



The Ultimate Holistic Psychotherapy Training & Certification Program

FAQs

- Q.** Can I call myself a “Certified Holistic Psychotherapist?”
- A.** YES! However, you must complete both Level 1 and Level 2.
- Q.** Will I be able to implement my knowledge immediately?
- A.** YES! In addition to what you learn, you will receive ready-to-use forms as well as implementation strategies. I always recommend starting neuro-nutrient assessment and good mood foods to initially balance the brain.
- Q.** How will my new certification benefit my practice?
- A.** You can create a lucrative niche for yourself and use the modalities you like best. You will become a specialist in an exciting new practice that very few others can claim. In level two, I teach you how to market your holistic practice to increase your income.
- Q.** I love therapeutic yoga and see you are also a yoga therapist. Why isn't this part of your Holistic Psychotherapy Training Certification?
- A.** I also love yoga and how it can heal the body and mind. However, I chose to focus on the 5 main holistic psychotherapy techniques in this training. I also offer a therapeutic yoga training retreat for mental health professionals!

Ami Grace Quinn, LCSW

As your teacher, Holistic Psychotherapist Trainer and Neuro-Nutrient specialist, I have over fifteen years of clinical experience and training in hypnotherapy, energy psychology/meridian tapping, neuro-nutrient therapy, guided meditation, yoga therapy, and holistic health.

My passion for holistic healing began when I was in a healing crisis fifteen years ago and was prescribed medication. I had the deep desire to find alternatives to medication to heal my brain and body (despite what “conventional” medicine practitioners were telling me and my traditional education. Over a decade later, it is my pleasure and my passion to share this knowledge to help practitioners reach more people and help them break through stubborn mental health issues with holistic techniques and tools.

By developing this in-demand holistic psychotherapy niche, clinicians can expand their practice, increase their income, and use my signature system which promotes rapid healing and empowers clients to heal holistically.

My Mission is Simply to Help More People



The Grace Institute of Holistic Psychotherapy & Wellness

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Holistic Psychotherapist/ National Trainer on Holistic Techniques for Mental Health Professionals



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Many mental health professionals struggle with this familiar dilemma:

Why are my clients still suffering from depression or anxiety when they have been in long-term therapy and on antidepressants? What is the missing link here? What can I do to help them break through?

This cutting-edge training is like no other Holistic Psychotherapy training available.

It provides the missing link to true holistic healing as it pertains to mental health. It will provide the powerful break-through your clients have been looking for but have not yet found.

Now, you can be trained AND certified in this high-demand modality that clients seeking NATURAL ALTERNATIVES NEED and go to great lengths to find qualified practitioners..

Now you can expand your practice with a new modality: Individual and group Holistic Psychotherapy, prevention and wellness programs, and neuro-nutrient therapy consultations as part of your specialization in mental health wellness.

Why This Holistic Psychotherapy Training Program?

This program is the only holistic psychotherapy program offered in the nation which is rooted in solid, practical symptom reduction modalities which are evidence-based and start with balancing brain chemistry **FIRST!**

The holistic approach incorporates the use of neuro-nutrients, vitamins, and probiotics and foods which promote optimal mental health.

Attention is given to elimination of toxins and inflammatory agents, stress-reduction, release of emotional blocks through energy psychology, transformational healing, and the power of positive visualization techniques.

Why Become Certified?

As a certified Holistic Psychotherapist, you will be given my **signature system** complete with assessment tools, holistic treatment plans, neuro-nutrient schedules, energy psychology scripts (you can use with common mental health disorders), and a guide outlining the **transformational healing method!**

Program Features: Two Levels of Training:

Level 1: 16 Contact Hours
San Luis Obispo CA. February 5-8, 2018

You will learn:

- Causes of neurotransmitter deficiencies
- Apply an innovative assessment tool and holistic neuro-nutrient treatment plan
- How to use natural neuro-nutrients, vitamins and fatty acids to decrease anxiety and depression
- The role stress plays in the mind-body connection and mental health disorders
- The basics of energy psychology principals and meridian tapping
- The Transformational healing technique

Level 2: Advanced Certification Course
14 Contact Hours
Online Live Course Spring 2018

You will:

- Assess the 4 major neurotransmitter deficiencies
- Learn about the causes of inflammation and environmental toxicity which cause depression
- Discuss the gut-brain connection
- Learn scripts for meridian tapping for common mental health disorders, time for clinical practice
- Demonstrate competency using 4 holistic strategies; neuro-nutrient therapy, energy psychology, transformational healing method
- Discuss two holistic treatment strategies in an actual case for presentation
- Discuss case reviews with trainer during group training and receive one-on-one guidance and certification once 30 contact hours and case reviews completed

