



Personal Transformation Intensive Level 2

Explore and heal your relationship with yourself and loved ones through this powerful healing journey in a restorative retreat setting.

Are you ready to take the next step in your healing journey? Do you find yourself wishing you could continue doing your deeper work in the safety and intimacy of a PTI retreat?

Good news! We will be leading a PTI 2 this fall with a small group of individuals ready to take the next step towards personal growth.

The Personal Transformation Intensive (PTI) Level 2 is a continuation of the powerful journey that you experienced in PTI 1, at a more advanced level.

The PTI Two program focuses on healing your relationships with people, money, and yourself – and connecting to your passion:

- Creating more healthy, intimate relationships with your spouse, partner, family, and friends.
- Discovering your life's work.
- Improving your ability to manifest an abundance of what you want (money, opportunity, love, happiness, etc.).
- Healing your relationship with your body.
- Improving your connection with spirituality and higher power(s).

Program Structure

The structure of PTI Two is five weekends in retreat at [Frog Creek Lodge](#) near Gig Harbor, WA from 2:30 pm Friday afternoon to 5 pm Sunday afternoon. We will be meeting every month over a five-month period to do our deeper work, using a proven curriculum. See dates on reverse.

Each weekend follows a progressive set of healing themes that include *relationships, birth issues, Jungian shadow work, spiritual connection, abundance, career, and more.*

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, Cognitive Behavioral 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 call 425-281-1829 or email jenny@tigermtcounseling.com

PTI Benefits

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

- Deep and lasting personal relationships with family, friends, and colleagues.
- A deeper spiritual connection.
- The ability to attract an abundance of whatever you want – connection, time, etc.
- Improved career satisfaction.
- Improved mental, emotional and physical health.
- Increased energy & joy for life.
- Inner peace.

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: \$2,500 if you are not using insurance; typically \$1,250 - \$2,000 with insurance.

Room and Board fees are an additional \$350 - \$400 (including taxes and lodging surcharges) per weekend and include fresh gourmet organic meals.

Workshop Schedule (Subject to Change)

- May 5-7, 2023
- June 9-11, 2023
- July 28-30, 2023
- September 8-10, 2023
- October 20-22, 2023

Covid Protocols

In order to ensure the safety of the group, all members must either provide evidence of a COVID vaccination within 6 months or a negative covid test within 72 hours. All members will be asked to complete a COVID symptom assessment prior to entering the lodge.

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 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. Tom holds a master's degree in Business and Clinical Mental Health. He began his healing journey as a PTI participant – an experience which fundamentally changed his life and ignited his passion for helping others.

To register, please call 425-281-1829 or email jenny@tigermtcounseling.com