



TRAUMA HEALING
ACCELERATED

BIOLOGY OF TRAUMA®
CERTIFICATE OF COMPLETION

Biology of Letting Go and Detoxing

THIS CERTIFICATE IS AWARDED TO:

Gabi Poegel

In recognition of successfully completing the
Biology of Trauma® Letting Go Module
Certificate Track

11/3/2023

DATE

Dr. Aimie Apigian

DR. AIMIE APIGIAN, MD, MS, MPH





The Letting Go and Detoxing Module

Course Syllabus

Professional Track

Instructor

Contact

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Biology of Trauma® Overview

The Biology of Letting Go and Detoxing Module is part of the *Biology of Trauma®*. This is a 6 week journey into letting go of the toxicities in our life that are stored in our body.

In order to be eligible to participate in this course, you must have taken the foundational module (The 21 Day Journey to Calm Aliveness). Once you have completed this foundational module you can take any one of the Modules that are a part of The Biology of Trauma® which are listed below. All of the modules and 2023 course dates are listed [HERE](#) for your reference.

- The Biology of Freeze and Overwhelm
- The Biology of Grief and Heart Shocks
- The Biology of Attachment
- The Biology of Stress and Stress Hormones
- The Biology of Letting Go and Detoxing
- The Biology of Healing

The Biology of Trauma® program actually has three tracks depending on what your goals are and how deep you would like to go in your studies. These three tracks are the Take Charge of My Trauma track, the Professional Training Track, and the Advanced Professional Training Track. The Take Charge of My Trauma Track (TCMT) is for anyone who wants to focus primarily on their own personal healing journey (certificate not included). The Professional Training Track is for anyone who wants to use this information with a client in some capacity, even if you do not currently have any clients (certificate included). The Take Charge of My Trauma and Professional Training Track have similar content, however, the Professional Training Track will also include:

- weekly quiz and homework assignments
- implementation meetings

- final written exam
- final oral exam

Participants of the Professional Training Track will also receive a certificate of completion. Only those that complete the Professional Training Track (year 1 of training which includes all 6 modules) will be eligible to enroll in the Advanced Professional Training (year 2 of training which includes all 6 module topics with a special focus on practical professional application).

Mandatory Agreement

Students are required to read and sign the Mandatory Agreement before gaining access to any content or live lessons. The Mandatory Agreement clarifies that we are a health education program and that Dr. Aimie and the Trauma Healing Accelerated Team are not providing medical services. The Mandatory Agreement will be available through the online course platform. The course content will become available to you on the online course platform once the Mandatory Agreement has been signed.

Online Course Platform

This course is hosted on the Kajabi platform. You will use the email and password you provided when you registered for the course to sign in. You will have ongoing access to the course materials to review anytime.

The course is split up into 6 weeks of instruction that includes pre-recorded videos, handouts and documents as well as live sessions.

Your weekly course content includes:

- **Discovery Journal**- guided prompts to help you integrate the course material
- **Written curriculum** - each week has a corresponding chapter written by Dr. Aimie that parallels that week's topic and content
- **Live Class Time with Dr. Aimie**- safe guidance and support through advanced somatic and parts work exercises. (Mondays)
- **Live Study Sessions** - (first 3 weeks of the module) Connect and discuss the course material with course participants. (Wednesdays)
- **Implementation Meetings** - (last 3 weeks of the module) discuss and learn ways to implement the course concepts into your professional work. You will need to attend at least one of these sessions to complete the course requirements. (Wednesdays)
- **Live Somatic Sessions**- an opportunity to practice the week's somatic and parts work exercises with somatic mentors. (Wednesdays)

- **Live Enrichment Session** - a space for Dr. Aimie and our guest speakers to elaborate on the concepts that are most meaningful to facilitate your higher learning and transformation (Fridays)
- **Quiz** - each quiz focuses on the material covered in the week's lecture and course material. It consists of a series of multiple choice questions; a great way to gauge your understanding of the week's material.
- **Homework** - open writing exercises that help you integrate the material into your professional work.

***With the exception of the Implementation Meetings, all live sessions will be recorded and uploaded to the online course within 24-48 hours of the live session

BOOKMARK this link for easy access to your online course platform: [HERE](#)

Note: The Week 1 and Week 2 course materials will become available on Sunday, September 10th, 2023. Thereafter, the course materials will be released on Saturday mornings on a weekly basis.

Online Community

1) The **Professionals Network** is optional, but a highly recommended enhancement to your training. It's a membership where you will experience a forum for support and community as well as monthly networking events, office hours, and a listing in our directory! See below for a full list of benefits!

Join the Professionals Network [HERE](#)

Benefits of joining the network include:

- Connect with Other Professionals - Access to the networking platform (hosted on Mighty Networks) where you can post, collaborate and interact with other Biology of Trauma® Professionals from around the world.
- Build Your Network - Attend Live Monthly Networking Meetings With Dr. Aimie and her community of professionals. Explore topics selected for your professional development.
- Get Your Listing in The Professional Directory - List your contact details and expertise in the Professionals Directory so that clients seeking qualified professionals can learn about you and your work (*will need to maintain an active status to be eligible)
- Clinical Q&A Interdisciplinary Meetings - Build Your Skills and Knowledge - Attend live Clinical Q&A Meetings with Dr. Aimie's Interdisciplinary Team for case review and quarterly clinical Q&A. Bring your clinical questions and build your knowledge base.

- **Office Hours - Enhance Your Learning Experience** - Get answers to your questions! When you enroll in a BOT module, you can attend live office hours where THA staff and Advanced Professionals will answer your questions pertaining to BOT module content.
- **Continue Your Growth**- Access to the entire library of Professionals Network recordings to review and revisit. The special topics covered by Dr. Aimie in these recordings were selected with the enhancement of your skill and professionalism in mind.

2) You also have the option to join a private **Facebook Group** for community support. Click [HERE](#) to join the Facebook community.

Course Overview:

You can review the entire course outline and list of topics that will be covered [HERE](#)

Weekly Topic Summary

Week 1: Phases of Letting Go and Preparation To Let Go

Week 2: Common Biochemical Imbalances In Mood, Syndromes & Holding On

Week 3: Biochemical Imbalances Labs and Testing

Week 4: Opening up Drainage Pathways

Week 5: Removing Toxins, Metals and Parasites

Week 6: Autoimmunity, Trauma, and Early Recognition

Live Session Zoom Links:

All live sessions will be hosted on Zoom. Please use the below information to access the live sessions. The zoom link to join the live sessions will be emailed to you the day of the event. You can also find the links to join the live sessions in the online course platform.

To attend:

- Live Class Time with Dr. Aimie (Mondays)
- Live Somatic Sessions with a mentor (Wednesdays)
- Live Enrichment Sessions (Fridays)
 - **Use this [Zoom Link](#)**
Meeting ID: 852 7626 3881
Password: main1

To attend:

- Live Study Sessions and Implementation Meetings (Wednesdays)
 - **Use this [Zoom Link](#)**
Meeting ID: 852 7954 8316
Passcode: proletgo

To attend:

- Guest Speaker sessions
 - **Use this [Zoom Link](#)**
Meeting ID: 874 4754 2896
Password: guest1

Schedule

Length of Course: 6 weeks, beginning on September 11th, 2023

WEEK 1: Phases of Letting Go and Preparation To Let Go

Sunday, September 10th	Week 1 and Week 2 course content is released
Monday, September 11th at 11 am PDT	Live Class Time with Dr. Aimie
Wednesday, September 13th at 9 am PDT	Live Study Session
Wednesday, September 13th at 9:30 am PDT	Live Somatic Session
Wednesday, September 13th at 3 pm PDT	Live Study Session
Wednesday, September 13th at 3:30 pm PDT	Live Somatic Session
Friday, September 15th at 2 pm PDT	Live Enrichment Session
Friday, September 15th @ 9 PM PDT	Week 1 Homework and Quiz are due

WEEK 2: Common Biochemical Imbalances In Mood, Syndromes & Holding On

Saturday, September 16th	Week 3 course content is released
Monday, September 18th at 11 am PDT	Live Class Time with Dr. Aimie
Wednesday, September 20th at 9 am PDT	Live Study Session

Wednesday, September 20th at 9:30 am PDT	Live Somatic Session
Wednesday, September 20th at 3 pm PDT	Live Study Session
Wednesday, September 20th at 3:30 pm PDT	Live Somatic Session
Friday, September 22nd at 2 pm PDT	Live Enrichment Session (with Guest Speaker Dr. William Walsh)
Friday, September 22nd @ 9 PM PDT	Week 2 Homework and Quiz are due

WEEK 3: Biochemical Imbalances Labs and Testing

Saturday, September 23rd	Week 4 course content is released
Monday, September 25th at 11 am PDT	Live Class Time with Dr. Aimie
Wednesday, September 27th at 9 am PDT	Live Study Session
Wednesday, September 27th at 9:30 am PDT	Live Somatic Session
Wednesday, September 27th at 3 pm PDT	Live Study Session
Wednesday, September 27th at 3:30 pm PDT	Live Somatic Session
Friday, September 29th at 2 pm PDT	Live Enrichment Session (with Guest Speaker Dr. Albert Mensah)
Friday, September 29th @ 9 PM PDT	Week 3 Homework and Quiz are due

WEEK 4: Opening up Drainage Pathways

Saturday, September 30th	Week 5 course content is released
Monday, October 2nd at 11 am PDT	Live Class Time with Dr. Aimie
Wednesday, October 4th at 9 am PDT	Live Implementation Meeting
Wednesday, October 4th at 9:30 am PDT	Live Somatic Session
Wednesday, October 4th at 3 pm PDT	Live Implementation Meeting
Wednesday, October 4th at 3:30 pm PDT	Live Somatic Session
Friday, October 6th at 2 pm PDT	Live Enrichment Session

(with Guest Speaker Jennifer Fox-Armstrong)

Friday, October 6th @ 9 PM PDT

Week 4 Homework and Quiz are due

Week 5: Removing Toxins, Metals and Parasites

Saturday, October 7th

Week 6 course content is released

Monday, October 9th at 11 am PDT

Live Class Time with Dr. Aimie

Tuesday, October 10th at 1 pm PDT

Guest Speaker Event: Dr. Evan Hirsch

Wednesday, October 11th at 9 am PDT

Live Implementation Meeting

Wednesday, October 11th at 9:30 am PDT

Live Somatic Session

Wednesday, October 11th at 3 pm PDT

Live Implementation Meeting

Wednesday, October 11th at 3:30 pm PDT

Live Somatic Session

Friday, October 13th at 2 pm PDT

Live Enrichment Session
(with Guest Speaker Wendie Trubow)

Friday, October 13th @ 9 PM PDT

Week 5 Homework and Quiz are due

WEEK 6: Autoimmunity, Trauma, and Early Recognition

Monday, October 16th at 11 am PDT

Live Class Time with Dr. Aimie

Wednesday, October 18th at 9 am PDT

Live Implementation Meeting

Wednesday, October 18th at 9:30 am PDT

Live Somatic Session

Wednesday, October 18th at 3 pm PDT

Live Implementation Meeting

Wednesday, October 18th at 3:30 pm PDT

Live Somatic Session

Friday, October 20th at 2 pm PDT

Live Enrichment Session

Saturday, October 21st

Reading day- use this time to prepare for the FOE

Sunday, October 22nd

Reading day- use this time to prepare for the FOE

Sunday, October 22nd at 9 PM PDT

Homework, quizzes and final written exam are due

Monday, October 23rd at 10 am PDT Final Oral Exam (FOE)

Monday, October 23rd at 3pm PDT Final Oral Exam (FOE)

Recordings: If you can't join us for the live sessions, you can view the recordings at your convenience and still participate fully in the course. All recordings will be uploaded to the online course within 24-48 hours.

Please note: Your spoken and/or written questions and comments during the course may be recorded, copied, transcribed, and distributed by Trauma Healing Accelerated and used in perpetuity, and you consent in advance to these uses, as well as to the use of your image should you appear on a course video. This information is also contained in the Mandatory Agreement which you will sign prior to starting this course.

Requirements for Certificate of Completion

Attendance at the Live Implementation Meetings: These sessions are held on Wednesdays during weeks 4, 5 and 6 of the course (see the “Schedule” section above for exact dates and times). These meetings are approximately 30 minutes where you will discuss and learn ways to implement the course concepts into your professional work. You are required to attend at least one of these sessions to complete the course requirements. Because these sessions are dependent on participation to be successful, you should be prepared to discuss and make contributions to the conversation. It is also helpful if you can attend with your camera on.

Dates and times:

- Wednesday, October 4th at 9 am and 3 pm PDT
- Wednesday, October 11th at 9 am and 3 pm PDT
- Wednesday, October 18th at 9 am and 3 pm PDT

Quizzes: There will be a quiz for each week of the course. Each quiz must be taken and passed before the Final Exams (Final Written Exam and Final Oral Exam) at the end of the course. You will need a passing score of 80% or better.

Homework: There will be a homework assignment for weeks 1-5 of the course. The homework assignments will prepare you for the Final Written Exam. For this reason, all of the weekly homework assignments are to be submitted before completing the final exams (Final Written Exam and Final Oral Exam). For homework submission due dates, see the “schedule” above. For more information about homework including examples, please see the online course platform.

Final Written Exam: The Final Written Exam is very similar in nature to the homework assignments. The final written exam must be completed before the final oral exam. You will be given the following prompt: “Describe the process, from start to finish, of how you would implement what you have learned in this module with your client. Write out the conversation you would have with your client and how you would work with them using what you learned, taking pieces from all 6 chapters. Explain to the client:

1. how these different parts are affecting their life
2. how you work
3. The action steps you would have them take

Quizzes, Homework, and Final Written Exam are due on October 22nd at 9:00 pm PDT. All of these items must be submitted in order to be eligible to take the final oral exam and successfully complete the course requirements.

Final Oral Exam:

- The Final Oral Exam will be offered at two different times. You will only need to attend one of the sessions to complete the course requirements. The exam will last approximately 1 hour. Please see the schedule above for dates and times.
- For the final oral exam, you will be paired with another participant for a role play. You will trade off playing the professional/practitioner and the client/patient.
- To be eligible for the Final Oral Exam, you must complete all quizzes, homework assignments, and the final written exam.

Certificate of Completion: You will be awarded a Certificate of Completion upon successfully meeting the requirements for The Letting Go and Detoxing Module. You will need to

1. Watch the content in your online course platform
2. Submit weekly quizzes and homework
3. Attend 1 implementation meeting
4. Complete the final written exam
5. Complete the final oral exam

Certificates of completion will be automatically issued within 10 business days of your Final Oral Exam and will be sent to the email address associated with your online course platform account. If you do not receive a certificate of completion after 10 business days, please contact customers@traumahealingaccelerated.com to check in.

Additional Information

Course Bonuses: You will find the bonuses for the module in the course content in the section labeled “Bonus Contents.”

List of bonus contents for the Letting Go Module:

- Toxins, Energy & Trauma - Sinclair Kennally
- Fix Your Fatigue - Dr. Evan Hirsch
- Intestinal Parasites - Dr. Glenn Wilcox
- Sustainable Weight Loss - Dr. Kellee Rutley
- Healing the Pain of Betrayal - Dr. Debi Silber

Letting Go Module Questions?: If you have questions about the Letting Go module you can find many of those answers [HERE](#)

Customer/Technical Support: For immediate technical assistance, you can review our Frequently Asked Questions [HERE](#) which includes instructions on resetting your password or troubleshooting other common problems

If you are experiencing problems accessing your online content or other tech-related issues, please contact customers@traumahealingaccelerated.com. You will receive assistance within 24 to 48 hours.