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## FACILITATORS



📍 CATHE REISS, LCSW, ACHT has been a Licensed Clinical Social Worker in Florida for over 20 years. She is also an Advanced Heart Centered Hypnotherapist trained through the Wellness Institute of Washington state.

She combines traditional psychotherapy with alternative healing. Cathe's life purpose is to help others find joy and connection in their lives by assisting them in healing their old emotional wounds and releasing their self limiting beliefs so that they can create the positive, fulfilling futures they desire.

📍 ERIKA COHANE, LCSW, ACHT is a Licensed Clinical Social Worker who has been working in the field since 1993. She specializes in change work for human potentiality, personal growth and self actualization. As an empathetic professional, she creates a comfortable and non-judgmental relationship with her clients. Erika is committed to helping others address their challenges, enabling them to find and experience peace and fulfillment in their lives.

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## EXPERIENCE THE BENEFITS

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*Discover the full potential  
of who you are !*

- ❖ Expand Self Awareness, Acceptance and Understanding
- ❖ Release Self Defeating Patterns
- ❖ Improve Communication Skills
- ❖ Gain Tools to Manifest your Goals
- ❖ Attract Healthy, Loving, Fulfilling Relationships
- ❖ Improve Health with Stress Reduction Tools
- ❖ Experience Personal Growth and Transformation
- ❖ Deepen Spiritual Connection
- ❖ Heal Beyond Past Plateaus

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PTI assists in the release of self limiting beliefs and behaviors which prevent the fulfillment of what life can offer.

Participation in this weekend series will help you enhance relationships, gain self confidence, experience self empowerment and live authentically.

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## PERSONAL TRANSFORMATION INTENSIVE

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(PTI)

*A Powerful Heart Centered  
Personal Growth Experience!*



*For those who want  
to move beyond  
therapy to personal  
transformation!*

A Wellness Institute Program

A HEART CENTERED HEALING  
CONNECTIONS JOURNEY



# REGISTRATION INFORMATION

Pre-Registration and deposit are required

Full registration includes five intensive therapeutic weekends with course materials

Lodging and meals are paid separately  
Meals are provided from Friday evening dinner through Sunday lunch

Payment plans are available

Insurance may cover a portion of the investment

Discounts are available for early registration and referral of paid participants

Discounts can be combined

In order to maintain a safe and intimate space, group size is limited

## CONTACT INFORMATION

Cathe Reiss (561) 301-8232  
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Erika Cohane (954) 608-9327  
[erikacohane@me.com](mailto:erikacohane@me.com)

[HeartCenteredHealingConnections.Com](http://HeartCenteredHealingConnections.Com)

*Both Cathe and Erika maintain private practices offering therapy services.*

# YOUR PATH OF TRANSFORMATION AWAITS...



## WHAT IS PTI?

The **PERSONAL TRANSFORMATION INTENSIVE** is a powerful, experiential therapeutic program for those seeking a deeper soul level of self discovery and personal growth. In a safe and accepting group setting, PTI creates healing and transformation that both compliments and goes beyond individual therapy. The intensive weekend series focuses on healing codependency, addictions, abuse, mind body connections and relationships.

Innovative individual and group techniques are used to bring healing and personal growth to the mind, body, emotions and spirit. These powerful techniques include:

- ✔ **Heart Centered Hypnotherapy** - a dramatic combination of traditional hypnosis, Gestalt approaches and energy work.
- ✔ **Breath Work** - a form of conscious-connected breathing to help integrate one's emotional, physical and spiritual healing.
- ✔ **Energetic Psychodrama** - a powerful form of experiential role playing that incorporates both trance and energy work.
- ✔ **Heart Centered Meditation** - meditation with the purpose of reaching spiritual enlightenment.

## HOW DOES PTI WORK?

**PTI** meets for five weekends over a five to ten month period beginning Friday afternoon and ending Sunday afternoon. Each weekend takes place in a relaxing retreat setting, providing comfort and peace for your healing process. It is facilitated by two Heart Centered Transformational Therapists who provide a loving and accepting environment for profound personal growth.