



EmotionalHealth INSTITUTE

Resolving Difficulties and Tensions, One Emotion at a Time

Curriculum, Continuing Education and Support

EHI - Curriculum, Continuing Education and Support

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EHI - Curriculum, Continuing Education and Support

The Emotional Health Institute™, EHI™, is a 501(c)(3) non-profit organization whose aspiration is to create a world community that is thriving emotionally. We do this by removing disruptive emotional tensions and patterns (such as fear, anger, anxiety, phobias, etc.) and the otherwise long-lasting effects of trauma from with individuals, children, and families.

Our focus is to understand how our brain constructs emotional patterns and teach how individuals can resolve them permanently and naturally. We understand that

- A child who is thriving emotionally is a better student, sibling, friend, and inspiration.
- An adult who is thriving emotionally is a better parent, leader, mentor, neighbor.
- An individual who knows how to resolve emotional tensions and dysfunctional patterns is a powerful force for good in their community.

Emotional Health Institute Goals

The main focus of EHI is to teach Emotional Resolution™, EmRes™, and to educate about and around emotional functioning and the resolution of difficult emotional patterns.

Disclaimer

EHI is neither a regulatory nor licensing organization and, therefore, not sanctioned to certify, license, or otherwise bestow the legal authorization to practice as a mental health professional.

The Emotional Health Institute Training Programs

The EHI training program consists of two tracks, one for the EmRes Professional and one for the EmRes Enthusiast.

All classes include live instruction, in-class practice and active discussions.

Prior education, knowledge or understanding of how our mind and emotions work is not required to benefit and prosper from the EHI curriculum. A person needs only the desire to learn how to relieve emotions for themselves, their family, friends and clients.



EmRes Professional

- Professional Certification
- EmRes Applied to the Body
- Learn to Teach Introduction to Self-Emotional Resolution
- Support for EmRes Practitioners



EmRes Enthusiast

- Introduction to Self-Emotional Resolution (Learn Self-EmRes)
- EmRes for Children
- Conversations on Emotional Resolution

EHI Curriculum and Instruction

EmRes Professional Curriculum and Support



EmRes Professional

- Professional Certification
 - Modules 1- 4 (Certification)
 - Continuing Education
 - Open Forum
 - Cultivating the Art of EmRes: "Classic EmRes"

These classes and webinars offer education and support for students/practitioners on the Certified Professional track. It includes

- **Professional Certification**
Training over modules 1-4 leads to certification in EmRes.
Webinars are scheduled many times per year.
- **Continuing Education**
Webinars to maintain Professional Certification. Live attendance at two of the four CE webinars each year, plus the annual fee paid to EHI, is required to maintain certification.
- **Open Forum**
A practitioner-directed question and discussion webinar is offered free of charge quarterly.
- **Cultivating the Art of EmRes - Classic EmRes**
An EmRes practice webinar offered once per month provides a space for EmRes students to practice their skills. Practice only, no teaching. Classic refers to techniques and practices taught in Modules 1-4.

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Professional Certification for Emotional Resolution®

EmRes Professional, EmRes Pro, consists of four modules leading to certification and becoming a Certified Emotional Resolution Professional. These core classes provide the knowledge and experience required to guide clients through resolving disruptive emotional patterns using their interoception (sensing physical sensations) and viscerosomatic quieting. Students learn how the EmRes modality follows modern neuroscience and expands on emotions that are made, triggered and resolved.

Module 1 - Learn to do sessions with clients

3-day group class

Requirement: none

Class Fee: see the class listings

The first module in the professional track lays down a solid foundation for Emotional Resolution. This module consists of some theory about emotional functioning based on the latest scientific understanding, followed by several exercises and actual sessions between participants.

Students will be able to guide their first sessions after this module.

A part of this class is dedicated to self-care.

Module 2 - Remedies for client session challenges

3-hour group class

Requirement: 10 practice sessions with a client

Class Fee: see the class listing

The second module in the professional track is dedicated to understanding the difficulties encountered by the practitioner and coaching. After the practicing skills learned in Module 1, students will review their challenging cases, gaining understanding and confidence for their EmRes practice.

At this point, students are familiar with the ease and benefits of the Emotional Resolution modality that they are inspired to integrate EmRes in every part of their life.

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Module 3 - Shifting our emotional paradigm: From Technician to Master Craftsman

2-day group class

Requirement: 30 emotional resolutions on other people (with client notes for each session)

Class Fee: see the class listing

The third module in the professional track helps the student develop and master the process of assisting other people to resolve their difficult emotional patterns. This module is packed with case studies based on the students' actual client-session experiences.

Broadening their expertise, students learn how to identify hidden fears in themselves and how to guide clients to approach these same fears in order to resolve them.

Several new techniques learned and practices will dovetail with existing skills and offer further support to clients.

The EmRes Practitioner's understanding of Emotional Resolution® and emotional dynamics will highly improve after this module!

Module 4 - Certification

Two hour 1-on-1 with their instructor

Requirement: Record and re-transcribe one session with a client plus your comments/self-critic. A total of 50 sessions are required before attending the Certification module.

Class Fee: see the class listing

Through this personalized coaching session, students deepen their understanding of Emotional Resolution (EmRes). Students are encouraged to bring all questions or concerns to the class for answers and explanations. The goal is to explore and strengthen any weaker areas in their practice of Emotional Resolution, giving them the best step forward as a Certified EmRes Professional.

New concepts are taught during Certification Module (Module 4).

Certificates - Course Completion Certificates will be awarded at the end of the course in exchange for a completed evaluation form.

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Continuing Education for EmRes Professionals

2-hour group class

Requirement: Certification

Scheduled: one every quarter

Class Fee: annual membership fee

To maintain our high standards of EmRes practice, Continuing Education, CE, webinars keep practitioners abreast of newly developed techniques and improvements to existing ones.

To maintain their certification, EmRes Professionals MUST

- attend TWO LIVE webinars each year AND
- pay an annual fee by December 1st for the current year.

We encourage practitioners to attend all four study group sessions. All CE webinars are recorded, in case it is not possible to attend them all live. But TWO LIVE classes/year are required.

Open Forum for All EmRes Practitioners

1.5-hour group class

Requirement: Mod 3

Scheduled: one every quarter

Class Fee: free

After completing Module-3, practitioners are urged to attend our Open Forum. This webinar is an open-question and answer round-table about anything EmRes, from emotion theory to issues in client-sessions.

For priority consideration, questions can be emailed before the webinar.

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Cultivating the Art of EmRes - Classic EmRes

2-hour group workshop

Requirement: Mod 1

Scheduled: every month

Class Fee: free

The Practice Groups help bridge the gap between classroom learning and the real-life application of EmRes on clients. And for those already certified, their EmRes practice will continue to evolve through the support, knowledge and experience of our network of EHI members. Participants will have the opportunity to give, receive, or be active/engaged observers to enrich their EmRes experience.

The Classic EmRes Practice group will focus on skills learned in Mods 1-4 and CE webinars. They are offered once per month free of charge.

These classes are for practice only and are not a replacement for CE webinars.

Emotional Resolution Applied to the Body



EmRes Applied to the Body

EmRes Applied to the Body

EmRes Body Supervision

Cultivating the Art of EmRes: EmRes Body

Emotional Resolution works on behaviors and relieves the emotional portion of disease. EmRes Applied to the Body addresses these issues with specialized and finely tuned techniques. It includes

- **Emotional Resolution Applied to the Body**
Advanced EmRes techniques to resolve hidden and suppressed emotions
- **EmRes Body Supervision**
Stay fresh and refine EmRes Body skills with this webinar.
- **Cultivating the Art of EmRes - EmRes Body**
An EmRes practice webinar offered once per month provides a space for EmRes Body students to practice their skills. Practice only, no teaching.

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Emotional Resolution Applied to the Body Class

2-day group class, followed by a 1-day group class

Requirement: Mod 3

Scheduled: several times per year

Class Fee: see the class listing

EmRes Applied to the Body, EmRes Body, teaches advanced techniques for addictions, behaviors, and somatic and idiopathic disease.

The body naturally knows how to recover, heal and stay strong when not constantly attacked by emotional tension and stress. In EmRes Body, students learn how to find and resolve the hidden emotional difficulties and memories weakening the body.

Hidden fears and body memories impact our lives through behaviors, moods, beliefs, relationships, etc. For example

- Addictions: food, drugs, alcohol, sex, work, meditation, going to the gym, etc.
- OCD: very common behaviors in our lives—checking and rechecking things, OCD, stuttering, cleans things very thoroughly, count everything, smell everything, Tourettes, ticks, washing hands repeatedly, checking pockets for keys repeatedly, fingernail chewing, cutting, etc
- Unconscious Behaviors: procrastination, disassociation (ranging from "tuning out" to falling asleep/narcolepsy)

Once relieved of these subconscious emotional pressures through the techniques of EmRes Body, lives are changed.

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EmRes Body Supervision

1.5-hour group class

Requirement: Complete all three day classes of Emotional Resolution Applied to the Body Class

Scheduled: every quarter

Class Fee: see the class listing

Supervisions refer to "continuing education" for EmRes Applied to the Body. There is no certification to maintain for EmRes Body. But it is beneficial to get the refinement and tuning that Supervisions offer.

EmRes Body Supervisions offer clarification, insights, and new materials to keep your EmRes Body practice fresh and up-to-date.

Cultivating the Art of EmRes - EmRes Body

2-hour group workshop

Requirement: Complete all three-day classes of Emotional Resolution Applied to the Body Class

Scheduled: every month

Class Fee: free

The Practice Groups help bridge the gap between classroom learning and the real-life application of EmRes on clients. And for those already certified, their EmRes Body practice will continue to evolve through the support, knowledge, and experience of our network of EHI members. Participants will have the opportunity to give, receive, or be active/engaged observers to enrich their EmRes experience.

The EmRes Body Practice group will focus on skills learned in Emotional Resolution Applied to the Body class. They are offered once per month free of charge.

These classes are for practice only and are not a replacement for EmRes Body Supervisions.

Learn to Teach Introduction to Emotional Resolution



EmRes Professional

- Learn to Teach *Introduction to Emotional Resolution*

Share your passion for EmRes with the world by teaching participants how emotions work and how to perform EmRes on themselves, Self-EmRes.

Learn to Teach Introduction to Emotional Resolution, Self-EmRes, class

1-day group class

Requirement: EmRes Certification

Scheduled: several times per year

Class Fee: see the class listing

This efficient, precise, and short class explains how and why EmRes works. It is not just about teaching an audience how to Resolve Emotional Difficulties; It also explains why and how EmRes works.

We will develop two major themes:

- How Emotions are made.
- How to update obsolete predictions from the brain. (AKA: How to resolve emotional difficulties: Self-EmRes).

This class will give you an even deeper understanding and mastery of EmRes as a way of life.

Draw students to your classes by listing them on EmotionalHealthInstitute.org

You will be able to teach Self-EmRes, of course, but it also gives you a basis for all public presentations and podcast/news interviews. You will speak with a greater understanding of emotions and Emotional Resolution.

EHI Support for EmRes Practitioners



EmRes Professional

- Support for EmRes Practitioners
 - EmRes Talks
 - Business Development

EmRes Talks

1.5-3 hr webinar

Requirement: Mod 1

Scheduled: several times per year

Class Fee: free

Specialists and Experts from the US and abroad share their insights and understanding into Emotional Resolution in this unique webinar series.

Periodically we invite individuals with a unique perspective or comprehension about how EmRes was developed or how EmRes can be applied. Always fascinating, each webinar begins with a presentation by the speaker, followed by a question and answer period. Topics vary but are always directly related to the practice of EmRes. They are all recorded with links available in the EHI Shared Index.

EHI Business Development

1.5-2 hr webinar

Requirement: Mod 1

Scheduled: once per quarter

Class Fee: free

To support our EmRes Practitioners, EHI provides a webinar platform for practitioners to help each other through shared experiences to avoid reinventing the wheel and thus being more effective in our business practices.

- Support each other through an exchange of unique viewpoints and experiences
- This is not business or legal advice
- Learn and adapt to your preferences/style

EmRes for the Enthusiast Curriculum

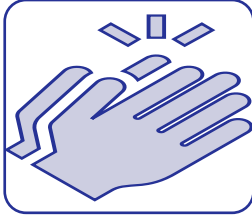


EmRes Enthusiast

- Introduction to Self-Emotional Resolution (Learn Self-EmRes)
- EmRes for Children
- Conversations on Emotional Resolution

These classes are offered to the general public, teens and adults. These classes share Emotional Resolution information and tools that can be immediately applied to everyday life.

Introduction to Self Emotional Resolution



EmRes Enthusiast

- Introduction to Self-Emotional Resolution (Learn Self-EmRes)

Students from 11 to adults learn about emotions and how to resolve them when they are active in the body (during an actual emotion).

1.5 hr webinar

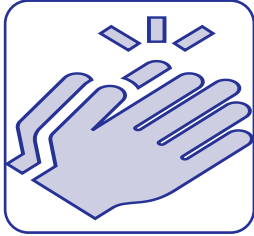
Requirement: none

Scheduled: at least once per month by various teachers

Class Fee: priced by teacher

This class demystifies emotions and teaches how to resolve your own disruptive, painful, or blocking emotions on your own. You will understand how the brain constructs emotional difficulties and how it can permanently release them in just a few seconds. Participants will learn how to use their body's interoception (sensations) during an emotional experience to resolve their emotional tensions and disruptive emotional patterns (stress, anxiety, anger, shame, phobia...).

Emotional Resolution for Children



EmRes Enthusiast

- EmRes for Children
 - EmRes for Children class
 - EmRes for Children Supervision

Parents, teachers, coaches and anyone who works with children ages 4-11 can learn how to help young children as they are struggling emotionally. Applying the technique will calm the child instantly and permanently resolve the unwanted emotion s/he was undergoing.

- **Emotional Resolution for Children class**
Adults learn to resolve emotional patterns and blockages for themselves and the children around them.
- **EmRes Children Supervision**
Stay fresh and refine Emotional Resolution for Children skills with this webinar.

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Emotional Resolution for Children Class

A series of short group classes, a few weeks apart

Requirement: none

Scheduled: several times per year

Class Fee: see the class listing

This training offers a comprehensive understanding of the Emotional Resolution process to empower adults to resolve their stresses and help children who struggle emotionally.

First EmRes for Children Class

First EmRes for Children class

1-day group class

In the first step, we will teach you how to resolve your emotional difficulties as they show up in your life. The goal is to provide you with a clear understanding of how emotions are constructed in the brain and be permanently and naturally released.

We will then teach you how to help young children from 4 to 10 years old when they struggle emotionally. You will learn how to calm a child instantly and help them permanently resolve their difficulties.

Second EmRes for Children class

3-hour group class

The second part is dedicated to reviewing first experiences and exploring any difficulties encountered since the first class.

EmRes Kid Supervision

2-hour group class

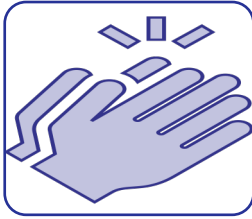
Requirement: Complete both Emotional Resolution for Children class

Scheduled: several times per year

Class Fee: see the class listing

Supervisions refer to "continuing education" for EmRes for Children. There is no certification to maintain for EmRes Kids. But it is beneficial to get the refinement and tuning that Supervisions offer. They are great places to get further information and clarification on EmRes Kids topics.

Conversations on Emotional Resolution



EmRes Enthusiast

- Conversations on Emotional Resolution

1.5 hr webinar

Requirement: none

Scheduled: check class listings

Class Fee: free

This conversation is an invitation to demystify emotions.

The unique situation we are currently living in is unveiling hidden anxiety and fear and exacerbating old ones. Let's use this strange time as an opportunity to understand and own our fears.

Thanks to scientists such as Lisa Barrett Feldman or Joseph LeDoux, we now better understand how the brain constructs recurring emotional difficulties. From this understanding and experiences of thousands of sessions with clients, the Emotional Health Institute guides us to re-train our brain to resolve recurrent emotional challenges.

We call this method Emotional Resolution® or EmRes®.

During this 1.5 hour, together, Sophie Chiche and Cedric Bertelli will discuss how emotions are made, how to resolve disruptive emotional patterns, and shifting our paradigm around emotions.

The session will end with a Q&A.