



**2017**

**Course Catalog**

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# The PTSD Academy

## Catalog 2016-2017



*Information herein is subject to change without notice.*

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## About the Course Catalog

The PTSD Academy Course Catalog is intended to serve as a guide to help you reach your desired goal, and it was prepared from the existing information and policies, current at the time of dissemination. These courses use virtual classrooms with online teleconferences, hence there is no in-classroom portion. Established in 2009, Premedical Solutions, LLC has sought after leaders in the field of clinical practice, education and research to provide current insights into society's most pressing problems—the physician shortage and now posttraumatic stress.

Courses are taught by professionals that are passionate about improving the lives trauma survivors. The modules are self-paced but there is a test at the end that you must pass in order to receive credit. You only get two attempts to pass the test in order to receive a certificate. The questions are not difficult but emphasize important points necessary to achieve mastery in the subjects. We advise students to listen to the modules in their entirety and take notes prior to taking the quiz at the end of each section. Please let us know in advance of enrollment if you require any special accommodations so that we may let you know if we are able to accommodate the request. Our Courses are not accredited.

The Catalog is intended to serve as a resource to the student body of the institution but does not serve as a contract between The PTSD Academy and any person or entity. It is important to note that to the extent that any of this Catalog conflicts with or is inconsistent with PTSD Academy policies (current or as amended in the future), then Academy policies will control and govern. The content is subject to modification and change at any time in order to accommodate those changes in educational plans, certification credentials, resources, policies, procedures, and administrative, state and federal regulations. For curriculum changes and updates, refer to the Catalog online at [www.PTSDacademy.com/catalog](http://www.PTSDacademy.com/catalog).

# Course Catalog

Number	Title	Description
RE1001	Regulating Emotion	Designed to introduce the concepts of activating the frontal lobe in order to calm anxiety, reduce panic, stop worry, fall asleep faster and end dissociation. <b>RE1001</b> introduces the <i>Release Work Protocol</i> in the final stages of trauma healing covered in <b>BC4001 Body Component</b> . Graduates will learn the Williams Protocol for Regulating Emotion (WPRE) which incorporates the overlapping scientific principles of Trust-Based Relationship Intervention, Brain Gym, Creative Visualization, Eye Movement Desensitization and Reprocessing (EMDR), Freedom Tapping Technique, Trauma Relaxation Exercises, Acupuncture, Yoga, Massage, Controlled Breathing Exercise, Safe Place Exercise, and Touch Therapy.
CP2001	Choosing Power	Designed to introduce the concepts of applied behavioral analysis to overcome poor motivation, replacing self-criticism, stopping self-sabotage and identification with the aggressor. <b>CP2001</b> teaches the full curriculum for both Surviving Posttraumatic Stress as well as <i>The Christian's Situational Awareness</i> presentation. Graduates will learn that beliefs are a choice, they come from valid life experiences, and, therefore, can be improved with new information. Coursework relies heavily on the scientific principles found in Motivational Interviewing, Behavioral Activation Therapy, Animal-Assisted Therapy, Problem Solving Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Cognitive Processing Therapy.

Number	Title	Description
LF3001	Living Faith	<p>Designed to introduce sound biblical doctrine to alleviate hopelessness, lack of purpose, worthlessness, moral injury and bereavement. <b>LF3001</b> emphasizes finding purpose in the new life after trauma and loss, incorporating effective discipleship for personal growth, and clarifying a target audience for personal ministry to help others. Graduates will write their Definite Major Purpose, learn to draw closer to God in their time of need, how to walk with the Comforter throughout the day, and to have peace through living out their faith in everyday life—no matter what the circumstances. Coursework comes from the Fifth Dimension Discipleship Outline from <i>Finding Grace in your New Journey</i>.</p>
BC4001	Body Component	<p>Designed to introduce the concept of traumatic and emotional memories that get stored in the complex nervous system of the brain and body. <b>BC4001</b> teaches the <i>Release Work Protocol</i> which increases awareness of, and techniques for, healing the pain, tension, headaches, dissociative memory loss, pseudoseizures, muscle spasms, nightmares, and fitful sleep due to traumatic memories stored in the body. Graduates will learn to listen to what their bodies are telling them, both in safe and unsafe environments, to grow more attuned to themselves, other people, and better carry out their Definite Major Purpose. Coursework relies heavily on the scientific principles found in Somatic Experiencing Therapy, Yoga, Acupuncture, Massage, Mindfulness, Eye Movement Dissociation and Reprocessing (EMDR), Dream Analysis, Narrative Therapy, and Reality Therapy.</p>

# Contact Information

## FAQ and Contact Form

<http://ptsdacademy.com/contact/>

## Email

Hope@PTSDacademy.com

## Snail Mail

Premedical Solutions, LLC  
1930 Veterans Memorial Highway  
Suite 12-429  
Islandia, NY 11749

## Fax

(631) 630-3920. Note: “#429” must be written on the top of the fax to ensure a timely response.