



## 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 Wellness 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, picking up where PTI 1 left off.

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

- Creating more 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 Friday afternoon to Sunday afternoon. We will be meeting **every two months** over a ten-month period to do our deeper work, using the Wellness Institute's 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](mailto: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 – time, money, 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!

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

Room and Board are an additional fee paid the week before PTI meetings. This amount will depend on the number of PTI participants. It is usually between \$350 - \$400 per weekend and includes fresh gourmet organic meals.

### Workshop Schedule

April 2-4: Weekend 1 (Gig Harbor)  
May 7-9: Weekend 2 (Gig Harbor)  
June 4-6: Weekend 3 (Gig Harbor)  
July 16-18: Weekend 4 (Gig Harbor)  
Aug 20-22: Weekend 5 (Gig Harbor)

*“The PTI helped me to let go of everything that wasn’t serving me. 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 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 is currently pursuing a Master’s in 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. Tom serves on the Board of Advisors for The Wellness Institute Graduate School.

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