

Enhanced Resilience Training™

Enhanced Resilience Training is a unique because it combines the latest scientific understanding of trauma and our nervous system. It offers a dynamic mind/body approach to “re-program” the nervous system. ERT prescribes the ideal mix of physical activities and theory training targeting all key factors of traumas impact on the nervous system and guides individuals back into alignment, healthy social engagement.

ERT is a 15 hour program that is for everyone regardless of your health or level of resilience. ERT empowers you by increasing resilience and helps people who have been dissociated through trauma re-engage with their mind and body. Empowering through self defense training skills we know our nervous system can more easily heal when it is convinced of its own safety.

Dean Siminoff, a martial artist and instructor for 25 years, has created Enhanced Resilience Training which helps transforms people who have encountered trauma in their lives. He operates his own martial arts school in Nelson BC and has taught ERT in Uganda and Rwanda since 2015. Through the charity Martial Arts for Justice, he has helped transform the lives of hundreds of victims of genocide.

"It is good to have a blueprint for humanity and a language for it BUT it is insightful interventions like your Enhanced Resilience Training that really grasp onto the basic principles of what it means to be human and gives us rehabilitation strategies that are very consistent with what our nervous system is really desiring" **Dr Porges**



“The secret that you have found thru your training in martial arts is what you give the individual, empowering the person with a focussed activity and being a defensive martial art helps it change their narrative so now in their mind they not only have the agency to move they have the agency to protect themselves so it's like you are giving them a story they can use”

Dr Stephen Porges

Calling all men! This program is for you if you ...

- Wish to increase your own personal resilience & empowerment
- Want to learn essential basic self-defence skills
- Have previously experienced trauma and are experiencing symptoms like anxiety, depression, lack of sleep or appetite etc.
- Have a heart and passion for helping others and may consider seeking certification of ERT in the future.
- Are a practitioner, teacher or therapist and wish to increase your knowledge of Polyvagal theory and increase your understanding of how trauma affects the body and nervous system.
- Want to gain new insight and experience how specialized training (ERT) holds the key to resetting our nervous system after trauma.



The first of its kind in Canada, **Enhanced Resilience Training™** a 15 hour comprehensive program will be held in Nelson BC on December 9, 10, 11 in 2022.

There are only 20 spaces available and not all applicants can be accepted. Contact Master Dean if interested.

Training schedule is as follows ...

Friday Registration – Q & A - refreshments 5pm
Session 1 6pm to 9pm

Saturday
Session 2 9am to Noon
Break – free time
Session 3 5pm to 8pm

Sunday
Session 4 9am to Noon
Break – free time
Session 5 5pm to 8pm

COST

Enrollment fee	\$150 pp
Workbook	\$25
T-shirt	\$25
Total Investment	\$200

For questions Contact – Master Dean Siminoff
Cell – 250.354.9749 or Siminoff@telus.net
www.enhancedresilience.com



Enhanced Resilience Training™

Participant information

Enhanced Resilience Training date – Dec 9-10-11 of 2022

Name _____

Address _____

Cell _____

Email _____

Current occupation (s) _____

Please share your credentials, specialized training and other education / experience

Please note any health concerns we should know about for your safety

My goals or purpose for attending Enhanced Resilience Training – check any that apply

Optional if you wish - add any notes about any items below

- To learn self-defence training to feel better equipped to protect myself
- To receive physical and mental training to feel more empowered
- I have an interest to better understand trauma and resilience for myself or working with people who have suffered trauma in their life.
- I may want to receive more training and become an ERT instructor
- I have experienced traumatic events in my life and believe this training could be of benefit to me
- I have a lot of stress and pressures in my life / career / work and believe this training can benefit me by becoming more resilient

Agreement and disclaimer – as a participant and attendee to Enhanced Resilience Training I agree to hold harmless Dean Siminoff, Kootenay Martial Arts for any costs, injuries, damages accruing as the result of my participation in my training – I have taken my own precautions and understand my own limitations in this training program and have informed those leading the program of any of my own health concerns. I also acknowledge the ownership and trademark rights of Enhanced Resilience Training and respect such.

Signature of registered participant _____ date _____