

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

About the Instructor:

Judith A. Swack, Ph.D., visionary and leader in the field of Energy Psychology, has published numerous articles in scientific, professional, and popular journals. Dr. Swack is among the authors of best-selling book, Success Starts Today, a collaboration of expert advice on achieving success anchored by Jack Canfield. She also authored a chapter "Healing from the Body Level Up" in the industry-defining publication, Energy Psychology in Psychotherapy: A Comprehensive Source Book. Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology.

HBLU Module 1 Training has been pre-approved by:

MaMHCA

"This program has been approved for 35 Category I MaMHCA/MMCEP hours for relicensure, in accordance with 262 CMR."

NASW

"This program has been approved for 35 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 80142."

*In just 5 days you will learn
to heal PTSD.*



Healing from the Body Level Up™ Module 1: Clearing Trauma and Healing PTSD.

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

9 AM - 6 PM

**January 28 – February 1,
2020**

**35 CEs for LICSWs and
LMHCs**

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.

In this leading-edge training Dr. Swack will share decades of original research. You will learn her tested and proven methods to rapidly, easily and reproducibly:

- access information from the client's deepest wisdom by mastering muscle testing
- identify priority treatment goals to maximize efficiency and efficacy
- eliminate phobias, negative emotions and limiting beliefs,
- resolve internal conflicts,
- install boundaries and prevent burnout,
- completely clear loss and violence trauma
- completely clear physical injury trauma and restore optimum physical function
- heal the emotional, behavioral, and *even physical symptoms of PTSD* in just 1-6 sessions!!
- and much more...
using easy to use HBLU™ protocols combined with *ten* of the best techniques ever invented from the field of Energy Psychology (including Emotional Freedom Technique (EFT)).

HBLU™ takes your healing work to the next level, even for those already trained in Energy Psychology methods. For example, you will learn:

- 5 secret patterns that cause deception on muscle testing
- 4 patterns hidden deep within trauma structures
- A brand-new technique for installing boundaries and preventing burnout
- the surprising layered trauma structure that causes PTSD symptoms and panic attacks
- and much more!

**For more information, contact:
Healing from the Body Level Up, Inc.
(781) 444-6940 or (800) 310 6549**

Email: info@hblu.org

Website: www.hblutraining.com

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, 150+ Page Manual, History Trauma and Group Supervision – (6 prerecorded and live sessions).

Please check which applies:

___ \$1565 full rate

___ \$1150 early registration rate (*deadline: November 22, 2019*)

___ \$720 repeating class

Payment Method

___ Check payable to HBLU Inc.

___ Visa ___ MasterCard ___ Discover

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.