



**PSYCH-K®**

## **HEALTH & WELLNESS PROGRAMME**

**WITH**

**Dr Duccio Locati**

**May 20th - May 23rd**

**2016 Cardiff**

**(Pre-requisite: Basic &  
Advanced Integration  
Workshops**



### **PROGRAMME GOALS:**

1. 'Re-member' our original Divine, perfect, healthy state and stay aligned with it.
2. Think in fresh, creative, unconventional ways to perceive and approach health situations very differently.
3. Manage health situations from beginning to end, putting intention and attention on a state of well-being.

To register contact:

Cazzie Dare

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### **VENUE:**

**Holiday Inn Cardiff North M4  
Merthyr Road  
Tongwynlais  
Cardiff  
CF157LH  
Tel: 029 2052 2262**

**May 20th - May 23rd 2016**

**Friday - Monday**

**Cost - £990**

**Payment plans are available by  
bank transfer. Full payment must  
be received one week prior to the  
Programme. Please enquire if you  
wish to pay by instalments.**



Dr. Duccio Locati is a doctor of Osteopathy living in Milan, Italy. He learned PSYCH-K in February 2007 and became a certified instructor in May 2008. He has worked closely with Rob Williams, PSYCH-K Originator, to create this renewed, re-invented, and re-purposed iteration of the Health & Wellness Program. As a participant, you could not possibly be in better hands!

#### Included in the price:

- 1 year subscription to the HWP listing on the official PSYCH-K website. People who will need a PSYCH-K facilitator will be able to find you, by checking the geographical area and your details
- Access to the exclusive HWP mailing list where you will receive the HWP's update and new ideas/ways to use what you have learned during the HWP workshop.

## LEARNING & PROCESSES:

### Optimal Health Balance

#### *PSYCH-K's Long and Healthy Life Elixir*

Internalize attitudes and perceptions that support optimal health by using belief statements developed from psychoneuroimmunology research in conjunction with the Core Belief Balance Structure and a detailed action plan.

### Alternate Life Bonding Balance

Create a completely different reality about an illness/dis-ease and life related to it.

### Trauma

Discover new ways of thinking about the meaning of traumas.

### Secondary Gain

Learn to investigate and uncover why people stay sick in spite of treatment and answer the question, "What is the benefit of having the illness/dis-ease?"

### Messages

Develop a method for identifying and ascertaining what an illness/dis-ease may be telling us?

### The Intention Balance

Adopt this simple and incredibly effective balance to manage health situations.

### Four Levels of Reality

Understand connections of the Four Levels related to our perceptions of health. Become whole-brained with these Four Levels and recognize them in our partners.

### First Aid

Complement and assist immediate medical care with new beliefs.

### Prevention

Clarify how to use beliefs to stay healthy.

### VAK to the Future for Health Solutions.

Identify and create specific balances according to what works for the partner.