



# ENHANCED RESILIENCE TRAINING™ PROGRAM FOR WOMEN

Polyvagal informed mind/body healing

*The first of its kind in Canada, ERT™ is a 15 hour comprehensive program, that will be held in Nelson, B.C. January 27-29, 2023.*



ERT WOMEN'S PROGRAM 2022

## Program Overview

Enhanced Resilience Training is a unique approach that 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 to target all key factors of trauma's impact on the nervous system and guides individuals back into alignment (healthy social engagement).

*"The weekend was a huge success for me."*

*"It was above and beyond my expectations."*

*"The safe, social engagement piece was really priceless."*

## This program is for you if you ...

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

*"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. Stephen Porges**



# PROGRAM SCHEDULE

*Five dynamic 3 hour sessions alternating physical and theory*

There are only 20 spaces available and not all applicants can be accepted. Training schedule is as follows and the 5 staggered sessions are intentional for a purpose.

## FRIDAY, JANUARY 27, 2023

Registration: Q&A, refreshments

**Session 1 - 5pm**

## SATURDAY, JANUARY 28, 2023

**Session 2 - 9am**

Break – free time (home and rest)

**Session 3 - 5pm**

## SUNDAY, JANUARY 29, 2023

**Session 4 - 9am**

Break – free time (home and rest)

**Session 5 - 5pm**

### REGISTRATION FEE

**\$200**

- All course materials provided
- Wear comfortable exercise clothing
- email for registration form to [siminoff@telus.net](mailto:siminoff@telus.net)

*Taxes included in total fee.*



## Instructor Dean Siminoff

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

*“The secret that you have found through your training in martial arts is what you give the individual, empowering the person with a focused activity. Being a defensive martial art helps 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**

To register and for questions please contact Master Dean Siminoff

Cell: 250.354.9749 | Email: [Siminoff@telus.net](mailto:Siminoff@telus.net)