

# Personal Transformation Intensive

*Live your life to the fullest, find joy & peace through this powerful, proven personal healing workshop series leveraging group process & 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?



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 and messages we received from others.

**The Personal Transformation Intensive (PTI)** is a powerful personal growth program for anyone seeking to unburden themselves, discover their authentic self, and live life to the fullest. Personal transformation means getting down below the surface of the roles that we play in life and reclaiming our authentic, deeper self.

PTI is an opportunity to explore these deeper levels and move beyond our unconscious, self-imposed limitations. It is a powerful personal growth program that utilizes group process to facilitate healing, foster a greater sense of fulfillment, and improve relationships.

## Program Structure

PTI is a five-month program that meets one weekend each month from Friday afternoon to Sunday afternoon at the [Frog Creek Lodge](#) near Gig Harbor, WA. Each weekend follows a progressive set of healing themes that include: *codependency, healing addictive patterns, healthy sexuality, mind-body connection, and functional relationships.*

## Experience these powerful techniques:

- *Guided meditation:* daily guided meditations that prepare you, help you clear your mind, and find peace.
- *Hypnotherapy:* a dramatic combination of traditional hypnosis, Gestalt approaches, cognitive behavior therapy, and energy work.
- *Breathwork:* integrates one's emotional, physical and spiritual healing.
- *Energetic Psychodrama:* a therapeutic group process that incorporates trance and energy work to re-enact and heal events in a safe but powerful setting.



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

### PTI Benefits

The PTI has provided a life-changing experience for thousands of participants over the last 15 years. Benefits include:

- A radical increase in self-awareness, acceptance & understanding.
- The ability to know, live from & love your authentic self.
- Release of self-defeating beliefs & patterns.
- Deep and lasting personal relationships – both inside & outside your PTI group.
- A deeper spiritual connection.
- Lasting inner peace and joy.
- Improved mental, emotional & physical health.
- Increased energy & passion for life.

### PTI Costs

The PTI provides more than 125 hours of intensive group processes over 5 weekends. PTI fees are a fraction of the equivalent time in 1:1 therapy – and our powerful group work will dramatically accelerate your progress!

Tuition: \$500 per retreat weekend (\$2,500 total). Talk to Jenny if you are interested in using insurance to offset some of the cost.

Room and Board: \$350-\$400 per weekend. This includes lodging at Frog Creek retreat center and fresh gourmet organic meals. Exact amount to be confirmed based on group size.

### Workshop Schedule

June 12-14: Intro Weekend Option (Redmond)  
Oct 9-11: Weekend 1 (Gig Harbor)  
Nov 13-15: Weekend 2 (Gig Harbor)  
Dec 11-13: Weekend 3 (Gig Harbor)  
Jan 15-27: Weekend 4 (Gig Harbor)  
Feb 19-21: Weekend 5 (Gig Harbor)

*“Before PTI, I was stressed out, and had a hard time relaxing. I was always thinking about what had to be done next – rather than enjoying the present moment. Now, I am able to be my true self, feel great joy, and find deep and lasting peace.”*

*– PTI Participant*

### Group Leaders

This PTI 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 healing process.



**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 is certified and experienced in leading PTIs, holds a Master’s Degree in Counseling Psychology, and is currently obtaining a practitioner certification in the Feldenkrais Method.

**Tom Doggett** is a certified and experienced PTI Leader, licensed Hypnotist and 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 that fundamentally changed his life and ignited his passion for helping others through counseling and group work. Tom is completing a master’s degree in Clinical Mental Health in May 2020.

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