

# Advanced Healing Academy

*Live your life to the fullest, find joy & peace through this powerful workshop series that includes intensive group processes, meditation & hypnotherapy in a restorative retreat setting*

Do you feel burdened by stress, sadness, or anger in your life and relationships? Could your life be more fulfilling? Do you wonder about your true purpose in life? Are you ready to take the next step in your healing journey and do your deeper work?



We all have mental, emotional, and physical blocks that prevent us from knowing the truth about who we are and interfere with our ability to experience joy, love, and other positive emotions. Many of these are a result of our past, codependence, and messages we received from others.

**The Advanced Healing Academy (AHA)** is a powerful personal growth program for people committed to unburdening themselves, discovering their authentic selves, creating healthy community, and living life to the fullest. AHA helps you wake up from old patterns and beliefs, step into deep healing, and begin reclaiming your authentic self.

## Program Structure

AHA is a seven-month program that meets one weekend each month from Friday afternoon to Sunday afternoon at [Frog Creek Lodge](#) near Gig Harbor, WA. (See next page for dates.)

Each weekend follows a progressive set of healing topics, including: reducing codependency, healing addictions, healthy sexuality, shadow work, improving the mind-body connection, spirituality, abundance, and healthy relationships.

AHA is an intensive retreat series that helps you move beyond your unconscious, self-imposed limitations. It utilizes powerful group processes to facilitate healing, foster a greater sense of fulfillment, and improve relationships. These include:

- **Guided meditation:** a daily practice that prepares and grounds you.
- **Hypnotherapy:** a combination of traditional hypnosis, Gestalt, cognitive behavioral therapy, and energy work.
- **Energetic Psychodrama:** a therapeutic group process that incorporates trance and energy work to re-enact and heal events in a safe but powerful setting.
- **Feldenkrais™:** a body-based learning method that helps you relax your nervous system, reduce discomfort, enhance your ability to move, and recover from injuries.
- **Breathwork:** integrates your emotional, physical and spiritual healing.
- 



To register, please call 425-281-1829 or email [tom@tigermtcounseling.com](mailto:tom@tigermtcounseling.com)

## AHA Benefits

The AHA curriculum is based on a broad range of proven therapeutic processes that have provided a life-changing experience for thousands over the last 25 years. Benefits can include:

- A radical increase in self-awareness, acceptance & understanding.
- Lasting inner peace and joy.
- Improved mental, emotional & physical health.
- Increased energy & passion for life.
- The ability to know, live from & love your authentic self.
- Release of self-defeating beliefs & patterns.
- Improved relationships & connection.
- A community committed to advanced healing work and meaningful relationships.
- A deeper spiritual connection.
- Discovering your life's work.
- The ability to attract an abundance of what you want – money, connection, time, etc.
- Healing your relationship with your body.

## AHA Costs

The AHA provides more than 175 hours of intensive group processes over 7 weekends. AHA fees are a fraction of the equivalent time in 1:1 therapy – and our powerful group work will dramatically accelerate your progress!

Tuition: \$4,000; insurance can cover up to 75% of these costs. Please contact us for an estimate.

Room and Board: \$375-\$425 per weekend. This includes lodging at Frog Creek retreat center and fresh gourmet organic meals. Exact amount to be confirmed based on group size.

## Program Dates:

Sept 11-13 (Optional Let Go Workshop)

October 30-Nov 1, 2026

Dec 11-13, 2026

Jan 8-10, 2027

Feb 5-7, 2027

March 12-14, 2027

April 16-18, 2027

May 14-16, 2027

*Note: if you commit to the program, you will be expected to attend all sessions.*

## Group Leaders

This AHA will be facilitated by two highly trained Heart-Centered Hypnotherapists – Jenny Frank-Doggett and Tom Doggett, as well as exceptional assistants. Our role is to help create and maintain the safety of the group and guide you through the healing process.



**Jenny Frank-Doggett** is a Licensed Mental Health Counselor and a Certified Advanced Clinical Hypnotherapist. She has been a student and teacher of psychology, yoga, and other esoteric and transpersonal practices for over 25 years and teaching intensive groups since 2013. Jenny holds a Master's degree in Counseling Psychology, and is a certified practitioner in the Feldenkrais Method®.

**Tom Doggett** is a certified and experienced Group Intensive Leader, Licensed Mental Health Counselor, Coach and Hypnotherapist whose goal is to help others wake up to their potential and find their true purpose in life. Tom began his healing journey as an Intensive Group participant in 2013 – an experience that fundamentally changed his life and ignited his passion for helping others through counseling and group work.

To register, please call 425-281-1829 or email [tom@tigermtcounseling.com](mailto:tom@tigermtcounseling.com)