

Transform Your Boundaries

with Sarri Gilman, MA, MFT

Transform Your Boundaries® Train the Boundary 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, you see boundaries as a struggle for the people you coach or counsel.

Course Content:

Session I: Learn to recognize and teach the 7 patterns; Discuss boundary challenges for each of the 7 patterns; Understand the sequence for developing boundaries.

Session II: Learn how to teach the 4 steps to Saying No; Identify essential skills for recognizing Yes and No. Examine symptoms of interpersonal boundary conflicts.

Session III: Identify strategies for extreme boundary challenges and challengers; Learn how trauma impacts boundaries and how to help clients connect to their boundaries after trauma.

Session IV: Review how to use the Transform Your Boundaries® workbook and book with clients.

Session V: Part II of using the Transform Your Boundaries® workbook with groups; Discuss culture, boundaries and culture, and ways to respectfully invite clients to share their experiences of boundaries.

Session VI: Review the relationship between specific mental health conditions and boundaries; Identify ways to recognize high risk situations for clients, and boundaries; Review human growth and development and Identify ways to teach boundary skills to teens and families.

There will be homework assigned for each class.

The 30-minute private consultation with Sarri is included in the course - to be schedule 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 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 PST-12:00

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

9/7/18

9/21/18

10/26/18

11/9/18

11/16

11/30

I look forward to hearing from you.