

## What others are saying about HBLU™:

"I've been using Judith's techniques in the emergency department and in war zones around the world for over 15 years and find them invaluable for the treatment of the physically and emotionally traumatized patient. Judith is a true pioneer in the field of holistic psychotherapy."

David Irvine, MD

"Of the many workshops I have attended, none has compared with Judith Swack's for sheer intellectual excitement, psychotherapeutic innovativeness, and practical effectiveness. This workshop opens up new and important territory."

Nathaniel Branden, Ph.D., psychologist  
Author of *The Six Pillars of Self-Esteem*

"I have trained in many different therapeutic modalities and HBLU™ pulls together everything I know and works when no other modality does. Eighty percent of the work I do with patients is HBLU™."

Sierra Levy, N.D.

"The best cure for burn-out I've ever seen! This workshop has given me the tools to increase my own resourcefulness as well as the resourcefulness of others.."

Ruth Monahan, Educator

"I enthusiastically recommend this to all therapists who wish to be at the leading edge in helping their clients heal rapidly and lastingly."

George Pratt, Chairman  
Psychology-Scripps Memorial Hospital  
Author of *Instant Emotional Healing*

"Six weeks after taking the HBLU™ I training, my client load and income doubled without any different marketing effort on my part. I now have a waiting list of people who would like to work with me. Instead of having a handful of 'breakthrough', miracle sessions each year, I have that many each day."

Amy St. Hilaire, LMFT

"Judith was absolutely correct: patients who do not hold their adjustments almost invariably have a trauma frozen in their bodies. Once I release that body imprint, patients respond beautifully."

Richard Herbold, Chiropractor



*"This program has been approved for 28 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 71977."*

## HEALING FROM THE BODY LEVEL UP™ *Healing Trauma and Installing Boundaries*



## HEALING FROM THE BODY LEVEL UP- Level I Training

April 26 – 29, 2017  
A 4-day training in Needham, MA  
9 AM - 6 PM

**28 CEs for LICSWs, LMHCs, CCM's  
28 CNEs for RNs**

**Taught By:  
Judith A. Swack, Ph.D.**

*This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval Expires 8/3/2018.*

*Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.*

*In order to receive CEs and/or CNEs participants must pass a post test with a minimum grade of 80%, fully attend the activity, and complete an evaluation form.*

## What is Healing from the Body Level Up (HBLU™)?

HBLU™ is a holistic psychotherapy system that addresses somatic, psychological and spiritual aspects of an issue simultaneously. Developed by biomedical research scientist, Judith A. Swack, Ph.D., HBLU™ integrates the best of biomedical science, psychology, spirituality, applied kinesiology, Neuro Linguistic Programming, and Energy Psychology with her original research on the structure of complex damage patterns.

HBLU™ begins with the philosophy that a person's soul is embodied for two reasons: to manifest their soul mission and to enjoy life. If a person is not on track with their soul mission, or if they feel uncomfortable/not getting the desired results in some area of their life, then there must be some type of interference pattern that is causing a misalignment at some level of their being.

The purpose of HBLU™ is to provide healing practitioners with a way to:

- 1) identify the source of these interference patterns by easily accessing information from the client's deepest wisdom/soul, unconscious mind and body and
- 2) choose and apply an effective technique to heal that pattern thus aligning the conscious mind, unconscious mind, body and soul...

This combination of mind/body healing protocols consistently produces powerful, lasting results. And most critical, our methods are:

- Specific and reproducible
- Fast (less than 30 min. each) with lasting results
- Easily performed on yourself and others.

The ease, enjoyment, speed and efficacy of HBLU™ will help you better enjoy your patients and your work. HBLU™ takes the guess work out of therapy, reduces burnout in practitioners and helps them rediscover the joy of healing.

**About the Instructor:** Judith Swack, Ph.D., developer of HBLU™, is a biomedical scientist, teacher and healer. During the past 25 years, she has synthesized biomedical research with research from other non-medical systems. The results: an innovative and powerful methodology that consistently produces transformative results. Judith has published in professional journals and presented her work at conferences and on national television.

## In this exciting and fun-filled experiential workshop, you will acquire protocols, skills and interventions to:

- Access information from the client's deepest wisdom by mastering muscle testing
- Easily identify priority treatment goals to maximize efficiency and efficacy
- Clear/resolve negative emotions, limiting beliefs, and internal conflicts
- Completely clear all aspects of loss and violence trauma
- Establish and maintain healthy boundaries at all levels in a variety of situations and contexts
- Unblock and release toxic emotions

### Professionals who have benefited from this workshop include:

- Psychologists, psychotherapists
- Social Workers, counselors
- Acupuncturists
- Chiropractic Doctors
- Naturopathic Doctors
- Educators / Coaches
- Physicians / Nurses
- Massage therapists / body workers
- Parents

### For more information, contact:

**Healing from the Body Level Up, Inc.**

**(781) 444-6940 or (800) 310 6549**

**Email: [info@hblu.org](mailto:info@hblu.org)**

# Registration Form

**Please complete and return to:**

**Healing from the Body Level Up, Inc.  
56 Pickering St.  
Needham, MA 02492**

Confirmation letter with directions will be sent upon receipt of registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Tuition includes Clear Trauma Now DVD (a \$39 value) and 100+ Page Manual**

Please check which applies:

\_\_\_ \$900 full rate

\_\_\_ \$795 early registration rate (*register by 3/31*)

\_\_\_ \$429 repeating class

Payment Method

\_\_\_ Check payable to HBLU Inc.

\_\_\_ Visa \_\_\_ MasterCard

Card# \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 digit security code \_\_\_\_\_

Signature \_\_\_\_\_

Cancellation Policy: Cancellations received up to two weeks before the workshop are refundable less a \$50 administrative fee. After that time, fees may be applied to a future workshop.