

# **Reverse Therapy™**

## **Opening up a new world**



### **16 day modular training in Reverse Therapy™** **Starts March 2011 in London**

*Join us on a journey of rapid exploration taking in the newest developments in Bodymind Healing, Psychobiology and Symptom-focused therapy. Find out what the new wave in therapy holds for you with Dr. John Eaton, one of the world's leading innovators in this exciting field.*

*NEW! The Reverse Therapy Training programme has been greatly expanded and now includes up-to-date developments in technique and Reverse processing.*

#### **About Reverse Therapy™**

Reverse Therapy is the radical new Bodymind healing process that offers a brief, symptom-focused approach to the resolution of conditions once treated by traditional psychotherapies: Anxiety, Depression, Anger, Addictions, Trauma and many other conditions which are the province of traditional therapy approaches.

Reverse Therapy has come to nationwide attention in the UK following its success in the treatment of ME, Chronic Fatigue Syndrome and Fibromyalgia. However, it is also applicable to other conditions: Irritable Bowel Syndrome, Skin disorders, Allergies, Sexual Dysfunction, Pain, Gut Disorders, and Post-Traumatic Stress Disorder.

#### **What we offer**

We are now offering a 16-day training in Reverse Therapy to qualified professionals in the caring, healing or therapy professions. Application is based on prior qualifications and interview and successful completion of training and (optional) supervision will lead to Licentiate Status in Reverse Therapy. This, in turn, enables Reverse Therapy Ltd to list the Practitioner on the main website and to refer clients to her.

## About our training style

Dr John Eaton PhD is the Training Director. John has been training and supervising people in clinical practice since 1989, firstly in Ericksonian therapy and, since its foundation in 2002, in Reverse Therapy. He is one of the most experienced trainers in the country and is notable for his openness, clarity and humour, and for his many innovations in therapy and training.

We offer a multiple of teaching channels to foster faster learning and retention of material. The emphasis throughout is on acquiring practical, personal experience of Reverse Therapy in action. We transmit learning through:

- Brief descriptions of concepts and principles (talks last a maximum of 20 minutes)
- Demonstration of techniques
- Structured activities taken in pairs and trios
- Question, feedback and answer
- Group assignments and discussion
- Video-taped recordings of Reverse Therapy in action
- Directed reading using the Course Manual – students are also asked to read John Eaton's book – *'Reverse Therapy for Health'* prior to joining the course
- Activities to promote Bodymind awareness – dance, movement, meditation, and sensate focusing

## Training content

**Module 1** (4 days). Principles of Reverse Therapy. Bodymind intelligence. Introduction to Psychobiology. Working with Cellular Memories. The role of E-motions in guiding health. Communicating with the Internal Messenger. Mindfulness. Active listening. Attention-Directive Questions. Paradoxical Intention. Symptom utilisation and redirection. Sub-hypnotic communication. Ideodynamics. Movement, Awareness and Dance.

**Module 2** (4 days). Review of Module 1. Communicating with Bodymind. Developing personal Bodymind awareness. Eliciting symptom-messages. Evolving symptom messages. Splitting and evocation. The 7 most useful therapeutic styles. The use of analogies. Working with Dissociative cases. Tasking clients. Using Journals. Designing a healthy future. Option-focused questioning. Treating the 'dis-ease' state with Reverse Therapy. The Psychobiology of HPA Disorder. Reversing Anxiety symptoms.

**Module 3** (4 days). Review of Module 2. The Psychobiology of Chronic Fatigue Syndrome and Fibromyalgia. Explaining 'HPA Disorder', Finding patterns and common themes in the case-history. Communicating with the Internal Messenger. Establishing and refining the symptom message. Recovery work. Using Secondary messages. Guiding the client towards full restoration of health. Working with Dissociative cases (advanced). Pattern interrupts and switching techniques.

**Module 4** (4 days). Review of Module 3. The BASIC I model. Metaphor and analogy generation. Reversing symptoms of Depression. Reverse Coaching: The Wellbeing Program. Connecting Headmind and Bodymind through intentional re-alignment. Retraining cellular memories. Reversing Pain and Allergies. Working with emotional problems: Anger, Grief, Guilt, Resentment. Working with Auto-Immune disease – Multiple Sclerosis and others. Integration & testing.

## Course dates 2011

10-13 March 2011 (4 days)

7-10 April 2011 (4 days)

12-15 May 2011 (4 days)  
9-12 June 2011 (4 days)

(All dates inclusive. We reserve the right to re-arrange course dates at one month's notice).

### **Graduation**

Successful participants will receive Associate Status in Reverse Therapy and will be eligible to go on to 1-year supervision. On completion of supervision practitioners will become fully-licensed Reverse Therapy practitioners and will also be eligible to become full members of The Counselling Society.

### **Location**

Central or west London

### **Course Fees**

The course fee is £1795. Licensing Fee – including 1-year Clinical Supervision (Optional): £950. Reverse Therapy UK is a registered training provider. For information on financial assistance to support your learning, please visit [www.direct.gov.uk/adultlearning](http://www.direct.gov.uk/adultlearning) or contact 0800 100 900.

**Applications:** A career CV is required with each application. Personal interviews may be necessary and places limited to ensure quality of training.

Please email or post CV to one of the addresses below. If we decide to proceed with your application we will arrange to interview you.

A deposit of £200.00 is required in order to confirm your place.

### **Contacts**

Web: [www.reverse-therapy.com](http://www.reverse-therapy.com)

Email: [info@reverse-therapy.com](mailto:info@reverse-therapy.com)

Telephone: 01488 608 505 (Answerphone only)

Post: [Reverse Therapy Ltd, The Old Bakery, 4 Church Street, Kintbury, Berks RG17 9TR](#)

