

# 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 5 months - 1.5 hours per session – in the final month there are two sessions (Session V and VI). The total course time is 9 hours plus an individual 45 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.

**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: Mental Health Issues and Boundaries; Recognizing High Risk Situations for Clients

Session V: Scaling Boundary Development for Teens; Children & Families; Discussing Culture

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

There will be homework assigned for each class.

The 45-minute private consultation with Sarri is included in the course - to be schedule at some point during the 5-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 Feb 23 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 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.

I will set the schedule for the 5 months in advance. The first class begins February 23, 2018 from 9am-10:30am PST and the course will end sometime in June.

I look forward to hearing from you.