

The Knowledge Tree

1640 Powers Ferry Road, Building 9, Suite 250, Marietta, Georgia 30067, 404-913-2005, www.TheKnowledgeTree.org

Integrating HeartMath® Science and Skills into Your Practice & Life: The Resilience Advantage™ Program - 6 CEs

When & Where:

- **Date:** Friday, September 8, 2023
 - If you cannot attend this workshop on 9/8, you can pre-register for the on-demand version here: <https://www.theknowledgetree.org/p/heartmath-science-skills-online/>
- **Time:** 10:30am - 5:30pm *Eastern Time*
- **CE Hours Included:** 6 Core CEs for Psychologists, Counselors, SWs, & MFTs (please see below for details)
- **Location:** Live Interactive Webinar (“Synchronous”) on Zoom
- **Investment:** \$140 before Friday, August 25th at 5:00pm *Eastern Time*, \$160 after
- **Presented by:** Ellen Baker, LPC (see bio below)
- **Workshop Recording:** A recording of this workshop will be available to review for 60 days, and should be available within two weeks of the live presentation. However, participants must attend live to receive the "Synchronous" CE Certificate.
- **Instruction Level:** Intermediate
- **Target Audience:** Psychologists, Counselors, Social Workers, Marriage & Family Therapists, Psychotherapists, Other Mental Health Professionals

Educational Objectives:

In this workshop, you will learn how to:

- Describe the physiology of coherence and optimal functioning, including heart-brain communication, the relationship between emotions and heart rhythms, and how heart rhythms affect physical and mental performance.
- Review and practice HeartMath® techniques, including Heart-Focused Breathing™, Quick Coherence™, Inner-Ease™, Freeze Frame™, and Heart Lock-In™.
- Identify how the clinician can effectively utilize HeartMath® techniques in session to support regulation and performance.
- Demonstrate HeartMath’s biofeedback technology and describe how technology and practice can positively impact health and wellness for the clinician and client.
- Identify types of intuition, including implicit knowledge (vs. implicit bias), energetic sensitivity, and intuition. Develop skills to access practical intuition.
- Analyze relational energetics and the benefits of creating a coherent field environment. Explore research on the heart’s electricity, the heart’s magnetic field, and ways the heart’s magnetic field acts as a carrier wave.
- Identify ways to apply the HeartMath® Institute’s Resilience Advantage™ skills for personal and professional effectiveness.
- Review the energetics of communication and develop coherent communication skills. Discuss the benefits of implementing these skills in the work environment.
- Identify strategies for building resilience capacity. Create a personal action plan for plugging "energy leaks" and maintaining a resilience practice.

Workshop Description:

HeartMath’s® tools and techniques are based on over 25 years of scientific research conducted at the HeartMath® Institute on the psychophysiology of stress, emotions, and the interactions between the heart and brain. In this workshop, we will explore how tuning into the heart’s wisdom creates a profound shift within that may help us approach situations with more emotional balance, compassion, clarity, and personal confidence. Consistently utilizing these techniques can result in increased resilience and self-regulatory capacity for us and our clients. Join us for this opportunity to learn, practice, and implement heart coherence into your practice and life.

Note: This workshop does not provide certification status but will provide information for clinicians interested in becoming a HeartMath® Certified Practitioner or Trauma Sensitive - HeartMath® Certified Practitioner through HeartMath.® Certification is not required to utilize the skills learned in this training.

Presented by: Ellen Baker, LPC, NCC, CCH



Ellen Baker is a Licensed Professional Counselor in Georgia and runs a solo private practice, Counseling with Heart, in the north metro Atlanta area. Ellen received her BA in Psychology from Emory University in 1989 and her MS in Community Counseling from Georgia State University in 1997. She began her career as a counselor working with youth in residential care providing strengths-based, family-focused services. She later transitioned to foster care, working for a private agency as a program supervisor. After several years in this role, she became a state trainer for this same agency providing training, clinical consultation, and program oversight for program employees and providers. Ellen began her private practice in 2013. She enjoys helping clients who are managing symptoms of depression, anxiety, and the impact of trauma. She is also committed to supporting fellow therapists in their personal healing work. Ellen is a Certified Clinical Hypnotherapist, received a Clinical Certification for Stress, Management, and Emotional Management from HeartMath, and is a HeartMath Certified Trainer. She has advanced training in Brainspotting, EMDR, EFT (tapping), and IADC therapy. She also provides coaching, training, and consultation. Ellen values the power of using brain/body approaches and energy psychology to facilitate healing and growth for her clients.

Agenda (Eastern Time):

- 10:00am - 10:30am | Sign-In and Welcome
- 10:30am - 12:00pm | Session
- 12:00pm - 12:10pm | Break
- 12:10pm - 1:40pm | Session
- 1:40pm - 2:20pm | Lunch Break
- 2:20pm - 3:50pm | Session
- 3:50pm - 4:00pm | Break
- 4:00pm - 5:30pm | Session
- 5:30pm | Continuing Education Certificates Available

6 Core CE Clock Hours Included - Details by License Type Below:

- **PSYCHOLOGISTS:** The Knowledge Tree (TKT) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. TKT maintains responsibility for this program and its content. For more detailed information on the current CE ruling in Georgia, or if you are licensed in another state or country, please [click here](#).
- **COUNSELORS:** The Knowledge Tree has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP), ACEP No. 7153. Programs that do not qualify for NBCC credit are clearly identified. The Knowledge Tree is solely responsible for all aspects of the programs. Please [click here](#) for more detailed information.
 - Counselors Licensed in Canada: TKT has applied for approval for this workshop through the Canadian Counseling and Psychotherapy Association (CCPA).
- **SOCIAL WORKERS:** TKT has applied for approval for this workshop through the Georgia Society for Clinical Social Work (GSCSW). If you are licensed in another state or country, please [click here](#) for more detailed information.
- **MARRIAGE & FAMILY THERAPISTS:** TKT has applied for approval for this workshop through the Georgia Association for Marriage & Family Therapy (GAMFT). If you are licensed in another state or country, please [click here](#) for more detailed information.

Registration: To register for individual workshops, you may use our online payment option, or to pay by check you may print and complete the Registration Form and mail or fax it to our office. The registration form is available on our website: www.theknowledgetree.org

Multiple Workshop Special: There is a 10% Discount with registration for two workshops. There is a 15% Discount with registrations for three or four workshops. There is a 20% Discount with registration for five or more workshops.

Refund Policy: Refunds will be given for cancellations received at least **five days** prior to the workshop.

Attendance Policy: 100% attendance is required at any CE program in order to receive credit for that CE program. No partial credit is given.

We are an approved vendor for the U.S. Department of Veterans Affairs for easy reimbursement of educational expenses for VA employees.

For more information about our workshops, please contact us at 404-913-2005 or email us at workshops@theknowledgetree.org