

# PSYCH-ENERGETICS™

## PRACTITIONER TRAINING COURSE

### Advanced Therapy

Psych-energetics™ is a holistic transformational natural therapy based in kinesiology and energy psychology that combines western techniques and eastern wisdom to promote physical, mental, emotional, and spiritual wellbeing.



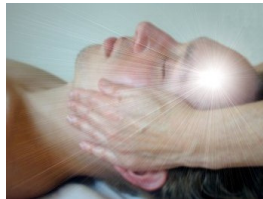
### Career Advantages

- You will have in your 'tool box' a vast array of assessment procedures, healing methods in order to facilitate powerful change with your clients, friends and family.
- Learn new skills and knowledge that allows you to expand your current business
- Gain the ability to assess and treat people who are unable to be muscle tested i.e. children under five, the elderly and quadriplegics
- Learn assessment methods that adds a new dimension to your current diagnostic systems

### Assist Your Clients to:

- Transform behaviours and attitudes
- Enhance relationships and self image
- Improve self awareness and personal empowerment
- Discover vocational talents and career satisfaction

- Gain mental clarity and emotional balance
- Release stress, anxiety and depression
- Clear fears, phobias and trauma
- Create freedom from addictions and habits
- Improve sleep patterns and deep relaxation
- Increase stamina and vitality
- Enhance health and wellbeing
- Discover and clear the causes of sabotage patterns that undermine success
- Apply effective techniques for dealing with emotions and stress that affect your health and life
- Heal the past and recreate the future



### Assessment and Treatment

Finding the contributing factors for Life's challenges requires knowledge and expertise. Psych-energetics™ utilises Muscle Response Testing (MRT) a kinesiology technique to assess possible contributing factors that may be inhibiting change.

In Psych-energetics MRT is applied as a bio-feedback mechanism via the muscles, nervous system, energy anatomy and subconscious to establish what may be blocking the client from reaching their goal.

#### Assessment Methods Include:

- The Psychology of several aspects of energy anatomy
- Neurological Integration
- Mental and emotional aspects
- Archetypes
- Past, present or future stress

MRT is then applied to select the corrective techniques that encourage optimum change and greater health and wellbeing on all levels.

#### Treatment Methods Include:

- Energetics healing techniques
- Meridian and chakra therapy
- Aura balancing
- Neurological repatterning
- Acupressure
- Guided imagery
- Light, colour and sound therapy



**Lyn Treloar** is the founder and director of Integral Health Services the umbrella enterprise of Kinesiology Health Sciences and Allergetics.

For eighteen years Lyn has studied and taught with masters in Kinesiology, practical spirituality and metaphysics and applies these principles which underpin her healing philosophy. It is from this platform and her vast experience that Lyn developed Psych-energetics™.

Lyn holds professional membership with both the Australian Kinesiology Association and the Australian Traditional Medicine Society.

#### To enrol simply go to:

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