

# Personal *Transformation* Intensive™



[PTI]

A unique, life-altering approach to optimizing inner peace, happiness, health, relationships, professional success and abundance.

# What's Holding You Back from the Life of Your Dreams?



Do you have a desire for greater joy, health, prosperity, relationships or emotional well-being? Have you read the self-help books, listened to motivational speakers or even spent hours, weeks or years in traditional counseling? Have you found that, even with all your best efforts and intentions, you've settled for less than you feel you deserve and certainly less than you truly want out of life?

What if there was a way to address, heal and overcome your blocks to fulfillment? What if you could achieve results that last a lifetime? What would life look and feel like if you lived at your full potential?

The reality is that much of who you are is shaped in the formative years of your life. **Personal Transformation Intensive™ (PTI)** is a pioneering program that allows you to access early-life experiences that have resulted in negative, unconscious conclusions. Then, you can become aware of how these conclusions have held you back.

**As you release and heal these limiting, often lifelong and self-sabotaging beliefs and behaviors, you become free to create the life you were meant to live.**

## What is PTI?

Personal Transformation Intensive is a process for clearing anything that stands between you, your goals and highly joyful living.

Far beyond typical self-help programs or personal development workshops, PTI is a unique, life-altering approach to optimizing inner peace, happiness, health, relationships, professional success and abundance.

The PTI program addresses sustainable wellness from a comprehensive mind-body-spirit perspective. PTI uses proven, holistic healing methods for profound enlightenment and personal growth.

Personal Transformation Intensive modalities include **Heart-Centered Hypnotherapy®**, **Psychodrama**, **Breathwork** and the **Mastermind** process.



## What Are the Benefits?

Our PTI workshop is a series of weekend retreats designed to bring together an intimate group of people who are committed to their emotional and spiritual growth.

As you begin to feel safe in a loving, accepting wellness community of like-minded people, you'll find you can express your authentic self without fear of judgment. This type of supportive, dynamic environment allows for a higher level of healing unmatched by one-on-one counseling and therapies.

### PTI equips you with the skills to:

- Clear unconscious thoughts that inhibit happiness
- Recognize and heal unhealthy relationship patterns
- Overcome addictive thoughts and behaviors
- Improve emotional and physical well-being
- Identify the highest purpose of your soul and life
- Achieve greater professional success
- Increase abundance and financial prosperity
- Deepen the awareness of your spiritual life

## Is PTI Right for Me?

Personal Transformation Intensive may be right for you if you're seeking a more satisfying and enriched life filled with meaning, possibilities, unconditional love and enduring, high-quality relationships.

# Release Fear, Hurt, Guilt, Shame Anxiety, Grief and Resentment



Heart-Centered Hypnotherapy® is central to the PTI letting go process.

“Heart-Centered Hypnotherapy completely changed my life. It was what I had been searching for, both as a client and as a psychotherapist, without fully realizing how much had been missing.”

– Lou-Ann Lauborough, LICSW, CSW-G, ACHt

“Heart-Centered Hypnotherapy allowed my mind, body and soul to discover and heal the places that were hurting in my life. I found it to be a comfortable, safe and highly effective method of treatment.”

– Tracy Kenela, LMHC, CRC, CEDS, ACHt

“Heart-Centered Hypnotherapy has saved the lives of so many souls. They were able to release the toxic emotions that affected their bodies. They were able to reclaim their healthy power and attract healthy relationships. The creation of a safe place, the incorporation of an anchor and the encounter with their inner child create a new dimension in their lives... I thank God, my teachers and my Mentors group for this process.”

– Maria Catalina Quesada, Ph.D.

## Your Personal Transformation Intensive Leaders



**Koren Bierfeldt**

Westlake, OH

- Licensed Professional Clinical Counselor
- Licensed PTI Leader
- Advanced Heart-Centered Hypnotherapist
- Reiki Level 2 Practitioner
- Ordained Minister
- Spiritual Counseling Certified
- M.Ed. in Counseling
- B.A. in Psychology

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**Ivan Lambert**

Pittsburgh, PA

- Licensed Professional Counselor
- Licensed PTI Leader
- Advanced Heart-Centered Hypnotherapist
- Certified Trainer of coreSomatics®
- Ordained Minister
- M.A. in Counseling Psychology
- B.A. in Human Relations & Biblical Studies
- Founder: The Counseling & Wellness Center

[www.thecounselingandwellnesscenter.com](http://www.thecounselingandwellnesscenter.com)

## PTI Weekend Program Details

The Personal Transformation Intensive program consists of five weekend retreats. The same group meets one weekend per month for five consecutive months. Since the healing process is progressive, attending all five workshops is required.

**2017 Program Dates** [subject to change]

July 21-23  
August 18-20  
September 22-24  
October 20-22  
December 1-3

### Workshop Times

[approximate]

Fridays 6 pm-9 pm  
Saturdays 9 am-6 pm  
Sundays 9 am-4 pm



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### LOCATION

**River's Edge, Cleveland, OH** | 3430 Rocky River Drive — A spiritual oasis and place for reflection and action, offering a serene atmosphere in a beautifully maintained, historic property on 40 acres: [www.riversedgecleveland.com](http://www.riversedgecleveland.com).

### ACCOMMODATIONS

- Local participants can return home at the end of each day.
- Out-of-town PTI attendees are responsible for their overnight accommodations. We're happy to recommend nearby hotels.

### COMMITMENT

- Every workshop weekend, you'll receive approximately 20 hours of experiential learning and personalized instruction in a group setting, totaling nearly 100 hours of one-of-a-kind healing in a five-month period.
- The PTI investment includes your workbook, use of workshop equipment, and supplies, snacks and beverages. River's Edge offers a great lunch buffet for just \$9. Participants are also welcome to bring their own meals.
- When you agree to join a PTI workshop series, you are making a financial commitment to all five weekends. There are no refunds should a participant later choose not to attend all five workshops.
- You may pay for each weekend as it occurs or pay for all five weekends in advance. For upfront payment of the total series, we offer a 5% discount. **The cost per weekend is \$500.** We accept cash, checks, Visa or MasterCard. Six months of interest-free financing is available with PayPal Credit.

Sometimes we hold on to things that no longer serve us – or that never did. Ideas, beliefs, expectations... even people. PTI allows you to uncover and heal what stands between you, your goals and highly joyful living.

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