Northern NSW  
**Cost:** \$2,950 AUD  
**Date:** November 1 - 10, 2008

### **Convener Poland:**

Edward Rodziewicz:  
[edward@peakstates.com](mailto:edward@peakstates.com) : +48 60 422 0267  
**Venue:** TBA  
**Cost:** Check Website  
**Date:** Check website

### **Convener Germany:**

HierSein GbR, Gudrun Tober:  
[gudrun.tober@gmx.de](mailto:gudrun.tober@gmx.de) : 0160 9174 9445  
**Venue:** TBA  
**Cost:** Check Website  
**Date:** Check Website

### **Convener Scotland:**

Rob Egan:  
[robert\\_egan188@hotmail.com](mailto:robert_egan188@hotmail.com)  
**Venue:** Newbold House, Forres  
**Cost:** £1495  
**Date:** Check Website

### **Convener Austria:**

Wilfried Ehrman:  
[info@atman.at](mailto:info@atman.at)  
**Venue:** TBA  
**Cost:** Check Website  
**Date:** Check Website

### **Convener Denmark:**

Lars Mygind:  
[kontor@mygind.info](mailto:kontor@mygind.info) : +45 70 278 288  
**Venue:** TBA  
**Cost:** DKK 18.800  
**Date:** Check Website

### **Convener Sweden:**

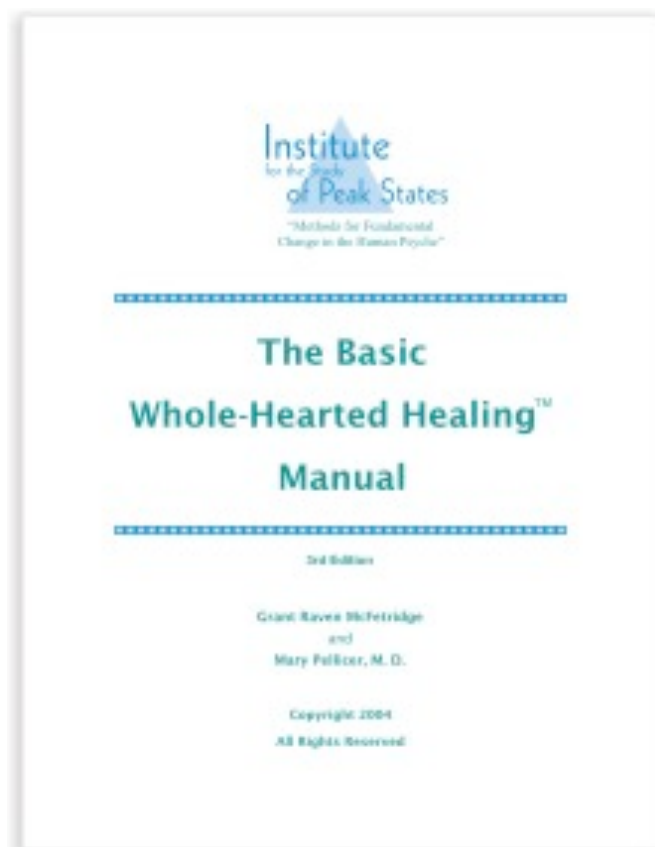
Anders Radmark:  
[anders@radmark.se](mailto:anders@radmark.se)  
**Venue:** TBA  
**Cost:** TBA  
**Date:** October 15 - 24, 2008

# Essential Reading

## Recommended prerequisites

**The Basic Whole-Hearted Healing™ Manual**, 3rd Edition by Grant McFetridge and Mary Pellicer, M.D. is now available.

This is our training manual for the 4 day basic Whole-Hearted Healing class, which is a regression healing process that can be done from normal consciousness without any special work or processing. This book is an updated and expanded version of the material on the PeakStates.com website. It is intended for people who are actively healing others and wish to have more information, in one place, about the material on our website.



### Books orders:

#### PeakStates Australia

+61 02 6689 7455, [austoffice@peakstates.com](mailto:austoffice@peakstates.com)

or

website: [www.peakstates.com](http://www.peakstates.com)

or

[amazon.com](http://amazon.com)

**Peak States of Consciousness: Theory and Applications, Volume 1: Breakthrough Techniques for Exceptional Quality of Life** by Grant McFetridge with Jacquelyn Aldana, Dr. James Hardt, and Zivorad Slavinski is now available.

A groundswell in new ways to approach therapy, psychology, spirituality, shamanism and mental health is happening worldwide. Until now, most of the new breakthroughs have been done in isolation. In this book, we share our work with each other for the first time - and give you a glimpse of the excitement and camaraderie of working in a field that changes daily, with new discoveries, syntheses, and controversy. This book gives laymen and professionals an experience of what cutting-edge research in the fundamental questions of mankind feels like.

This volume, the first of a series, presents what we consider the best of this new generation of techniques for acquiring peak states, along with a unifying model that ties biology, psychology, therapy, and spirituality into a single whole.

