



**NEW VISTAS INTERNATIONAL
COURSE CATALOG
2014 - 2015**

THE PAUSE MODEL OF COUNSELING™

MASTERING THE THERAPEUTIC PROCESS™

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Welcome to New Vistas International™ 2014/2015 Course Catalog

WELCOME!

Welcome to New Vistas International™, where education is not only entertaining, but life changing. Our classes are fast-paced, interesting, and filled with the latest approaches in transformational processes. We employ state-of-the art learning tools, as well as interactive, interpersonal, and experiential teaching.

OVERVIEW

New Vistas International™, LLC (NVI) is a certified training organization based in Reno, Nevada that offers professional programs designed for people who wish to obtain certification in the profession of Counseling, Hypnotherapy, NLP (Neuro Linguistic Psychology), and Life Coaching. In addition to supporting a professional practice, NVI's programs have proven extremely useful for people currently in a counseling profession who may wish to expand their existing skills, and for people in a healing profession who wish to add advanced counseling or hypnotherapy techniques to their offerings. NVI's training programs are also appropriate for those interested in their personal self-development, and our offering includes classes that available for those seeking Self-Mastery.

After significant research, compilation of a wide range of material, and actual therapeutic application, ***Mastering the Therapeutic Process™***, the ***PAUSE Model of Counseling™***, the ***PAUSE Model of Hypnotherapy™*** and ***Hypno-Workout™*** were created. NVI was formed as an educational training organization to teach all aspects of the PAUSE Model™. This comprehensive program provides a practical curriculum incorporating universally applicable tools, guided meditation, advanced hypnotic strategies, and physical exercises designed to support the Professional Counselor and the client in the therapeutic healing process. Our classes are offered in-person as well as online.

PAUSE provides a practical framework to conducting therapy that is tested, creates lasting change, has a sensible sequence, and offers a repeatable process. This unique, psycho-spiritual therapeutic approach is based on essential elements drawn from Clinical Counseling, Character Defense Systems, the Enneagram, Trauma Resolution, Clinical Hypnotherapy, *A Course in Miracles*, Yoga, Neuro Linguistic Psychology, and various physical exercise modalities. While there is a distinct spiritual underpinning to the core resource building approach within the PAUSE Model™, no particular faith or spiritual inclination is needed to utilize and benefit from the program. Please refer to our website for the latest class schedule and more information. P-A-U-S-E.com.

MISSION STATEMENT

New Vistas International, LLC is dedicated to offering inspiring and transformational educational experiences based on the PAUSE Model™.

PAUSE is an acronym for the five fundamental resource states that support us in experiencing our true nature, fulfilling our highest destiny, finding peace, experiencing love, and evoking our heart's desire.

PAUSE consists of:

P – Present,
A – Aware Witness
U – Unified Self
S – Surrender
E – Evoke Essence

P-Present uncovers how we resist the natural flow of health and well-being in our bodies.

- *Based on powerful embodiment exercises and the practical application of Character Analysis as inspired by the works of psychiatrists Wilhelm Reich, John Pierrakos, and Alexander Lowen.*

A-Aware Witness identifies and addresses the personality patterns contributing to most of our challenges and frustrations.

- *The many authors of the Enneagram and Mindfulness Training influence our teaching of the Aware Witness.*

U-Unified Self supports us in integrating the various apparently separated aspects of ourselves to deeply increase our resources in the present.

- *Based on the research of leaders in the field of neuroscience and trauma resolution, a unified, coherent sense of self generates feelings of confidence, self-esteem, and productivity.*

S-Surrender invites us to confront unconscious patterns of resistance and projection that obscure the underlying lessons life offers us in every moment.

- *Based on the timeless wisdom of A Course in Miracles and other Spiritual Principles, resistance and projection are transformed into a bridge creating an abiding connection to our true nature. The lessons our personal curriculum teaches us lead us to understanding, forgiveness, and peace.*

E-Evoke Essence aligns us with the ultimate resource, the part of us that reflects the highest and best aspects of ourselves, which we call the Essential Self.

- *Grounded in consistent, reliable resources, the individual's path to wholeness becomes clear, with Comfort, Gratitude, and Joy as our guides.*

THE NEED FOR A COMPREHENSIVE COUNSELING MODEL

Clients appear to seek counseling as a **focused** solution to a specific problem, such as pain or addiction management, and occasionally for personal growth. What is really happening is they are experiencing a form of *fragmentation* and wish to heal. Separated from their sense of wholeness, they have temporarily lost the ability to recognize and utilize the *deep resources* of a resilient ego and their true nature. Traditional models of healing often focus on limited aspects of the individual, and only the presenting issue. However, by labeling and therefore **fragmenting** illness and emotional imbalances into a multitude of categories, it is difficult or impossible to address the underlying causes of the upset. By addressing only symptoms or the labels, a gap is created in both the perception of the individual by others, and the individual's perception of themselves. Fragmentation ensues.

What is missing is a comprehensive system that not only addresses the presenting issue, but also supports the counselor and deepens the client's resources. A holistic curriculum is needed to teach the counselor how to provide the insight, resourcing, and resiliency needed to improve the client's life and support them in attaining their immediate and long-term goals. **The client as a result should be empowered with the resources and skills necessary to continue their own self-inquiry and growth outside the therapeutic relationship.** The *PAUSE Model of Counseling™* has been specifically designed to meet these needs.

PAUSE is an acronym that defines five essential **resource states** that chart a **Path to Wholeness** through deeper levels of embodiment, personal awareness, physiological balance, guidance, and fulfillment. Through the understanding and application of **Character Analysis** and the **Enneagram**, the *PAUSE Model of Counseling* informs the counselor how to identify and address the underlying factors contributing to the individual's current challenges. In addition, key **Trauma Resolution** techniques support the counselor in recognizing and transforming traumatic disruptions in the body/mind continuum, which are often influencing or even masking other imbalances.

These three key arenas of knowledge, Character Analysis, The Enneagram, and Trauma Resolution, come together in the *PAUSE Model* in a unique and powerful way. Individually they inform us about important aspects of an individual, and show us where they may be *unconsciously limiting* themselves. They are maps of identity; in other words, **how they have taken themselves to be.** Collectively they give us a way of holistically perceiving where they have been, what they are currently doing, and support building a comprehensive path to wholeness and fulfillment.

By incorporating the *PAUSE Model*, the counselor creates powerful resources and gently exposes and challenges the self-perpetuating, fear-based identifications that impede self-awareness and personal fulfillment. They assist their clients in seeing themselves through a gentle mirror of self-discovery. Every step along the way builds important resources that the client learns to use regularly and consistently. The development of these rich inner resources enable the client to safely and effectively pursue self-inquiry as they begin to see themselves without the distortions of occluded perception.

A core concept in the *PAUSE Model* is the understanding that **where resources end, ego begins.** Resourced clients are able to see themselves in a new light, with changeless compassion, and a new level of recognition arises. They begin to recognize when they are operating from ego, and when they are expressing their Essential Self. They look for the deeper meaning and the underlying lesson each opportunity life presents. Ancient wounds are healed as people, places and events are recast in a new light. Their desire to expand grows, as does their capacity to give and receive love. The peace and comfort of the Essential Self is now E-Evoked, and becomes the internalized, ultimate resource state.

NEW VISTAS INTERNATIONAL'S TEACHING PHILOSOPHY

Professional Training and Certification in *The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™*

New Vistas International offers a comprehensive Professional Counseling Program. The purpose of this training is to assist you in experiencing the power, the joy, and the creativity of your true nature, and teach you how to bring it out in others. The transformational process is not just for the client, but the counselor. **As we work with another, we work on ourselves.**

What distinguishes our training is the comprehensive approach derived from the synthesis of powerful insights and techniques that have proven useful in dissolving the blocks we have created within ourselves. These blocks are formed by the creation of often unconscious beliefs resulting from various experiences in our lives. Most medical and psychological approaches to illness that can be manifested by these blocks merely treat the outward symptoms and at best create a healthier alternative. They do not address the core beliefs and the energetic holding patterns that are the root cause of the symptoms.

Recognizing the outward manifestation of these limiting beliefs is a core element of our program. Once the outward demonstration has been defined, we then follow the trail inward to the root cause. Here is where all true therapy lies – in the psychological realm of the mind. We utilize guided meditation and hypnotherapy due to its ability to get an individual out of their outward “story” and directly address the core limiting beliefs that are held in the unconscious.

Our professional programs are designed for students who are seeking:

- **To become certified as a Professional Counselor**
- **To become certified as a Clinical Hypnotherapist**
- **To expand their existing healthcare, service, or counseling practice**
- **Self-Mastery in all areas of their life**

We offer a unique approach to Counseling and Hypnotherapy by utilizing the PAUSE Model as our core methodology. It provides a practical framework to conducting therapy that is tested, creates lasting change, has a sensible approach, and offers a repeatable process. We accomplish that utilizing the tools provided by Traditional Counseling, Clinical Hypnotherapy, NLP, Integrative Body Movement, The Characterological Defense System, The Enneagram, Trauma Resolution, *A Course in Miracles*, EFT (Emotional Freedom Technique), and more.

The New Vistas Professional PAUSE Certification training program has been very rewarding and extremely useful to people both on a professional and **personal** level. Many, if not all graduates report their experience with our training as **personally life changing**, and when they apply what they learned in their own lives, they experience huge positive changes in their relationships, their careers, and their own happiness.

As a result, we have been asked to offer our classes with a focus on **personal growth**, for those *not* currently desiring Professional Certification. We are delighted to be able to offer this program at a reduced cost from time to time. We will be offering Self-Mastery classes for many of our programs within ***Mastering the Therapeutic Process™*** and our specialty classes as well.

Self-Mastery students will study the same material, do exercises for self-development via exercise, meditation, self-hypnosis, and optionally participate in the role of client in the classes. Tuition and material costs are reduced from the Professional level. Graduates of the Self-Mastery Program can apply their core tuition fee towards payment of the same level of Professional training, if they wish to repeat the class for Professional Certification. For instance, someone taking the Level One MTTP Self-Mastery class can attend the Level One Professional class at a later date and apply the tuition of the first class towards the second.

CORE TOOLS WITHIN THE PAUSE MODEL OF COUNSELING™

CLINICAL HYPNOTHERAPY

Psychological research teaches us to think of our mind as being built of two parts: Conscious and Unconscious. The Conscious mind is responsible for our current awareness and decision-making. It comprises approximately 12% of our mind. The other 88% is our unconscious mind. When used correctly, hypnotherapy allows us to get past the internal conscious and unconscious filters to directly uncover and transform the beliefs that limit our thoughts and actions.

Hypnotherapy, in all of its various forms and modalities, can have a profoundly effective, life-changing affect. Both Therapists and Clients experience lasting change by working directly with the conscious and unconscious mind. In 1973, Dr. John Kappas, Founder of the Hypnosis Motivation Institute, wrote and defined the profession of a Hypnotherapist in the Federal Dictionary of Occupational Titles:

Induces hypnotic state in client to increase motivation or alter behavior patterns:
Consults with client to determine nature of problem. Prepares client to enter hypnotic state by explaining how hypnosis works and what client will experience. Tests subject to determine degree of physical and emotional suggestibility. Induces hypnotic state in client, using individualized methods and techniques of hypnosis based on interpretation of test results and analysis of client's problem. May train client in self-hypnosis conditioning. [Dictionary of Occupational Titles: Hypnotherapist \(079.157-010\)](#)

Visualizations and affirmations are useful in any transformational process, but lasting change only occurs when you address the core limiting belief that was often created in the past, and held unconsciously in the present. One of the most significant tools we utilize are forms of Regression Hypnotherapy which allows us to return to the initial event which created the trauma and reframe and transform the experience into powerful learning experiences and insights. This undoes the core belief and releases the unconscious reaction previously associated with the initial event. We can then choose Peace instead of conflict, Forgiveness instead of blame, and Release instead of guilt.

NLP (NEURO-LINGUISTIC PSYCHOLOGY)

NLP has been called the science of modeling people (studying and imitating) to produce similar results in others. Defined in the Oxford English Dictionary as "A model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences (esp. patterns of thought) underlying them" and "A system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior".

The co-founders, [Richard Bandler](#) and linguist [John Grinder](#), claimed it would be instrumental in "finding ways to help people have better, fuller and richer lives". They coined the title to denote a theoretical connection between neurological processes ('Neuro'), language ('Linguistic') and behavioral patterns that have been learned or observed through experience ('Programming/Psychology') and that can be organized to achieve specific goals in life. They integrated the work of the greatest psychotherapists of the 21st century, Fritz Perls, [Milton Erickson](#), [Gregory Bateson](#), and [Virginia Satir](#). This ever-evolving work offers a cohesive system for transforming perceptions and empowering the individual to achieve their highest potential.

INTEGRATIVE BODY MOVEMENT

New Vistas International™ professional training utilizes specific body movement exercises which are supportive of the process of increasing the streaming of energy and vitality. Noted psychiatrist, Wilhelm Reich, identified that “unreleased energy could produce actual physical blocks within muscles and organs, and that these act as a “body armor” preventing the release of the energy.” The focus of Integrative Body Movement is to address this body armoring which is created in response to traumatic experiences. As the body armoring dissolves and the life force energy flows freely through the physical body, expanded states of physical vitality, emotional well-being, and mental clarity are experienced.

The specific exercises cultivate:

- **Grounding**
- **Enhanced body awareness**
- **Increased streaming of energy through the entire body**
- **Awakening of the Feeling Centers**
- **Strengthening of the Will Centers**
- **Healthy regulation of the nervous system**

CHARACTER ANALYSIS

Our deepest strengths are in our rich **spiritual resources** that we keep trapped under layers of bodily identification. Fear and doubt can grip our bodies and minds during the earliest and most vulnerable moments of life. This disturbance can generate **unacknowledged anxiety** that can impede our ability to rest comfortably in our bodies and accomplish our goals. The study of the Characterological Defense Systems is rooted in the field of Body Centered Psychotherapy and the work of Psychiatrists Wilhelm Reich, Alexander Lowen, and John Pierrakos.

Character Analysis is based on recognizing that the body will take on certain physical features which represent deep psychological structures that are formed around our core limiting beliefs. Our Defensive structures create layers, or filters, which are comprised of the Mask, the Lower Self and the Core. Further, the body armament can be seen in five physical structures which are classically called: Schizoid, Oral, Masochist, Psychopath, and Rigid.

As Character Defenses are dissolved, the body is restored to balance and there is an experience of love and compassion for self and others as we return to our Essential Self. Recognizing which defensive pattern is being expressed allows us to identify which therapeutic approach will generate the most benefit. As we clean out the old limiting beliefs and the body armor which holds them in place, we open to the joy, peace, and fulfillment of our true nature so that we can fulfill our highest destiny.

THE ENNEAGRAM

The Enneagram combines traditional wisdom and modern psychology into a powerful tool for understanding ourselves and the people in our lives. The Enneagram describes nine personality fixations and their underlying motivations, strengths, potentials and challenges. They apply equally to male and female. All personality types are equal, and the highs and lows of human development can be found in every type. A little of each type can be found in everyone. Each has unique assets and liabilities.

The Enneagram describes nine patterns or themes by which people form an external personality, and sometimes a social persona, to meet the challenges of love and work. Under optimal circumstances, the personality is an effective way to express ourselves in the world. But problems arise when personality does not properly express the true inner self, or our point of view becomes stuck and rigid. This fixation can then form patterns that limit our ability to grow, create limiting beliefs, and we are no longer in alignment with our Essential Self.

Professional Training and Certification in *The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™*

The Enneagram and the study of Character Defense Systems share the view that that people have two important aspects: an outer Personality or expression, and an Authentic Core. Each person has a unique “Core Self” that can’t be reduced to a category or a number. In both of these approaches, understanding how we are limiting ourselves allows us to identify the most optimal path to wholeness.

TRAUMA RESOLUTION

Trauma Resolution therapy, inspired by the work of [Dr. Peter Levine](#), opened the door to the healing of shock trauma and developmental trauma. By observing animals in the wild, Dr. Levine realized that animals that face traumatic life and death circumstances do not carry the shock in their bodies. He recognized that trauma is not held in the memory, it is held in the body. The “[Somatic Experiencing](#)” system he developed allows the client to establish nervous system resiliency by discharging the traumatic activation.

The Trauma Resolution aspect of New Vistas™ professional training addresses a core element in therapy – resolving the emotional turbulence and neurological disruption associated with traumatic experiences. Foremost Trauma Resolution authority Dr. Peter Levine pointed out that “A single brief exposure to an overwhelming event can throw a normally functioning individual into an abyss of emotional and physical suffering.” Once you are in this abyss, how do you come out? The combination of Dr. Levine’s work with our rich PAUSE toolset assists you in creating neurological balance and resiliency so that you can effectively remain the master of your destiny.

A COURSE IN MIRACLES

A Course in Miracles (ACIM) is a complete, self-study spiritual thought system. As a three-volume curriculum consisting of a Text, Workbook for Students, and Manual for Teachers, it teaches that the way to universal love and peace—or remembering God—is by undoing guilt through forgiving self and others. The Course thus focuses on the healing of relationships and making them the source of our greatest education. *A Course in Miracles* also emphasizes that it is but one version of the universal curriculum, of which there are “many thousands.” Consequently, even though the language of the Course has a Christian vocabulary, it expresses a non-sectarian, non-denominational spirituality. A Course in Miracles therefore is a universal spiritual teaching, not a religion.

Suffering ends when we transform the obstacles that block our awareness of our divine nature, and the awareness of Love’s presence. The Course is a teaching device focused on helping us change our minds about who we think we are. From an NLP or therapeutic point of view, the Course teaches us that the world we see merely reflects our own internal frame of reference, which is unconsciously bound by limiting beliefs, subsumed fear, and the dominant ideas in our minds. “Projection makes perception” (T-21.in.1). We look inside first, decide the kind of world we want to see and then project that world outside, making it the truth as we see it. We make it “true” by our interpretations of what it is we think we are seeing. By changing our mind about the world, by changing its meaning, we change the world we live in. Many core teachings of the Course are reflected in the New Vistas™ professional training program, *Mastering the Therapeutic Process™*.

EFT - EMOTIONAL FREEDOM TECHNIQUE

EFT is a needle free version of acupuncture that is based on the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. Also known as “Tapping”, since one taps key points on the body while addressing a specific issue.

PAUSE MODEL GUIDED MEDITATION, EXERCISES, AND TRANCES

The *PAUSE Model of Counseling™* recognizes that in order for the individual to tap into their inner strength and resources, integration must take place on all levels of being: **physical emotional, mental, and spiritual**. The guided meditations, exercises, and trances used in the PAUSE Model enable the client to establish meaningful resources that address developmental deficiencies, mental distortions, and emotional wounds.

Incorporating the essential insights from Hypnotherapy, Neuro Linguistic Psychology, Character Defense Systems, the Enneagram, ACIM, and Trauma Resolution, a wide range of specific and generalized topics are addressed. The overall goal of each process is to enable the client to bring awareness to limiting unconscious adaptive reactions, so that they can consistently express the Essential Self through a well-resourced, resilient, and transparent ego.

SCOPE OF PRACTICE

The *PAUSE Model of Hypnotherapy™*, *The PAUSE Model of Counseling™* and *Hypno-Workout™* provide an in-depth educational model for self-exploration. These programs are not intended to diagnose or treat conditions that should be addressed by qualified health care professionals. They are designed to increase motivation, enhance self-awareness, and positively alter beliefs and behavioral patterns.

Before working with a *PAUSE Counselor*, individuals suffering from mental or physical illness or have symptoms of traumatic activation should be evaluated by an appropriate, licensed, health care professional. Written permission must be provided by this licensed health care professional before participation in the professional training program or *Hypno-Workout* classes. The *PAUSE Model* is an excellent adjunct to care provided by appropriate health care, mental health, and spiritual counseling professionals. The PAUSE centered focus on increasing body and spiritual awareness, and the ongoing development of rich, resilient resources can greatly enhance other treatment modalities.

*The most important question we learn to ask, in every moment, is,
“What is THIS situation trying to teach me?”*

Dr. Kenneth Elwood

THE PAUSE PATH TO WHOLENESS



**The PAUSE Model™ Increases Resources
To Transform Challenges into Opportunities**



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The Purpose of the PAUSE Path to Wholeness (PTW) is to provide insight and direction to the client and counselor on improving one's ability to manifest their heart's desire. There are many different programs that can advise someone *about* their personality traits and tendencies. However, they typically speak to "what" and do not provide a useful, actionable, "how." They are often akin to seeing an obstacle on the road ahead of your car, and *not* being able to slow-down or drive around it. The PAUSE PTW supports the client by providing a clear destination, identifying potential challenges, and maps a course of action to increase the resources needed to get there.

THE CORNERSTONES OF THE PAUSE PATH TO WHOLENESS™

- **Desired Focus Area**
 - Health, Relationships, Finances, Career, Spirituality
- **Character Defense System**
 - Identifying and reducing the physical and emotional blockages in the body that hamper embodiment and success in the world
- **The Enneagram**
 - Identifying and increasing the awareness of unconscious personality patterns that close the heart, narrow our emotional bandwidth, and restrict our thinking
- **Resource Management**
 - Identifying and increasing the resources needed to easily move past obstacles and improve one's physical, emotional, mental, and spiritual conditions

NEW VISTAS INTERNATIONAL STUDENT ENROLLMENT AGREEMENT**PROGRAM OVERVIEW**

Our Professional and Self-Mastery training programs are designed to support you in:

- Applying the *PAUSE Model™* in a personal and professional setting. *PAUSE* is an acronym that defines five essential Resource States that chart a Path to Wholeness through deeper levels of embodiment, personal awareness, physiological balance, guidance, and fulfillment.
- Exploring Body Centered Psychotherapy: To experience being fully present and enhance the body's full vitality and capacity to renew, energize, and heal
- Understanding Character Structure: To recognize how our bodies hold powerful directions to defining transformative work
- Understanding the Enneagram: To better understand ourselves, while increasing our ability to communicate with others and understand their world view
- Utilizing Trauma Resolution Processes: To unwind the past, and release the future.
- Incorporating powerful universal Spiritual Principles and Resources: There are powerful principles, practices, and resources found at the core of nearly all major spiritual systems, including Christianity, Yoga, Buddhism, and *A Course in Miracles*. Using these resource states provides a path to release, peace, and empowerment.
- Utilizing Neuro Linguistic Psychology (NLP): To set and accomplish your goals, and incorporate powerful communication and transformational tools into your daily life
- Mastering Self-Hypnosis and Clinical Hypnotherapy: To clear limiting images and beliefs

New Vistas has established specific policies, procedures and guidelines defining its relationship with its students. Our student relationship is outlined in this enrollment agreement. It is a requirement that every student receives a copy of the enrollment agreement, signed by the student or his/her guardian and by an authorized representative of New Vistas International.

A signed copy of this agreement form must be submitted with your application for admission.

PREVIOUS TRAINING

New Vistas reserves the right to review all previous training received by a prospective student to determine if they qualify for a particular program. Please verify that you have proper documentation of any training and or prerequisites needed to attend a program for certification. Please contact the Registration Office for a previous training review to determine prerequisite acceptability. The Director reserves the right to review and approve or disapprove all previous training as prerequisite.

PROPRIETARY INFORMATION

All course information, techniques, or materials, including manuals, textbooks CD's, MP3's, videos, and electronic images are the copyrighted property of New Vistas and may not be reproduced in any manner unless expressly authorized in writing. We appreciate that you will not provide any proprietary information, techniques, or materials to any third party for any reason. Enrollments may not be shared, sold, or transferred as required by the State of Nevada.

The New Vistas International™ logo, Mastering the Therapeutic Process™, The PAUSE Model of Counseling™, The PAUSE Model of Hypnotherapy™, PAUSE: The Prayer That Needs no Answer™ Allowing the Magic™, and Hypno-Workout™ are trademarks of New Vistas International, LLC.

PAYMENT AND FEES

The fees for each program are published in the New Vistas International Course Catalog. All students are expected to complete payment for their education before completing the program unless payment

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arrangements have been made in advance. Certifications will be awarded after payment in full has been received and after successful completion of all class requirements.

REFUND POLICY**1. Overall Policy**

- (a) If New Vistas has substantially failed to furnish the training program agreed upon in the enrollment agreement; we shall refund to a student all the money he has paid.
- (b) If a student cancels his enrollment before the start of the training program, New Vistas shall refund to the student all the money he has paid, minus 10 percent of the tuition agreed upon in the enrollment agreement or \$100, whichever is less.
- (c) That if a student withdraws or is expelled after the start of the training program and before the completion of more than 60 percent of the program, we shall refund to the student a pro rata amount of the tuition agreed upon in the enrollment agreement, minus 10 percent of the tuition agreed upon in the enrollment agreement or \$100, whichever is less.
- (d) That if a student withdraws or is expelled by New Vistas after completion of more than 60 percent of the training program, New Vistas is not required to refund the student any money and may charge the student the entire cost of the tuition agreed upon in the enrollment agreement.

2. Refund Payment

- (a) If a refund is owed pursuant to subsection 1, New Vistas shall pay the refund to the person or entity who paid the tuition within 15 calendar days after the:
 - i. Date of cancellation by a student of his enrollment;
 - ii. Date of termination by the institution of the enrollment of a student;
 - iii. Last day of an authorized leave of absence if a student fails to return after the period of authorized absence; or
 - iv. Last day of attendance of a student, whichever is applicable.

3. Books, MP3 Players, Supplies

- (a) Books, MP3 Players, educational supplies, or equipment for individual use are not included in the policy for refund required by subsection 1, and a separate refund must be paid by the institution to the student if those items were not used by the student and returned new.
- (b) Disputes must be resolved by the Administrator for refunds required by this subsection on a case-by-case basis.

4. For the purposes of this section:

- (a) The period of a student's attendance is measured from the first day of instruction as set forth in the enrollment agreement through the student's last day of actual attendance, regardless of absences.
- (b) The period of time for a training program is the period set forth in the particular program's published schedule.
- (c) Tuition must be calculated using the tuition and fees set forth in the enrollment agreement, and does not include books, MP3 Players, educational supplies, or equipment that is listed separately from the tuition and fees.

SAFETY

New Vistas considers the emotional, mental, and physical, safety and well-being of its Students and Staff its top priority. Our courses are unique in that they combine integrated body movement with hypnotherapy. This process utilizes physical movement to teach body awareness. **We advise that students consult with their doctor before participating in this or any other exercise program.**

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During all sessions, we ask that you follow the exercise format at your own comfort level. Modified physical exercises can be offered when needed. If you feel any discomfort during any session, please bring this to the attention of the Staff immediately.

Please wear loose, comfortable, layered clothing to provide warmth or cooling, as needed. We usually provide water and snacks; however, we encourage students to bring their own food if desired. Please advise us in advance of any allergies or health concerns you may have. New Vistas International is here to assist you in optimizing your health, and therefore does not allow smoking, alcoholic beverages, or non-prescription medication on the premises.

COURSE PROGRESSION

Our certification programs can consist of a combination of Long Distance Learning (at home) and In-Classroom segments. While there is no specific time limit on the Long Distance Learning portion of the class for *non-certification*, failure to complete all aspects of the at home portion on a timely basis may impede your progress with the In-Classroom portion. Further, it may mean that you will have to skip the currently scheduled In-Classroom portion and attend the next offering of the same class. Professional certification can only be awarded to students who successfully meet **all** class requirements on a timely basis. Each student's progress will be reviewed on a case-by-case basis.

ATTENDANCE

During the Instructor-Led portions of the programs, attendance is very critical. All required hours must be completed for Certification; otherwise, an Audit or Self-Mastery will be awarded instead of Professional Certification. If you arrive more than 15 minutes late to any class, you will have to make-up the training time. Make sure you log into the class roster managed by the Registrar upon arriving and before leaving.

MAKE-UP CLASSES

We understand that sometimes circumstances require a change to our schedules. If you wish to postpone a course or extend your studies past the expiration date, we will do everything we can to assist you, while staying within the guidelines set down by the state of Nevada.

Since the majority of therapeutic work is conducted in-person, attendance during the In-Classroom portion of the programs is required for Professional Certification. For instance, *each* professional certification given by the American Council of Hypnotist Examiners requires that the student complete 100+ hours of Instruction by a certified School such as New Vistas International. Other professional certifications and CEU granting organizations also have a defined number of training hours that must be observed for certification or credential success.

From time-to-time, we will arrange make-up classes and exercises on an individual basis to assist the student in completing the required hours for a specific program or retaking an examination. There may be an additional fee for make-up classes to cover reasonable expenses of conducting the additional class, and the student will be advised in advance of any such fees. If the student misses a significant amount of training time, typically 10% or more of the overall hours required, the Instructional Staff may determine that the Student will need to take the same portion of the class in the next offering, and will change their graduation status to Audit until the time is properly made-up.

CONDUCT

The following is a list of conduct that will be considered undesirable or unsatisfactory:

- **Absenteeism/Tardiness**
- **Disruption of classroom activities, either Practicum or Lecture**
- **Unwillingness or refusal to participate in classroom activities, either Practicum or Lecture**
- **Failing to observe the guidelines of the New Vistas Enrollment Agreement**

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- Lack of respect for fellow Students, Staff, or Facilities
- Lack of confidentiality
- Bringing or using alcohol or drugs during class

The conduct referenced above may result in the following:

- Private conference with Instructor
- Written Warning
- Dismissal from course of study

MP3 PLAYERS AND BINAURAL BEAT

All of the recorded work offered by New Vistas International was created using state-of-the art technology. Additionally, our Guided Meditation recordings require high-quality audio devices to reproduce the entire sound spectrum for full effect. In addition to human voice and music provided on nearly every recording, New Vistas uses a technology known as “Binaural-Beat” to create a gentle brainwave entrainment effect. This frequency following process uses a principle similar to the Doppler Effect where the brain seeks to automatically decode the signals being sent to it to make sense of them. This very safe and effective technique was originally discovered in 1839, but not truly developed until the later part of the 20th Century. For more information, go here:

http://en.wikipedia.org/wiki/Binaural_beats

New Vistas uses Binaural Beat to assist in relaxing the brain by sending a specific set of tones to the left and right ears that are offset by a specific frequency. The brain creates the missing signal and then resonates to it. For example, if a 440 Hz signal is sent to the left ear and a 435 Hz signal is sent the right ear, the missing 5 Hz signal is inferred by the brain. Since it is now focusing on creating the 5 Hz signal, the brainwaves predominately align to 5 Hz, which is the rate the brain operates at during deep relaxation. Conversely, if a 15 to 20 Hz signal is created, it assists the brain in focusing or awakening.

Binaural Beat has also been attributed to the healthy creation of a number of positive effects on the body, including increased learning rates, deeper, higher quality sleep, regulation of the hormonal systems, and more. This technology is a foundational aspect of a number of products available in the market today, including the Monroe Institute’s [Hemi-Sync](#) offerings. New Vistas uses a proprietary process that it created using a variety of commercially available products specifically focused on enhancing the Hypnotherapeutic process.

New Vistas has carefully selected specific MP3 Players and Earbuds to support this effort. **Once assigned to the Student, they are expected to bring them to every class.** Replacements will be available for a fee. The advantage of the MP3 Player is that the student can enjoy a professional guided meditation session at home with all the right equipment to hear it. As a practicing counselor, they can use the same approach with their client to maximize results.

Please note: If you wish to use a different set of headphones or earbuds, their quality will have to be evaluated to ensure they properly create the full range of the auditory and sub-auditory spectrum. Please see the New Vistas Staff for further information and testing.

POLICIES, PROCEDURES, AND LICENSURE

BUSINESS HOURS

Our Certification Courses are conducted 2 to 3 times a year, based on enrollment. Our office hours are by appointment only. Feel free to contact us and get on our mailing list for a schedule of our upcoming classes and events. The school will be closed in observation of the following Holidays: New Year's Day, Martin Luther King Day, Presidents Day, Memorial Day, Independence Day, Labor Day, Nevada Admissions Day, Veteran's Day, Thanksgiving Week, and Christmas Break.

ENTRANCE REQUIREMENTS

Students must be at least 18 years of age and able to read, write, and speak English clearly. There is currently no overall Entrance or Registration Fee to attend a New Vistas International training program. Each class has specific prerequisites and its corresponding Tuition and Material Fees. Please refer to our Catalog for the latest information.

FACILITIES

Safety, comfort, and convenience of our students and instructional staff are our highest concern. Due to the nature of counseling, a quiet environment with no interruptions is required. While our business offices are at 750 4th Street, Sparks NV 89431, we utilize various training facilities from time to time based on the size of enrollment within a class. We normally limit our classes to a maximum of 20 students. Please refer to the specific Course Offering Letter to determine the exact location of your classes.

LICENSURE

New Vistas International, LLC is licensed by the Nevada Commission on Postsecondary Education as meeting all the requirements for full Post-Secondary School licensure, including a complete background check of the staff and educators, the required surety bond, physical inspection, and passed a detailed review of the school's offering. For more information, please visit: <http://www.cpe.state.nv.us>



New Vistas International, LLC is authorized by the American Council of Hypnotist Examiners (A.C.H.E.) as an approved and certified Hypnotherapy Training School. The A.C.H.E. is the primary organization responsible for the recognition and regulation of hypnotherapy training in the USA. They are an international and California state-chartered, non-profit Professional Corporation that has established standards for specialized education and maintains standards of practice and a code of ethics. The A.C.H.E. has developed a membership in over 40 countries throughout the world. They have certified more than nine thousand hypnotherapists worldwide, including numerous physicians, psychiatrists, psychologists and representatives of the healing arts, counseling and allied professions.

For more information, please visit
<http://www.hypnotistexaminers.org>



**AMERICAN COUNCIL
OF HYPNOTIST EXAMINERS**

STUDENT ENROLLMENT INFORMATION

Class Name: _____ Class Number: _____

Name of Student: _____
(First) (Middle) (Last)

Nickname/Preference (Optional) _____

Business Name (Optional) _____

Email Address: _____

Telephone Numbers: Home (_____) _____ Cell (_____) _____

Address of Student: _____
(Street)_____
(City) (State) (Zip)***I HEREBY DECLARE THAT I HAVE READ AND UNDERSTOOD THE CONTENT WITHIN THE
STUDENT ENROLLMENT AGREEMENT, AND RECEIVED A COPY OF THIS CATALOG.***_____
Applicant's Signature_____
Date

New Vistas International™ POB 4008, Sparks, NV 89432
775-376-8218 Email: Registrar@P-A-U-S-E.com Website: <http://P-A-U-S-E.com>

-----*For New Vistas Registrar*-----_____
Accepted by *New Vistas* Registrar Signature

Date: _____

Class Name: _____ Starting Date: _____

Deposit Received _____ Date: _____

Materials Sent: _____ Date: _____

Balance Due: _____ Date: _____

Waiver on File: _____ Date: _____

Comments:

STUDENT BACKGROUND

We would love to get to know more about you and your expectations of your upcoming training. If you filled this out in the past, please bring this information into present time. Feel free to respond to these questions, as you feel inspired, taking as much room on additional sheets as you would like, or send us an email with a Word attachment. We would appreciate receiving it before class begins.

STUDENT NAME:

What is your personal experience with Self-Hypnosis, Therapy, and Clinical Hypnotherapy?

Do you hold any professional certifications? If so, please list.

What type of professional training have you attended?

Do you have a Spiritual practice or process?

What do you expect to accomplish because of this training? What will be your personal focus?

Are you taking these classes for Professional Certification, Personal Growth, or both?

Do you have any special needs, physical concerns, limitations, or dietary considerations?

MEET YOUR INSTRUCTORS

DONNA HAMILTON, PhD, MFT, HE, NLPi

LICENSES, TRAINING, CERTIFICATION & EXPERIENCE



Dr. Donna Hamilton is a Health Educator and [Marriage and Family Therapist](#) specializing in Body Centered Psychotherapy and Trauma Resolution. She received her PhD in Clinical Hypnotherapy (DCH) from [American Pacific University](#) in 2012. She is a board certified Instructor of NLP (Neuro Linguistic Psychology), and a licensed [Clinical Hypnotherapist](#) and [Hypnotherapy Examiner](#).

Donna received a Bachelor and Masters Degree in Health and Physical Education at [Trenton State University](#) and a Masters of Arts Degree in Educational Psychology from the [University of Maine](#). She completed her postgraduate work in Marriage and Family Therapy at the [University of Nevada, Reno](#).

After working as a health and physical education teacher, coach, and counselor in high schools and colleges for twenty years, she completed five years of advanced study in body-centered psychotherapy under the supervision of [Dr. Siegmur Gerken](#) and Psychiatrist [Dr. John Pierrakos](#). She then attended a one-year training intensive in Somatic Psychotherapy through the [Bodydynamic Institute](#).

Under the guidance of world-renowned trauma specialist [Dr. Peter Levine](#), Donna participated in a three-year practitioners training program in Trauma Resolution, becoming certified as a Somatic Experiencing Practitioner. Recognizing the importance of being able to treat the earliest stages of trauma, she completed 360 hours of advanced training in Perinatal and Birth Therapy with [Dr. Ray Castellino](#). Donna is a certified Hypno-Birthing practitioner dedicated to supporting mothers and babies from pre-conception, through labor and birth, and during the earliest months of life.

In addition she completed her yoga instructor's training through the [Ananda Yoga Teacher Training Program](#), and is a [Phoenix Rising Yoga Therapy](#) Instructor. She has completed 700 hours of training in [Craniosacral Biodynamic Therapy](#), and is a certified practitioner. She completed her massage therapy licensure in Reno, Nevada in 1994.

Donna is an Enneagram in Business Coach, as certified by [Ginger Lapid-Bogda, PhD](#), as well as a certified Enneagram based Trainer for "[Bringing Out The Best in Yourself at Work](#)" and "What Type of Leader Are You?"

MANAGERIAL EXPERIENCE

Donna was the Director of the Institute for Human Discovery, in Reno Nevada. The institute provided educational programs in the area of psychology and wellness from 1987 - 1996.

Donna has been in private practice since 1987 and has expanded her practice to include teaching trauma resolution to body-centered psychotherapists in Sydney, Australia, and offering professional training in Hypnotherapy and Neuro Linguistic Psychology. Her private practice has expanded to include working with chronic pain patients.

Donna is Co-Director and Co-Instructor for [New Vistas International™](#), a training organization focused on empowering counselors and therapists with a powerful new model that helps them see themselves and

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others for who they truly are. It is based on the acronym **PAUSE**, which defines five essential resource states that chart a Path to Wholeness through deeper levels of embodiment, personal awareness, physiological balance, spiritual guidance, and fulfillment. He the co-author of underlying principles of the **PAUSE Model of Counseling™**, co-author of the upcoming textbooks, **Mastering the Therapeutic Process™**, **Allowing the Magic™**, and the novel, **PAUSE: The Prayer That Needs No Answer™**.

DONNA'S PRACTICE AND PHILOSOPHY

As a therapist and educator, I work directly with the Body/Mind Connection through the healing of trauma, unresolved birth issues, and character wounds. As a life-long meditator, I recognize the importance of prayer and mindfulness practice in maintaining spiritual, mental, and emotional health and balance.

I believe that as we connect to our natural resources, judgment dissolves, suffering ends, and healing occurs even in the face of life's greatest challenges.

Donna Hamilton
POB 4008
Sparks, NV 89432
775-849-2066
Donna@P-A-U-S-E.com

BUD JAMES, MA DIV, BSCIS, CCHT, NLPT, BLSRT

LICENSES, TRAINING, CERTIFICATION & EXPERIENCE



Specializing in Regression Hypnotherapy, Bud is a Hypnotherapy Instructor and Hypnotist Examiner as certified by the [American Council of Hypnotist Examiners](#) and a Master Neuro-Linguistic Psychology Practitioner (MNLP) and NLP Trainer, as certified by [New Vistas International™](#). He has a Masters in Divinity (MA Div) from [All Faith's Seminary International](#), and is currently working on their PhD program, with graduation expected in 2015.

Bud began learning about hypnosis at the age of 12 in order to help himself sleep. Fascinated by the power of hypnosis, this began his desire to delve deeply into the potential of the mind to improve his life and increase mental self-discipline. In High School, he enjoyed success in Madrigals, Kenpo Karate, Gymnastics, Springboard Diving, as well as in academics. It was here that he met his science teacher and first mentor,

Mr. Waterbury, who also took the time to impart his knowledge of vital theologies and mental disciplines to his young student.

After High School, Bud joined the US Air Force, volunteered for Special Operations and became a [Combat Controller](#). While in the military, he excelled at skydiving, scuba diving, and learned a great deal about human potential. While stationed in the Philippines he attained his [PADI Scuba Instructor](#) rating and went on to become a Master Instructor (MI#6554) and is an avid diver to this day. Completing his tour with the Air Force, Bud was hired by California Edison as a Research Marine Biologist and scuba diver, mapping the shallow water shoreline of Southern California via thousands of dives. Moving to [St. Thomas, USVI](#), he taught resort diving for a year at the St. Thomas Diving Club. Visit his Scuba website <http://AquaticSpirit.com> for more dive-related information.

Returning to California, Bud received a Bachelor of Science Degree in Computer Information Science (BSCIS) and pursued a 30+ year career in Information Technology. He created a small successful software company (MASCo) and sold it after six years to take on jobs in Corporate IT. His skills in design and management allowed him to obtain roles such as Chief Technical Officer of [MySpace.com](#), Systems Architect at [Unisys](#), Global Manager at [Oracle](#), and more. He retired from Oracle in late 2013 to pursue New Vistas International full time.

Along his path, he had the privilege of meeting [Michael & Raphaelle Tamura](#) who became important mentors in his education. In a multi-year program, the Tamura's gave Bud a deep understanding of several mental and spiritual disciplines, including trance meditation and healing techniques. Michael is the author of "[You Are The Answer](#)", a "must read" book for anyone on a deep spiritual path. Bud graduated as an ordained minister after a two-year seminary intensive with the Church of Divine Man in 1992, primarily trained by Michael and Raphaelle, and continues to attend advanced training classes offered by their organization, [Seraphim at Mt. Shasta](#).

As both a student and teacher of [A Course in Miracles](#), Bud has based the core of his therapeutic work on the Course. He leads a weekly discussion group on the Course and supporting material from [Dr. Ken Wapnick](#), [Dr. Jon Mundy](#), and [Gary Renard](#) on Monday nights at the [Gerber Clinic](#) in Reno. For more information, please see the ACIM tab on the website <http://DeepMemoryRecovery.com>.

MANAGERIAL EXPERIENCE

A seasoned executive, Bud has proven expertise in information technology, healthcare, ecommerce, and systems management. He has designed, developed, relocated, and managed World Class Data Centers. He has significant product development experience, including software, security, and solutions;

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has run large software development organizations; has been involved in starting up new companies, including VARs and commercial software development companies; was a key player in creating internationally-based support organizations; and has held a broad range of hands-on technical and managerial positions. He has extensive, in-depth experience in successfully running a global technology enterprise in virtually every key area.

Bud has advanced [Toastmaster](#) credentials (ATM, CL), as well as being a motivational speaker and instructor for [Delta-4](#), a highly regarded organization of primarily ex-military trainers who teach managers how to become successful leaders. He is also an Enneagram in Business Coach, as certified by [Ginger Lapid-Bogda, PhD](#).

CURRENT FOCUS

Bud is Co-Director and Co-Instructor for [New Vistas International™](#), a training organization focused on empowering counselors and therapists with a powerful new model that helps them see themselves and others for who they truly are. It is based on the acronym **PAUSE**, which defines five essential resource states that chart a Path to Wholeness through deeper levels of embodiment, personal awareness, physiological balance, spiritual guidance, and fulfillment. He the co-author of underlying principles of the *PAUSE Model of Counseling™*, co-author of the upcoming books, *Mastering the Therapeutic Process™*, *Allowing the Magic™*, and the novel, *PAUSE: The Prayer That Needs No Answer™*.

In addition to teaching/studying *PAUSE* and *A Course in Miracles*, Bud is looking forward to completing his three-year Doctorate of Divinity degree with [All Faiths Seminary International](#) (AFSI). The focus of AFSI is to respectfully explore the deepest connections each Wisdom Tradition has with the Divine. It is an in-depth, mystical, and heart-centered examination of Buddhism, Christianity, ACIM, Hinduism, Judaism, Islam, Confucianism, Baha'i, Shamanism, and more.

BUD'S PRACTICE AND PHILOSOPHY

I feel one of the biggest challenges facing humanity is the illusion of separation, which creates all pain, suffering, and victimhood. Learning that we all have the same basic goal in our lives - to give and receive Love - can greatly aid each of us in our physical, mental, and spiritual growth, and in the overall healing of the brotherhood of man.

The PAUSE Model of Counseling is the result of synthesizing the best of multiple therapeutic modalities and approaches. PAUSE represents the distillation of our life's work, and is based on removing all the obstacles to the awareness of Love's endless presence, which is the birthright of everyone, everywhere.

Bud James
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Sparks, NV 89432
775 376-8218
Bud@P-A-U-S-E.com

OVERVIEW: PAUSE TRAINING TRACKS

New Vistas International offers a complete range of training options on the PAUSE Model, from Self-Mastery to PAUSE Certified Master Instructor. Each track offers the student an opportunity to deepen their resources, increase their skill-set, escalate their personal growth, and if desired, widen their professional offering.

- **PAUSE Self-Mastery Track**
 - Presence, Resourcing, and Integration
 - Specialization
- **PAUSE Counselor Track**
 - PAUSE Clinical Hypnotherapist
 - PAUSE Spiritual Counselor
 - PAUSE Master Counselor
- **PAUSE Instructor Track**
 - PAUSE Specialty Instructor
 - *Mastering The Therapeutic Process™* Instructor
 - PAUSE Master Instructor

PAUSE SELF-MASTERY TRACK

The intention of the PAUSE Self-Mastery track is to support the individual in determining and proceeding on their PAUSE Personal Path to Wholeness. **Arguably every client, student, counselor, and instructor is actually working on the PAUSE material for themselves.** As we work with others, we work with ourselves. The course curriculum in this track includes all the elements of the PAUSE Model without the requirement of qualifying or participating as a counselor.

Students who do not wish professional certification and are focused on personal growth and Self-Mastery are an important part of our training program. We encourage Self-Mastery students to attend any of the Online Training programs that have a Self-Mastery component. Look for the -SM flag in the description, and the separate Self-Mastery offerings in the New Vistas International Catalog. There are typically no mandatory exams or attendance required.

Students that have taken successfully taken the Self-Mastery Class in the previous three (3) years will receive a significant discount on taking the same class as a Professional. A Professional Student not completing a class can petition the Registrar for a Self-Mastery certification for a given class to track hours and attendance. Please review the appropriate section of the Catalog for more information.

MASTERING THE THERAPEUTIC PROCESS™ CLASSES

MTTP Level 1 – Basic Self-Mastery of Presence
 MTTP Level 2 – Basic Self-Mastery of Resourcing
 MTTP Level 3 – PAUSE Self-Mastery of Integration

SPECIALIZATION CLASSES THAT OFFER A SELF-MASTERY COMPONENT

Character Analysis Specialization	Health and Wellness Specialization
Enneagram Specialization	Birthing Specialization
NLP Practitioners Specialization	Regression Specialization
PTSD/Stress Resolution Specialization	Spiritual Counseling Specialization

PAUSE COUNSELOR TRACK

There are two options within the PAUSE Counselor program: The **PAUSE Spiritual Counselor** (S-option) and **PAUSE Clinical Hypnotherapist** (H-option). Both program options are based on the PAUSE Model and include physical, mental, emotional, and spiritual components. The PAUSE Spiritual Counseling track includes an interfaith theosophical component and does not require Hypnotherapy as a counseling modality.

MASTERING THE THERAPEUTIC PROCESS™ CLASSES

MTTP Level 1: (S) PAUSE Model of Spiritual Counseling
(H) PAUSE Model of Hypnotherapy

MTTP Level 2: (S) PAUSE Model of Spiritual Counseling
(H) PAUSE Certified Hypnotherapist (CHT)

MTTP Level 3: (S) PAUSE Spiritual Counselor (PSC)
(H) PAUSE Certified Clinical Hypnotherapist (CCHT)
(H) PAUSE Counselor (PC)

SPECIALIZATION CLASSES FOR THE PAUSE COUNSELOR

Upon completion of a PAUSE Specialization class the qualified PAUSE Counselor will receive the PAUSE Certified Specialist (PCS) rating.

Character Analysis Specialization	Health and Wellness Specialization
Enneagram Specialization	Birthing Specialization
NLP Practitioners Specialization	Regression Specialization
PTSD/Stress Resolution Specialization	Spiritual Counseling Specialization

PAUSE MASTER COUNSELOR (PMC)

The PAUSE Master Counselor rating is a demonstration of Mastery as a PAUSE Counselor. Upon completion of the requirements, the Counselor will receive the PAUSE Master Counselor (PMC) rating.

- **Successful completion of levels 1-3 of *Mastering The Therapeutic Process™***
- **Successful completion of four (4) Specialties**
 - **Characterological, Enneagram, NLP and 1 or more others of your choice**
- **Documented success with 100 clients**
- **Pass the New Vistas Review Board**

PAUSE INSTRUCTOR TRACK

To be a PAUSE Certified Instructor requires a mastery of the PAUSE Model of Counseling™, and an ability to share this information easily with others. The appropriate level of mastery is demonstrated through Instructor training, assigned research projects, and an internship where the Instructor Candidate participates in teaching students in a supervised setting.

Instructor Candidates need to have successfully graduated from the programs they wish to teach. They then need to perform successfully in the role of Student Teacher for the desired class. Specialization classes as a Student Teacher are an excellent way to get mastery of the core subject areas within the PAUSE Model.

Professional Training and Certification in *The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™*

There are two options within the PAUSE Instructor program: The PAUSE Spiritual Counselor Instructor (S-track) and PAUSE Clinical Hypnotherapist Instructor (H-track). Both programs are based on the PAUSE Model and include physical, mental, emotional, and spiritual components. The PAUSE Spiritual Counseling track includes an interfaith theosophical component and does not require Hypnotherapy as a counseling modality.

PAUSE SPECIALTY INSTRUCTOR (PSI)

- MTTP Graduate (Levels 1-3)
- Specialty Class Graduate
- Completion of New Vistas International Instructor Training Class
- Successful Internship as Student Teacher for the desired Specialty
- Completion of assigned research projects
- Pass the New Vistas Review Board

SPECIALIZATION CLASSES

The following classes are available for the PAUSE Instructor to master and teach:

Character Analysis Specialization	Health and Wellness Specialization
Enneagram Specialization	Birthing Specialization
NLP Practitioners Specialization	Regression Specialization
PTSD/Stress Resolution Specialization	Spiritual Counseling Specialization
New Vistas International Instructor Training Specialty Instructor	

PAUSE MASTERING THE THERAPEUTIC PROCESS™ INSTRUCTOR (PI)

One of the highest levels of PAUSE Instructor Track is the PAUSE MTTP Instructor rating (PI). The graduate is able to teach *Mastering The Therapeutic Process™* classes in accordance with the NVI Instructional Guidelines.

- Prerequisite: MTTP Graduate
- Completion of New Vistas International Instructor Training Class
- Successful Internship as Student Teacher for all three levels (1-3) of MTTP
- Completion of the core Specialty Classes, Character Analysis, Enneagram, and NLP
- Completion of assigned research projects
- Pass the New Vistas Review Board

PAUSE MASTER INSTRUCTOR (PMI)

The highest level of certification currently offered by NVI is the PAUSE Master Instructor (PMI) certification. At this level the PMI may run independent training classes on any NVI Class that they have successfully completed, in accordance with the NVI Instructional Guidelines. The PMI upholds the highest standards of NVI training, and models the methodology and wisdom they teach.

- Successful completion of the Instructor Certification for *Mastering The Therapeutic Process™* (PI)
- Successfully teach three (3) complete MTTP training classes (levels 1-3), once without direct supervision
- Successful completion of the *Instructor Certification* for five (5) or more Specialties
- Successful completion of the *Instructor Certification* for the New Vistas International Instructor Training Specialty
- Successfully teach each of five (5) certified Specialties twice, once without supervision
- Pass the New Vistas Review Board

PAUSE CERTIFIED CLINICAL HYPNOTHERAPIST TRACK

CERTIFICATION

New Vistas International follows the professional training guidelines of both the Nevada Commission on Postsecondary Education and the American Council of Hypnotist Examiners (A.C.H.E.). Upon successful completion of each level of *Mastering the Therapeutic Process™* the graduate will be awarded the appropriate PAUSE level certification, and their information will be passed to the A.C.H.E. for further recognition, as appropriate.

LEVELS OF TRAINING AND CERTIFICATIONS

Level One:	PAUSE Certified Hypnotist (CH) PAUSE Characterological Specialist (PCS)
Level Two:	PAUSE Certified Hypnotherapist (CHT) A.C.H.E. Hypnotherapist (CHt) PAUSE Enneagram Specialist (PCS)
Level Three:	PAUSE Certified Clinical Hypnotherapist (CCHT) A.C.H.E. Clinical Hypnotherapist (CCHt) PAUSE Counselor (PC)

REQUIREMENTS

Each level of *Mastering The Therapeutic Process™* consists of a *minimum* of 100 hours of instruction that students must complete, and each level has key Objectives that must be fulfilled for the successful awarding of the appropriate Professional Certification. Each Level has prerequisites that must be observed for certification, and 60 or more training hours within each level must be Instructor led. All students are required to have an NVI approved MP3 player, and long distance students must have access to a Broadband connected PC with Audio Headsets.

This training is appropriate for those interested in developing professional Counseling, Hypnotherapy and NLP skills as well as those only interested in their personal self-development. Refer to our Self-Mastery programs for more information, and feel free to discuss your particular training goals with our Instructional Staff.

INSTRUCTIONAL METHODS

The Classroom and Internet Webinar segments include Lecture, PowerPoint, Handouts, Demonstrations, Trancework, and Interactive participation as both Client and Counselor. New Vistas will provide each student with an MP3 Player loaded with the appropriate audio required for the class. Students will need access to a Broadband Internet connected PC with audio for the online Webinar classes. Additionally, they will need to login to the [NVI Student Portal](#) to access online content of Video, Word and PDF Documents, as well as the [Student Community Chatroom](#).

The Student Training Material Consists of:

- **Student Manual**
 - Provides a thorough theoretical background for each Level
 - Available in both Printed and Electronic ([Kindle](#)) Format
- **Student Workbook**

Professional Training and Certification in *The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™*

- Practical Exercises, Guided Meditations, and Therapeutic Processes
 - Available in both Printed and Electronic ([Kindle](#)) Format
- **Web-Based Documentation and Recordings**
 - Video, Audio, and PDF documentation
 - A deeper dive into key topics and related subject matter
 - Accessible from PC or [Kindle](#)
- **MP3 Recordings**
 - Professionally recorded Exercises and Meditations for use in and outside of class
 - Installed on the NVI MP3 Player for each class
 - Also available as a download to install on an MP3 Player, Kindle, or as a CD

MP3 players are a core tool used in all *Mastering the Therapeutic Process™* classes, and must be available for use during every class, remote and in-person. The student will additionally be provided one set of high-quality earphones for their personal use. Both the NVI MP3 player and earphones have been specifically selected for our training purposes, **and cannot be substituted without authorization.**

Once issued, the student will need to bring them to every class. NVI MP3 players can be checked out for in-person classes at no charge, but must be returned at the end of class, or purchased by the student. The student is responsible for the condition of the MP3 player and Earbuds. Students will be charged full price for broken or lost MP3 players or earphones.

New Vistas will provide each student with an update to their already purchased NVI MP3 Player with all material needed for in-person or remote training classes. The student will need access to a Broadband Internet connected PC with audio to properly access the [Student Portal](#) on the NVI Website.

TEACHING APPROACH

Our primary teaching modality supports students who are seeking to balance their extended studies with a busy career or home life. We offer two formats designed to meet the various needs of our students.

- **The In-Person (Weekend Intensive) Format (A) requires full in-classroom attendance for 100 hours.**
- **The Long Distance Learning Format (B) combines Self-Directed study (36+ hours), Instructor-led Internet Webinar Training (27+ hours), and a final In-Classroom Intensive (40 hours) which minimizes travel and yet provides the opportunity for professional certification with an in-depth, Instructor supervised learning experience.**

All aspects of our programs are supported by a dedicated website, discussion board, email, online, and phone support from the Instructional staff.

IN-PERSON (WEEKEND INTENSIVE)

[FORMAT A]

The In-Person version of Level One of our professional training program *Mastering the Therapeutic Process™* is fully Instructor Led, and portions of the class may be video and audio taped. As a result, all participants shown on video will be asked to sign waivers. The class will be held on all-day Saturday and Sunday for one weekend per month, for three to five consecutive months, as needed to fulfill the training hours required. Please refer to the website for the exact schedule and location.

HOMEWORK

Professional Homework for both Format A and B includes conducting 10 sessions of logged Hypnosis sessions, Journaling, Student Logbook entries, directed reading, examinations, and Self-Hypnosis.

LONG DISTANCE LEARNING (ONLINE)**[FORMAT B]**

This program is offered in three parts:

INSTRUCTOR-LED, LIVE WEBINARS (~27 HOURS)

- 18 – 1.5 hour Online Webinars
- Instructor-Led weekly seminars conducted over 18 consecutive weeks are 90 minutes long and are designed to assist the students in a deeper, more interactive model while remaining very convenient.
- All students are required to have access to a Broadband connected PC with Audio Headsets.
- These same classes may have a Live Instructor-Led counterpart, please check the class schedule for your specific class.

SELF-DIRECTED STUDY WITH MENTORS (~40 HOURS)

Each week for 18 weeks you are assigned 2-3 hours of homework which includes:

- Listening to MP3's of Trances, Guided Meditation, and Processes
- Studying Class Material (Reading, Watching Videos, Research)
- Exchange Exercises and Guided Meditations with Classmates and Clients
- Regular check-in with Mentor
- Students desiring Professional Certification are required to conduct 10 logged sessions of Hypnosis, Journaling, Student Logbook entries, complete required reading, examinations, and log Self-Hypnosis sessions.
- Students seeking Self-Mastery are not required to exchange trances, but can volunteer to be a client of a classmate.

FINAL INSTRUCTOR-LED INTENSIVE (~40 HOURS)

- Attend our Reno Training Facility to practice and demonstrate your skills
- The in-classroom segment consists of a 5-6 day intensive designed to provide 40 hours of Instructor-led training.
- It includes directed Trancework, NLP and Trauma Resolution Practicum, mutual hypnotherapy sessions, and final examinations.
- Many students have commented on how powerful and life-changing the experiential portions of this training has been for them.
- Please note: Tuition fees do not include transportation, lodging, or meals. Our Student website has information on travel, lodging, and meal options.
- Many students have commented on how powerful and life-changing the experiential portions of our training has been for them.
- Specific arrangements will be made for each class to attend their Intensive at an optimal time and location.

CHARACTEROLOGICAL SPECIALTY CLASS

What if the most significant circumstances of your life are etched in your body?

OVERVIEW

Our deepest strengths are in our rich spiritual resources that we keep trapped under layers of bodily identification. Fear and doubt can grip our bodies and minds during the earliest and most vulnerable moments of life. This disturbance can generate unacknowledged anxiety and unconscious wounding that can impede our ability to rest comfortably in our bodies, contact our deepest resources, and accomplish our goals.

In this class we will uncover the empowering qualities of our true nature, and how we can transform the unconscious limiting patterns that appear to make up our identity. This allows us to experience optimal healing of both mind and body.

Each person is a unique psychosomatic unity made up of many elements and aspects, molded through time, environment, and experience. Through an understanding of Character Analysis the practitioner is able to recognize the often unconscious habitual mental, emotional and physical patterns that interrupt the natural flow of energy throughout the client's body. Through the application of Character Analysis the practitioner is able to focus more directly on meeting the client's unique mental, emotional and physical needs.

For example:

- The individual with the *Existence* wound often suffers from an ocular block and restricted costal breathing. Addressing these two patterns can create significant neurological integration and relaxation throughout the body.
- The individual with the *Trust* wound often appears overconfident and assertive. They typically suffer from upward displacement and unacknowledged anxiety. Drawing the energy down into the viscera, feet and legs can support this individual in trusting, the earth, their body, and themselves. As the nervous system settles patterns of grandiosity and specialness are often replaced with feelings of authenticity and trust.

BACKGROUND

- This training is rooted in the field of Body Centered Psychotherapy and the work of Psychiatrists Wilhelm Reich, Alexander Lowen, and John Pierrakos
- The Trauma Resolution aspects of the PAUSE material are based on the Somatic Experiencing Professional Training Program offered by foremost Trauma Resolution authority, Peter Levine, PhD

AIM OF THE CHARACTEROLOGICAL SPECIALTY CLASS

PROFESSIONAL STUDENTS

To provide the student with the confidence, information and skills necessary to work competently, safely, and effectively using a basic, practical application of Character Analysis. Successful students will be awarded the PAUSE Characterological Specialty Certificate.

SELF-MASTERY STUDENTS

Professional Training and Certification in The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™

To provide the student with the confidence and information needed to cultivate empowered personal Resource States and develop effective tools for Self-Inquiry through a basic understanding of their Character Structure.

PREREQUISITES

Open to all.

THERAPEUTIC MODALITIES

- Body Centered Psychotherapy
- Trauma Resolution Therapy
- Hypnotherapy
- Neuro Linguistics Psychology
- Emotional Freedom Technique
- Integrative Physical Exercises

CHARACTEROLOGICAL SPECIALTY CLASS OUTCOMES

UPON SUCCESSFUL COMPLETION OF THIS SPECIALTY, THE STUDENT WILL:

All Students:

- Understand the basics of the five core Character Defense Structures
- Understand what challenges and resources are available for each Character Type
- Understand fundamental elements of PAUSE P-Present, including Embodiment vs. Disassociation, Tracking sensation, and VAKOG
- Understand the mask, the lower self, and the Essential Self
- Be able create and utilize effective resource anchors.

Professionals:

- Begin to utilize and have a deeper understanding of Character Defense System in identifying and supporting their client's path to wholeness

TUITION

Please refer to the P-A-U-S-E.com website for additional discounts and payment options.

NV2014CS-P – Characterological Specialty Class Regular Tuition (CEU)

- \$300 (discounted from \$500)
- Subscription option \$78/mo. * 4 months [Mar - Jun]

NV2014CS-G – Characterological Specialty Class MTTP Graduate Tuition

- \$200 (CEU's available)
- Subscription option \$53/mo. * 4 months

NV2014CS-SM – Characterological Specialty Class Self-Mastery Tuition

- \$150 (No CEU's)
- Subscription option \$53/mo. * 3 months

NV2014CS-1 – Characterological Specialty Per Class

- \$50 (Drop-in on any one of the five classes)
- Self-Mastery certification only, includes appropriate class printed materials and downloads

Professional Training and Certification in *The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™*

Please note: Tuition fees do not include transportation, lodging, or meals other than lunch during the In-Person Segments. Please refer to our Refund Policy in the Enrollment Agreement for more information on our tuition and fee policies.

MATERIAL FEES

Characterological Specialty Class Materials (Pro and Self-Mastery)

Required – NVI MP3 Player and manual

- NVI-MP3: NVI Approved MP3 Player & headset \$50

Our manuals are available in two formats – printed or electronic.

Required - Please pick one or both version of the Student Manual

NV2014CSM-PM: Characterological Specialty Printed Manual \$50

and/or

2014CSM-EM: Characterological Specialty Electronic Manual (Kindle Version) \$25

Note: Students who already have a working NVI MP3 Player do not need to purchase another.

CREDENTIAL SUCCESS

To receive the certification and title of “PAUSE Certified Characterological Specialist” (PCS) the student will provide proof of:

- Completion of Log Entries for each Character Type Resourcing Session conducted (One for each type minimum).
- Completion of Journal Entries for each day of training and Guided Meditation.
- Demonstration of Skill Mastery in classroom segment for each major Skill.
- Demonstration of an understanding of all five Character Structures.
- Clear identification and demonstration of their own Character Structure.
- Demonstration of the basics of NLP to identify Characterological behavioral patterns
- Successful completion of the Written and Practical Final Examination
- Successful attendance of a minimum of 25 hours of total training

LEVEL ONE TRAINING: PAUSE CERTIFIED HYPNOTIST

AIM OF LEVEL 1: MASTERING THE THERAPEUTIC PROCESS™

PROFESSIONAL CERTIFICATION:

To provide the student with the confidence, information and skills necessary to work competently, safely, and effectively as a professional hypnotist using the *PAUSE Model of Hypnotherapy™*. Successful students will be awarded the PAUSE Certified Hypnotist certification (PAUSE CH).

SELF-MASTERY:

To provide the student with the confidence and information needed to cultivate empowered Resource States and develop effective tools for Self-Inquiry through a basic understanding of Character Structure. Successful students will be awarded the PAUSE Level One Self-Mastery Certification.

PREREQUISITES

The 2014 Level One class begins with the Characterological Class. If you do not or cannot take the Characterological Class, you will need to attend the portion of the online version of the MTTP that addresses Character Analysis (Classes 1-7) to make-up the missing hours and training.

LEVEL ONE OBJECTIVES

UPON SUCCESSFUL COMPLETION OF LEVEL 1, THE STUDENT WILL:

All Students:

- Have developed an effective understanding of the PAUSE Model of Counseling™
- Develop and utilize the basics of Self-Hypnosis
- Understand the basics of the five core Character Defense Structures
- Understand the fundamentals of PAUSE P-Present, including Embodiment vs. Disassociation, Tracking sensation, and VAKOG
- Understand the conscious mind, the unconscious mind, the gatekeeper, and the super-conscious mind.
- Be able to establish rapport, utilize Pacing and Leading, utilize Titration, Pendulation, and successfully set effective outcomes
- Be able create and utilize effective anchors.
- Be able to recognize Behavioral Manifestations of Internal Representations (BMIR)

Professionals:

- Be able to conduct a the following key elements of a successful Hypnotic Session: Pre-induction talk, Induction, Deepening, Testing and Convincing, Creating directive suggestions, Post hypnotic suggestions, Emerging from trance, and Future pacing
- Be able to utilize the Core Transformation Process, Eye Accessing Cues, and the Eye Pattern Scramble
- Begin to utilize and have a deeper understanding of Character Defense System in identifying and supporting their client's path to wholeness
- Employ basic Trauma Resolution skills
- Conduct ten Hypnosis Sessions with fellow classmates or other clients
- Develop the confidence, information, and skills necessary to work competently, safely and effectively as a professional hypnotist using direct suggestion.

TUITION

Please refer to the P-A-U-S-E.com website for additional discounts and payment options.

The cost of tuition for the 2014 release of *Mastering the Therapeutic Process™* Level One is based on the **Format** of the Course offering, In-Person, or Long Distance (online).

MASTERING THE THERAPEUTIC PROCESS – IN PERSON**[FORMAT A]**

Please note: Tuition fees do not include require material fees, transportation, lodging, or meals unless announced otherwise.

New Professional Students:

Professional attendance requires completion of the March-May Characterological Specialty Class or online make-up of the same sections.

NV2014L1A-P - Level One MTTP Class Regular Tuition \$950 (discounted from \$2,000)

NV2014L1A-P - Level One MTTP Class - Subscription option \$194/mo. * 5 months

Graduates:

Discount applies to those who have already attended and paid for a Level One MTTP class and wish to repeat it

NV2014L1A-G - Level One MTTP Class Graduate Tuition \$425

NV2014L1A-G - Level One MTTP Class Graduate - Subscription option \$88/mo. * 5 months

Self-Mastery:

Self-Mastery students are not trained to conduct hypnotic trances or provide counseling, and do not attend the Final In-Person Intensive. Self-Mastery students need to purchase appropriate class materials as needed.

NV2014L1A-SM - Level One MTTP Class Self-Mastery Tuition \$200

NV2014L1A-SM - Level One MTTP Class Self-Mastery - Subscription option \$53/mo. * 4 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per Weekend \$75

MASTERING THE THERAPEUTIC PROCESS – LONG DISTANCE (ONLINE) [FORMAT B]**New Professional Students and Graduates:**

18 online 90 minute Webinars, 36+ hours Self-Study

Does not include the Professional Intensive. For Professional certification, attendance is also required at the Week-Long Intensive Class (40 hours in-person) in November

NV2014L1B-P – Level One MTTP Online Class Tuition \$200 (\$1,000 value, \$800 savings)

NV2014L1B-P – Level One MTTP Online Class Tuition - Subscription option \$53/mo. * 4 months

Self-Mastery:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1B-SM – Level One MTTP Online Class Self-Mastery Tuition \$180

NV2014L1B-SM – Level One MTTP Online Class (SM) - Subscription option \$48/mo. * 4 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per 90 min Seminar \$15

MATERIAL FEES

Level One Class Materials (Pro and Self-Mastery)

Required – NVI MP3 Player and manual

- **NVI-MP3: NVI Approved MP3 Player & headset \$50**

Our manuals are available in two formats – printed or electronic.

Required - Please pick one or both version of the Student Manual

NV2014CSM-PM: Level One - Printed Student Manual and Workbook \$100

and/or

2014CSM-EM: Level One Electronic Manuals (Kindle Versions) \$25

Note: Students who already have a working NVI MP3 Player do not need to purchase another. . Please refer to our Refund Policy in the Enrollment Agreement for more information on our tuition and material fee policies.

CREDENTIAL SUCCESS

To receive the certification and title of “PAUSE Certified Hypnotist,” (PAUSE CH), the student will provide proof of:

- **Completion of Log Entries for each Hypnotic Session conducted (10 minimum).**
- **Completion of Journal Entries for each day of training and Self-Hypnosis.**
- **Demonstration of Skill Mastery in classroom segment for each major Skill.**
- **Demonstration of the proper use of basic Clinical Forms.**
- **Demonstration of an understanding of all five Character Structures.**
- **Clear identification and demonstration of their own Character Structure.**
- **Demonstration of the basic skills required to conduct an entire Hypnotic Session from Pre-Induction to Session Wrap-up**
- **Demonstration of the basics of NLP to identify behavioral patterns**
- **Successful completion of the Written and Practical Final Examination**
- **Successful attendance of a minimum of 100 hours of total training with a minimum of 60 hours of Instructor-led training.**

LEVEL TWO TRAINING: PAUSE CERTIFIED HYPNOTHERAPIST**AIM OF LEVEL 2: MASTERING THE THERAPEUTIC PROCESS™****PROFESSIONAL CERTIFICATION:**

To provide the student with the confidence, information and skills necessary to work competently, safely, and effectively as a professional hypnotherapist using the *PAUSE Model of Hypnotherapy™*. Successful students will be awarded the **PAUSE Certified Hypnotherapist (CHT)** certification. Graduates will also have the ability to qualify for the **Pause Certified Basic Counselor certification class**.

SELF-MASTERY:

To provide the student with the confidence and information needed to uncover and enhance positive Resource States, conduct deeper levels of safe and gentle Self-Inquiry through understanding the Enneagram, and further develop Self-hypnosis skills. The successful student will be awarded the PAUSE Level Two Self-Mastery Certification.

PREREQUISITES FOR CHT

Successful completion of New Vistas MTTP Level One Class

Final acceptance to the Level Two class will be determined on a case-by-case basis, and left to the discretion of the Director.

LEVEL TWO OBJECTIVES**UPON SUCCESSFUL COMPLETION OF LEVEL 2, THE STUDENT WILL:****All Students:**

- Receive deeper exposure and practice using the *PAUSE Model of Hypnotherapy™*
- Begin to utilize and have a working understanding of Enneagram Personality Types in identifying their own personality and self-identity.
- Recognize the different communication styles and approaches useful in creating rapport with each Enneatype.
- Increase utilization of the Aware Witness
- Learn appropriate Level Two NLP (Neuro Linguistic Psychology) fundamentals
- Cultivate a deeper utilization of Self Hypnosis.

Professional Students:

- Develop the confidence, information, and skills necessary to work competently, safely and effectively as a professional Hypnotherapist using PAUSE Level 2 trances
- Develop basic therapeutic interaction skills using the A-Aware Witness
- Apply advanced hypnotic techniques for resolving inner conflicts by identifying and addressing Root Cause
- Begin to utilize and have a deeper understanding of Enneagram Personality Types in identifying and supporting their client's path to wholeness

TUITION

Please refer to the P-A-U-S-E.com website for additional discounts and payment options.

The cost of tuition for the 2015 release of *Mastering the Therapeutic Process™* Level Two is based on the **Format** of the Course offering, In-Person, or Long Distance (online).

MASTERING THE THERAPEUTIC PROCESS – IN PERSON**[FORMAT A]**

Please note: Tuition fees do not include require material fees, transportation, lodging, or meals unless announced otherwise.

New Professional Students:

NV2014L1A-P - Level One MTTP Class Regular Tuition \$1,250 (discounted from \$2,000)

NV2014L1A-P - Level One MTTP Class - Subscription option \$184/mo. * 7 months

Graduates:

Discount applies to those who have already attended and paid for a Level Two MTTP class and wish to repeat it.

NV2014L1A-G - Level One MTTP Class Graduate Tuition \$625

NV2014L1A-G - Level One MTTP Class Graduate - Subscription option \$94/mo. * 7 months

Self-Mastery:

Self-Mastery students are not trained to conduct hypnotic trances or provide counseling, and do not attend the Final In-Person Intensive. Self-Mastery students need to purchase appropriate class materials as needed.

NV2014L1A-SM - Level One MTTP Class Self-Mastery Tuition \$300

NV2014L1A-SM - Level One MTTP Class Self-Mastery - Subscription option \$53/mo. * 6 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per Weekend \$75

MASTERING THE THERAPEUTIC PROCESS – LONG DISTANCE (ONLINE) [FORMAT B]**New Professional Students and Graduates:**

18 online 90 minute Webinars, 36+ hours Self-Study

Does not include the Professional Intensive. For Professional certification, attendance is also required at the Week-Long Intensive Class (40 hours in-person) in November

NV2014L1B-P – Level One MTTP Online Class Tuition \$750 (discounted from \$1000)

NV2014L1B-P – Level One MTTP Online Class Tuition - Subscription option \$154/mo. * 5 months

Self-Mastery:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1B-SM – Level One MTTP Online Class Self-Mastery Tuition \$180

NV2014L1B-SM – Level One MTTP Online Class (SM) - Subscription option \$48/mo. * 4 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per 90 min Seminar \$15

MATERIAL FEES

Level One Class Materials (Pro and Self-Mastery)

Required – NVI MP3 Player and manual

- **NVI-MP3: NVI Approved MP3 Player & headset \$50**

Our manuals are available in two formats – printed or electronic.

Required - Please pick one or both version of the Student Manual

NV2014CSM-PM: Level One - Printed Student Manual and Workbook \$100

and/or

2014CSM-EM: Level One Electronic Manuals (Kindle Versions) \$25

Note: Students who already have a working NVI MP3 Player do not need to purchase another. . Please refer to our Refund Policy in the Enrollment Agreement for more information on our tuition and material fee policies.

CREDENTIAL SUCCESS

To receive the certification and title of “PAUSE Certified Hypnotherapist,” (CHT), the student will provide proof of:

- **Completion of Log Entries for each Hypnotherapy Session conducted externally to class (10 minimum).**
- **Completion of Journal Entries for each day of training, and each Self-Hypnosis session.**
- **Demonstration of the proper use of Clinical Forms.**
- **Demonstration of an understanding of all nine Enneatypes.**
- **Clear identification and demonstration of their own Enneatype.**
- **Demonstration of the therapeutic uses of NLP to identify behavioral patterns.**
- **Demonstration of Skill Mastery in classroom segment for each major Skill.**
- **Demonstration of the basic skills required to conduct an entire interactive Hypnotherapy Session focused on clearing the limiting beliefs of the client’s specific Personality Type in support of the client’s stated goal.**
- **Successful completion of the Written and Practical Final Examination.**
- **Successful attendance of a minimum of 100 hours of total training, with a minimum of 60 hours of Instructor-led training.**

LEVEL THREE TRAINING: PAUSE CERTIFIED CLINICAL HYPNOTHERAPIST

AIM OF LEVEL 3: MASTERING THE THERAPEUTIC PROCESS™ (MTTP)

PROFESSIONAL CERTIFICATION:

To provide the student with the confidence, information and skills necessary to work competently, safely, and effectively as a professional clinical hypnotherapist using the *PAUSE Model of Hypnotherapy™*. Successful students will be awarded the PAUSE Certified Clinical Hypnotherapist certification (CCHT). Graduates will also have the ability to qualify for the **Pause Certified Counselor certification class**.

SELF-MASTERY:

To provide the student with the confidence and information needed to uncover and enhance positive Resource States, conduct deeper levels of safe and gentle Self-Inquiry. The student will learn how to conduct self-resolution in key areas through applied transformational processes. The successful student will be awarded the PAUSE Level Three Self-Mastery Certification.

PREREQUISITES FOR CCHT

Successful completion of New Vistas Professional Training in Hypnotherapy – MTTP Level 2. Final acceptance to the Level Three class will be determined on a case-by-case basis, and left to the discretion of the Director.

LEVEL THREE OBJECTIVES

All Students:

- Receive deeper exposure and practice using the *PAUSE Model of Hypnotherapy™*
- Develop a deeper utilization and understanding of Character and Personality Analysis in identifying core traits in themselves and those around them.
- Be able to utilize appropriate resourcing tools necessary to effectively respond to trauma through the use of the SIBAM model as taught by Trauma Resolution authority Dr. Peter Levine.
- Incorporate an understanding of the role of resourcing, determining root cause, secondary gain and the placebo response in activating the body's natural healing mechanisms.
- Cultivate a deeper utilization of Self Hypnosis.

Professional Students:

- Be able to effectively utilize specifically applied advanced elements of the *PAUSE Model of Hypnotherapy™* in a clinical setting.
- Develop the confidence, information, and skills necessary to work competently, safely and effectively as a professional PAUSE Certified Clinical Hypnotherapist using therapeutic interaction, while integrating simple yet effective tools for resolving inner conflict
- Utilize and have a deeper understanding of Advanced Hypnotic Techniques, which when combined with additional therapeutic tools, provide a solid framework for Hypnotherapy that can be utilized to identify and address Root Cause and resolving inner conflicts
- Develop a deeper utilization and understanding of Character and Personality Analysis in identifying unconscious traits and supporting their client's path to wholeness

**Professional Training and Certification in
The PAUSE Model of Counseling™ - Mastering the Therapeutic Process™**

- Have a deeper understanding of Habits, Addictions, Pain, Immune Dysfunction and other Health Related challenges while cultivating the student's capacity to support the client's natural healing response and physical comfort.
- Address the logistics of marketing and running a professional Hypnotherapy business.

TUITION

Please refer to the P-A-U-S-E.com website for additional discounts and payment options.

The cost of tuition for the 2016 release of *Mastering the Therapeutic Process™* Level Three is based on the **Format** of the Course offering, In-Person, or Long Distance (online).

MASTERING THE THERAPEUTIC PROCESS – IN PERSON [FORMAT A]

Please note: Tuition fees do not include require material fees, transportation, lodging, or meals unless announced otherwise.

New Professional Students:

NV2014L1A-P - Level One MTTP Class Regular Tuition \$1,250 (discounted from \$2,000)

NV2014L1A-P - Level One MTTP Class - Subscription option \$184/mo. * 7 months

Graduates:

Discount applies to those who have already attended and paid for a Level Three MTTP class and wish to repeat it.

NV2014L1A-G - Level One MTTP Class Graduate Tuition \$625

NV2014L1A-G - Level One MTTP Class Graduate - Subscription option \$94/mo. * 7 months

Self-Mastery:

Self-Mastery students are not trained to conduct hypnotic trances or provide counseling, and do not attend the Final In-Person Intensive. Self-Mastery students need to purchase appropriate class materials as needed.

NV2014L1A-SM - Level One MTTP Class Self-Mastery Tuition \$300

NV2014L1A-SM - Level One MTTP Class Self-Mastery - Subscription option \$53/mo. * 6 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per Weekend \$75

MASTERING THE THERAPEUTIC PROCESS – LONG DISTANCE (ONLINE) [FORMAT B]

New Professional Students and Graduates:

18 online 90 minute Webinars, 36+ hours Self-Study

Does not include the Professional Intensive. For Professional certification, attendance is also required at the Week-Long Intensive Class (40 hours in-person) in November

NV2014L1B-P – Level One MTTP Online Class Tuition \$750 (discounted from \$1000)

NV2014L1B-P – Level One MTTP Online Class Tuition - Subscription option \$154/mo. * 5 months

Self-Mastery:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1B-SM – Level One MTTP Online Class Self-Mastery Tuition \$180

NV2014L1B-SM – Level One MTTP Online Class (SM) - Subscription option \$48/mo. * 4 months

Drop-In:

Self-Mastery certification only, includes appropriate class printed materials and downloads

NV2014L1A-1 – Level One MTTP Class Self-Mastery per 90 min Seminar \$15

MATERIAL FEES

Level One Class Materials (Pro and Self-Mastery)

Required – NVI MP3 Player and manual

- NVI-MP3: NVI Approved MP3 Player & headset \$50

Our manuals are available in two formats – printed or electronic.

Required - Please pick one or both version of the Student Manual

NV2014CSM-PM: Level One - Printed Student Manual and Workbook \$100

and/or

2014CSM-EM: Level One Electronic Manuals (Kindle Versions) \$25

Note: Students who already have a working NVI MP3 Player do not need to purchase another. . Please refer to our Refund Policy in the Enrollment Agreement for more information on our tuition and material fee policies.

CREDENTIAL SUCCESS

To receive the certification and title of “PAUSE Certified Clinical Hypnotherapist” (CCHT), and “PAUSE Counselor” (PC) the student will provide proof of:

- Completion of Log Entries for each Hypnotherapy Session conducted externally to class (10 minimum).
- Completion of Journal Entries for each day of training, and each Self-Hypnosis session.
- Demonstration of the proper use of Clinical Forms.
- Demonstration of therapeutic modalities used to address all five Character Structures.
- Demonstration of therapeutic modalities used to address all nine Enneatypes.
- Demonstration of therapeutic modalities used to address specific issues, such as depression, addictive behavior, pain management, weight management, and more
- Demonstration of the therapeutic uses of NLP to identify, communicate, and address behavioral patterns.
- Demonstration of Skill Mastery in the classroom segments for each major Skill.
- Demonstration of the advanced skills required to conduct an entire interactive Hypnotherapy Session focused on clearing the limiting beliefs of the client’s specific Personality Type, Character Type, or Traumatic experience in support of the client’s stated goal.
- Successful completion of the Written and Practical Final Examination.
- Successful attendance of a minimum of 100 hours of total training, with a minimum of 60 hours of Instructor-led training.

**FOR MORE INFORMATION AND THE LATEST CLASS SCHEDULES,
PLEASE VISIT OUR WEBSITE: P-A-U-S-E.COM**

