



Opening the Gateways to Success

Removing the Obstacles to Manifesting

Presenter: Dr. Donna Hamilton, PhD, MFT

What is stopping you from accomplishing your goals?

Beyond fears, doubts, longing, and striving is our Inner Self. This Inner, Essential Self, once embodied, provides the resources needed to fuel our lives with passion, enthusiasm, and happiness. Our deepest strengths are in our rich **spiritual resources** that we keep trapped under layers of bodily identification.

A rich, productive inner life holds the key to **Self-Confidence, Self-Esteem, and Success**. This five-hour seminar provides simple, yet effective tools to recognize and move beyond the restrictive mental, emotional, and physical patterns that limit joy and impede your ability to manifest.

This class can be taken as a stand-alone course, or as part of our professional training program. Professional Continuing Education Units (CEU) available.

Healing Modalities

Body Energy Analysis, Trauma Resolution Therapy, Neuro-Linguistic Psychology (NLP), Hypnotherapy, EFT, and Integrative Body Workout

Class Outcomes

- **Understanding your Character Strengths and Challenges**
- **Improve Communication and Relationships**
- **Utilizing practical tools and resources designed to transform challenges into strengths**

Tuition

- **\$50 for each 5 hour class, includes printed material and downloads**
- **Material fee: \$100, includes NVI MP3 Player and audios, see next page for list of audios offered for this class**
- ***Payment Plans and discounts on full class available***

Location

**Mack Auditorium @ Renown Medical Center
1155 Mill St., Reno, NV, 89502**



New Vistas International is a State certified school licensed by the Nevada Commission on Postsecondary Education

Sundays

Noon to 5:00

March 2nd

April 6th

May 4th

Jun 1st

Jun 29th

Graduates of New Vistas *Mastering The Therapeutic Process™* will qualify for the Character Analysis Specialization Certification upon graduation from this class. For new students, the class hours and fees will count towards the Level One *Mastering The Therapeutic Process™* class that starts in July, 2014.

Visit us online for more information and to register: <http://P-A-U-S-E.com/Training>

Email any questions to: Registrar@P-a-u-s-e.com

Meet your Instructor: Dr. Donna Hamilton, PhD, MFT, HE, MNLPT

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



Class Materials you will receive:

- Printed and downloadable Power Point handouts for each class
- Printed Manual for full-class students
- MP3's that are specifically created to resource a particular type

Audio Recording Playlist

NVI Album: Character Analysis

- NVI-CA-1-BTB_Intro to Before the Beginning [6min]
- NVI-CA-2-BTB_Before the Beginning-Track 2 [21min]
- NVI-CA-3-UR_Intro to The Ultimate Resource [2min]
- NVI-CA-4-UR_The Ultimate Resource-Track 2 [23min]
- NVI-CA-5-AFG_Intro to The Art of Feeling Good [4min]
- NVI-CA-6-AFG_The Art of Feeling Good Track 2[19min]
- NVI-CA-7-TI_Transforming Identity [19min]
- NVI-CA-8-EOE_The Edge of Excellence
- NVI-CA-9-RR_Releasing Resistance

NVI Album: Sleep Series

- NVI-SS00_Blessed Sleep [60min]
- NVI-SS01_Intro to Muladhara_The Root Chakra [4min]
- NVI-SS02_Muladhara_The-Root-Chakra-Track2 [60min]
- NVI-SS03_Intro to Svadhisthana_The 2nd Chakra-Intro [6min]
- NVI-SS04_Svadhisthana_The 2nd Chakra-Track2 [60min]
- NVI-SS05_Manipura – The 3rd Chakra[60min]

Album: Introduction to PAUSE

- NVI-BAW-T1_Into to the Body-Awareness-Workout [6min]
- NVI-BAW-T2_Body-Awareness-Workout [31min]
- NVI-CB-T1-Intro to Chakra-Balancing [4min]
- NVI-CB-T2-Chakra-Balancing [32min]

*Plus more for each
upcoming class!*

Note

All students planning to attend this class are asked to listen to The Body Awareness Workout recording (Track 2) on a daily basis. This complimentary recording can be downloaded from the PAUSE website, and is included in the NVI MP3 Player.

<http://P-A-U-S-E.com/free>