

Transform Your Boundaries

with Sarri Gilman, MA, MFT

Transform Your Boundaries® Train the Trainers Course

This course meets for 6 sessions online for 2 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 receive a curriculum to work with your clients and offer live workshops. (You will not be able to offer the class online). You will be able to apply all of the class material to work one-one or in groups to help people strengthen their boundaries.

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.

Continuing education credit is available for LMHC, LCSW, Nurses, and Psychologists: 9 CE's

Course Content:

Session I: Identify the 7 patterns; Discuss boundary challenges for each of the 7 patterns; Explain the sequence for developing boundaries.

Session II: Demonstrate 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: Compare strategies for extreme boundary challenges and challengers; Describe how trauma impacts boundaries and how to help clients connect to their boundaries after trauma.

Session IV: Use the Transform Your Boundaries® workbook and plan ways to use the 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: Describe the relationship between specific mental health conditions and boundaries; Identify ways to recognize high risk situations for clients, and boundaries; Discuss 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 or after the 2-month course.

Objectives:

- A. Explain a sequence for teaching boundary skills to clients for boundary challenges.
- B. Identify the seven patterns every person uses to describe boundary conflicts.
- C. Demonstrate a 4-step method to practice staying No for clients who say they can't say No.
- D. Discuss symptoms of interpersonal boundary conflicts.
- E. Identify extreme boundary challenges and challengers and apply boundary skills to teach clients to use in those situations.
- F. Use the Transform Your Boundaries workbook for teaching boundary skills in a group setting.
- G. Discuss culture and the impact on boundaries.
- H. Discuss the impact of different mental health conditions on boundary awareness.
- I. Describe ways to teach boundary skills in families and with children.
- J. Discuss ways counselors/social workers/nurses/psychologists use boundaries in every interaction.

Total Cost: \$650.00

A \$100 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 \$625 for the class).

Continuing education credit is available for LMHC, LCSW, Nurses, Psychologists: 9 CE's.

Psychologists:

Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for these programs and their content.

Nurses:

As an American Psychological Association (APA) approved provider, CES programs are accepted by the American Nurses Credentialing Center (ANCC). These courses can be utilized by nurses to renew their certification and will be accepted by the ANCC. Every state Board of Nursing accepts ANCC approved programs except California and Iowa, however CES is also an approved Continuing Education provider by the California Board of Registered Nursing (Provider # CEP15567) which is also accepted by the Iowa Board of Nursing.

Licensed Professional Counselors/Licensed Mental Health Counselors:

Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit [CES CE CREDIT](#) to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content.

Social Workers:

Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Social Workers. Please visit [CES CE CREDIT](#) to see all states that are covered for Social Workers. CES maintains responsibility for this program and its content.

If applicable: Social Workers – New York State

Commonwealth Educational Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers. #SW-0444.

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 let me know you will commit to the class schedule.**

Class schedule:

October 10, 2019 4:30pm-6:00pm PST

October 17, 2019 4:30pm-6:00pm PST

October 24, 2019 4:30pm-6:00pm PST

October 31, 2019 4:30pm-6:00 pm PST

November 7, 2019 4:30pm-6:00pm PST

November 14, 2019 4:30pm-6:00pm PST

- Make up date for a missed class November 21, 2019 4:30pm-6:00pm

I look forward to hearing from you.

Training Boundary Trainers with Sarri Gilman, LMFT

Cancellation Policy, Grievance Policy, Accommodations

Cancellation Policy:

If a single class in the series is cancelled, it will be rescheduled and recorded to ensure all students can access the class. If the entire series is cancelled, due to an unforeseen event, death, or emergency, all students are given a full refund of any deposits and class fees paid.

Grievance Policy:

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to: Sarri Gilman, Sarri@sarrigilman.com, 360-221-4321. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.

Accommodations for the Differently Abled:

Sarri Gilman's training facilities are handicap accessible. Individuals needing special accommodations, please contact: Sarri Gilman, Sarri@sarrigilman.com 360-221-4321