

## Holographic Reprocessing Provider Training 6 hours of Continuing Education (CE)

### 1. COURSE DESCRIPTION

Holographic Reprocessing provider training delves into the 5 types of experiential holograms, with various associated cognitive strategies and tailored imagery reprocessing techniques. It is a live virtual course designed to teach specialized knowledge and skills to effectively treat 1) survivors of sexual trauma/abuse, 2) being a victim of crime, 3) surviving near-death experiences, 4) moral injuries, and 5) traumatic grief. Providers will learn the content and process of identifying patterns, shifting perceptions, and delivering imagery reprocessing. The class will offer 6 continuing education (CE) credits delivered in two 3-hour segments over the course of two days. It will include PowerPoint didactics, interactive exercises, video clips, case examples, and live skill practice.

This is intended for psychotherapists including: psychologists, social workers, counselors, and psychiatrists with an intermediate level of knowledge on the topic of treating trauma. Recommended reading for participants prior to the workshop Holographic Reprocessing for healing trauma abuse and maltreatment (Katz, 2024).

This course offers 6 CE credits. No partial credit will be given.

#### **Instructor Bio:**

Lori S Katz, Ph.D., is a clinical psychologist and developer of Warrior Renew and Holographic reprocessing treatments for trauma. She completed her bachelor's degree at the University of California, Berkeley, and double major doctoral degree at the University of Massachusetts. She completed her internship and subsequent 30+ year career at the Department of Veterans Affairs health care system. She was awarded the Sarah Haley award for Clinical Excellence by the International Society of Traumatic Stress Studies (ISTSS) for her contributions to the field of psychology. She is a dynamic speaker, researcher, and clinician who is passionate about advancing trauma treatment and empowering clinicians to treat survivors.

#### **Policies**

**Refund/Cancellation Policy.** During the 4 days after purchase a full refund will be provided. After that, a \$100 service charge will be applied for all cancellation requested after 4 days of purchase. Full refunds will not be made after 4 days.

**Grievances.** All grievances must be sent in writing to [WarriorRenew@yahoo.com](mailto:WarriorRenew@yahoo.com) and will be replied within 8-10 business days.

**ADA assistance.** This workshop will be held over a virtual platform such as Zoom or GoTo. To request special accommodations please contact us at [WarriorRenew@yahoo.com](mailto:WarriorRenew@yahoo.com).

**CE-Classes.com is the provider of CE.** Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.

*“Licensed Professionals should contact their regulatory board to determine course approval.”*

**Conflict of Interest.** Dr. Katz is the author of Warrior Renew and Holographic Reprocessing books and receives royalties from book sales. There is no commercial support for this CE program and she has no other conflict of interest.

See Ce-Classes.com links for professional approvals

## 2. LEARNING OBJECTIVES

At the conclusion of this course, the participant should be able to:

1. Describe the rationale and cognitive-experiential and attachment theoretical underpinnings of Holographic Reprocessing
2. Describe the difference between experiential holograms and trauma triggers
3. Identify the 5 types of experiential holograms and their components
4. Identify 4 emotion regulation skills to calm and reset the nervous system
5. Summarize at least 4 strategies for cognitive shifts
6. Explain how to implement the imagery reprocessing procedure

## 3. COURSE OUTLINE

Time	Topic/Title of Content
<b>DAY ONE</b> <b>10:00 am – 1:30 pm PST</b>	
10:00 am – 10:15 am	Introductions and overview of the training, schedule, and handouts, Emotion regulation skills practice 1 (breathing)

10:10 am – 11:00 am	Rationale and theoretical underpinnings of the course <ul style="list-style-type: none"> <li>• Cognitive experiential theory</li> <li>• Attachment theory</li> <li>• Overview of Holographic reprocessing</li> </ul>
11:00 am – 11:30 am	5 Types of Experiential Holograms & Assessment strategies for identifying themes
11:30- 12:00 pm	30 min Break
12:00 -12:10 pm	Emotion regulations skills practice 2 (grounding techniques)
12:10- 1:20	5 types of Experiential Holograms
1:20- 1:30 pm	Preparation for Day 2 Q & A
<b>DAY TWO</b> <b>10:00 am – 1:30 pm PST</b>	
10:00 am – 10:10 am	Overview of the day Emotion regulation skills practice 3 (calming hand poses)
10:10 am – 10:40 am	Review Pot on the Stove template experiential practice
10:40 am – 11:30 am	Cognitive shifts
11:30- 12:00 pm	BREAK
12:00 -1:00 pm	Imagery reprocessing skills

1:00- 1:15	Imagery reprocessing experiential practice
1:15- 1:30 pm	Debrief and focus forward, Q & A