

# Transform Your Boundaries

with Sarri Gilman, MA, MFT

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## Transform Your Boundaries® Train the Trainers Course

This course meets monthly online for 3 months - 1.5 hours per session. The total course time is 9 hours plus an individual (optional) 30 minutes private session with Sarri.

This is an interactive online class - you will get to see and hear each other. You will be applying this work to yourself and to your clients. When you complete the class, you will be able to use it to work with your clients and offer live workshops. (You will not be able to offer the class online.)

**Pre-reading:** Transform Your Boundaries book

**Pre-requisites:** You work with people and will be helping others develop their boundaries. You are a coach or counselor.

### Course Content:

Session I: How to Recognize and Teach the 7 Patterns; The Sequence for Developing Boundaries

Session II: How to Teach The 4 steps to Saying No; skills for Yes and No

Session III: Working with People who have Extreme Boundary Challenges; Trauma

Session IV: Using the Transform Your Boundaries Workbook and book with clients

Session V: Part II of using TYB workbook with groups; Discussing Culture

Session VI: Mental Health Issues and Boundaries; Recognizing High Risk Situations for Clients; Scaling for teens and families.

There will be homework assigned for each class.

The 30-minute (optional) private consultation with Sarri is included in the course - to be scheduled at some point during the 3-month course.

### Total Cost: \$550.00

A \$50 Deposit is required to reserve your space in the class.

If you pay the balance in full prior to July 30, you will save \$25 (total cost reduced to \$525 for the class).

You can also pay the balance monthly or in two payments of \$250.

**To apply for one of the spots in this class:**

Send Sarri an email: [Sarri@SarriGilman.com](mailto:Sarri@SarriGilman.com) to explain why this interests you and how it applies to the work you do. I would like to be sure this training will support you with your work with people. Please note that you can commit to the class schedule.

The first class begins Sept 7, 2018 from 10:30am - 12:00 Noon PST

Class Schedule: 10:30am-12:00 Noon Pacific Time

9/7/18

9/21/18

9/28/18

10/26/18

11/9/18

11/16/18

11/30/18 \* save in case a date changes.

I look forward to hearing from you.