

Let Go of What Has You

Join us for an experiential weekend of discovery, renewal & transformation. Learn how you can break free from the past and experience the freedom that belongs to you by letting go.

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?

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.

The “Let Go of What Has You” workshop is designed to help you see and experience your life in a new way by releasing these blocks.



In the workshop, you will learn about the “Victim Triangle,” a common relationship dynamic which creates unnecessary drama, anger, and resentment.

We then explore a number of tools for creating healthy boundaries and relationships.

Workshop Structure

Letting go is a 2 ½ day workshop held at the Tiger Mountain Counseling Office on:

Fri, June 12: 6pm – 9:30 pm

Sat, June 13: 9am – 5pm

Sun, June 14: 9am – 5pm

Workshop Cost:

\$350 per person or bring a friend \$300 each.

This workshop is a proven approach designed to provide both information and experiences that help you heal old wounds, release old resentments, and form new friendships.

The weekend also can serve as an introduction to our Personal Transformation Intensive (PTI) Program. PTI is a program for those serious about moving forward in their lives and wanting to remove any obstacles to reaching their potential through a series of weekend retreats. It is a powerful personal growth program that utilizes group process to facilitate healing, foster a greater sense of fulfillment, and improve relationships.

To register, click [here](#) or call 425-281-1829

Let Go of What Has You

Group Leaders

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



Jenny Frank-Doggett is a Licensed Mental Health Counselor and a Certified Advanced Clinical Hypnotherapist. Jenny has been an individual and family psychotherapist since 1995. She holds a Master's Degree in Counseling Psychology and is currently obtaining a practitioner certification in the Feldenkrais Method.

Tom Doggett is a licensed Hypnotherapist and Certified Transpersonal Life Coach whose goal is to help others find their true purpose in life. He began his healing journey as a PTI participant – an experience which fundamentally changed his life and ignited his passion for helping others. Tom is currently in the process of completing a Masters in Clinical Mental Health.

To register, click [here](#) or call 425-281-1829