



<p>The Psychology of Stress Level I (10 hours)</p> <p>The Malter Model A 3-Part Psychological Model</p> <p>Introduction to the <i>Judge</i> Concept</p> <p>The <i>Judge</i> is also the <i>Inner Terrorist</i></p> <p>How the <i>Judge</i> is related to stress</p> <p>The <i>Judge</i> and the <i>Inner Child</i></p> <p>The <i>Warrior</i> Archetype</p> <p>The Malter Model A 3-part Psychological Model</p> <p>Shrinking the <i>Judge</i>: Freeing the <i>Inner Child</i></p> <p>The Inner Psychological Drama An Inner Source of Stress</p> <p>Verbal <i>Judge</i> Messages Images of the <i>Judge</i></p> <p><i>Inner Child</i> work and the <i>Judge</i> A new look at addictions</p> <p>Beyond Cognitive Behavior Therapy The Power of Imagery</p> <p>Reducing Stress Shrinking the <i>Judge</i></p> <p>Nutrition vs. Psychotropic Drugs</p> <p>Is a DSM diagnosis needed?</p> <p>The <i>Judge</i> and Relationships</p> <p>Freeing the <i>Inner Child</i>: A Path to Joy and Empowerment</p>	<p>Nutrition, Stress, and Hair Mineral Analysis Level I (10 hours)</p> <p>Introduction to Hair Mineral Analysis</p> <p>A Stress and an Energy Profile</p> <p>The "Spark Plugs" of Life Nutrient Minerals</p> <p>Metabolic (Oxidation) Types Fast or Slow</p> <p>Nutrient Minerals and Stress</p> <p>Stress Burn Out</p> <p>Nutrient Minerals and Energy Production</p> <p>Hair Mineral Analysis: Understanding Stress Mechanisms</p> <p>Hair Mineral Analysis: Emotions, Behavior, and Minerals</p> <p>Hair Mineral Analysis: Toxic Metals</p> <p>Stress, Magnesium, & Addictions</p> <p>Estrogen, Copper, and Women's Health</p> <p>Copper Symptom Checklist</p> <p>Managing Copper Detox</p> <p>Inflammation and Hair Mineral Analysis</p> <p>Anti-inflammatory Nutrients</p> <p>The Health/Energy Continuum</p> <p>Hair Mineral Analysis and Real Health Care Reform</p>
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