



Orientation

Welcome,

Today we start a journey that will set the stage for your best life yet. By engaging in this training process, to learn more about yourself and in turn about others, you will become equipped to expand your skills set to effect and facilitate transformational change within yourself and others, willing and wanting to change.

The training will enhance your senses to see, hear, feel and communicate. By doing so you will be able to refine your perceptions of yourself, others and the world.

A core belief∞ is that each of us is a unique creation.

Through our experiences and the representations of those experiences, as our worldview we can and often do create dissonance and pain in our lives at times by eliminating the possibility of choice.

Although no one likes pain of any kind, it has its purpose and together we will discover the exact purpose it was intended to have in your life and then in turn learn about how others, who we are called to serve have created their interpretations of the world differently.

Another core belief∞ is the Truth that to be blessed we must accept what we do not know by faith and commit to take responsibility for what is known. Always remembering that by design all was created to affect growth.

Entertaining perhaps a new paradigm of thinking into your internal representations will only be possible however if you clear any presuppositions and agree with me that change will occur as it best serves...

Childlike curiosity is welcome and encouraged, because when we were children negative emotions such as fear, anxiety and shame did not necessarily have the same influence over our model of the world, as these negative emotions may have now.

There is another truth guiding this training ∞ Truth is truth.

Testing might even become distracting. The mind after all was created divinely to do exactly what you tell it. Therefore, recognize that your conscious and unconscious mind is one, but the unconscious mind is by its nature not always in awareness.

The first to do: Please sign the Consent to Participate in this Training and return executed before our first skills lab, to drj@drjvera.com (within this document will be



clearly stated the terms of deliverables and the distinction that this is a training process not therapy). No therapeutic relationship is being established or maintained within this training.

That's not to say that if you so desire it, you can and will experience transformational growth. Those are choices that only you can make.



Core Content Summary

Genotype Change Therapy™ evolved from three (3) decades of working with individuals, families and organizations to facilitate transformational growth. GCT is not therapy in the traditional sense of the word in the English language. Rather within this context it is a unique process of an eclectic array of strategies from psychology; behavioral psychology that emphasizes observable behavior and stimulus-response connections; humanistic psychology which stresses free will and subjective experience, cognitive theory, which covers the transformation of sensory stimulation in terms of coding, storing and memory and retrieval systems; traditional psychotherapy which deals with conscious and unconscious distinctions in thought, fears and wishes that may or may not manifest themselves in awareness; and informed information from various studies of change that occurs in the nervous system (body). It also draws on schools of thought including learning theory, narrative, person-centered, personality and perceptual paradigms; as well as the practice of mindfulness stress reduction.

Through this process individuality is respected and considered, as each soul's unique divine make-up and process systems are what create their model of the world.

It is in understanding other human beings' models of the world that we can communicate with one another. By using the same representational system identified in others we begin to speak the "Same language" and can serve to promote transformational change.

The framework that was developed to provide service to those we are called to work with is **The Transformation Principle**. The Transformation Principle is a simple three-step organizational process framework.

By exploring and learning about the process **Step 1- Reset**, we can effectively induce trance utilizing time-line and regressive strategies to retrieve chucked information from the unconscious mind and to resurface it. This facilitates identification of triggers (internalized representations that have negative charge/emotion) and then their deletion. The past no longer affects the now. Freedom is experienced.

When I was a little girl, maybe three or four years old, my childhood was imprinted by repeated sexual abuse and assault, by those close, familial, and other men indifferent in my family system. These experiences negatively influenced my life early on creating insecurities about myself, others and the world.

Similarly, 8 of 10 adult human beings on this earth have reported experienced sexual abuse or neglect in their childhood. Most unknowingly lived through the experience,

[GCT - The Transformation Principle – Master Practitioner Training ©2018](#)

[Dr. Jessica Vera Ph.D.](#)

[Certified Master Neurolinguistic Practitioner, Certified Hypnotherapist,](#)

[Certified Time-Line therapy, CBT, Mindfulness Practitioner](#)

[pg. 3](#)



but others cognizant lived in the traumatic experiences; both now unconsciously manifest these internal representations in behavior.

I have worked with the abused and neglected child and the parents, who now adults typically also were childhood victims of trauma, for most of the last 20 years. As a healing and transformational practitioner, we all may share a desire to want to affect change in the lives most obviously in pain.

This process will provide result based on the results most desired by those we serve. They are in control and responsible. We facilitate and collaboratively meet our clients where they find themselves.

The construct of exploitation in our western culture is defined as arising from vulnerabilities preyed upon by power players that lead to various degrees of trauma-influenced experiences impacting one's world perceptions. Manifestations can be observed and heard with keen listening and being present.

As service-oriented professionals, understanding those you serve is important, but fundamental to all relationships is rapport. A Ph.D. does not teach empathy, it is innately within, compassion is learned. And so is everything that you are going to work through in this training.

Whether I identify myself as an abused child, adult survivor or a successful mother and woman, depends on the context. All these descriptions are part of who I perceive myself to be; and through faith know I was created to be.

For this reason, we will spend substantial time processing intake tools and strategies needing to be mastered, to gather all the information spoken and unspoken from our clients.

A core belief rooted in neurological study∞ Symbols (language, also known as digital non-sensory) provides the attentive listener information of how a person perceives and filters the world.

In organizations, such as our training cohort or a family or a company language nuances are known by those who use it, but not necessarily by those who hear, see, or feel the language. For our training purposes through use of strategies offered by Neuro-Linguistic Programming we will strive to optimize our understanding and use the sense organs and their interplay with our internalized representations.



We will also explore the contributions of scholars, who revolutionized our understanding of behavior and its connection to neurology, cognition, memory and perception. Learning and narrative theoretical lens will be taught to provide contextual pictures for understanding.

Much of what the Foundation (ELITE) offers as services to survivors is predicated upon activities that address narrative dissonance. Her story is not, who she is now, it is a reflection perhaps of where she was then, but no longer is present.

Genotype Change Therapy™ evolved from specific patterns identified in working with people of all ages, gender, social economic, cultural and ethnic backgrounds. A consistent theme is that exploitation is indiscriminate, but transformational change is by choice.

Syllabi

Operating Agreements

- Talk only front to back
- Be mindful of the critical mind, acknowledge it and then just release it without judgement
- Intentionality will lead to increased awareness
- Make your goals for the training so BIG that, if you got them, then this would be the most important training you had ever taken!!!!
- Be on time
- Do all exercises to the best of your Ability
 - >Not practice what you know
 - >If Need Tasking
 - >Only GCT even if you know other things
- This is an intensive Training
 - >Keep distractions to a minimum
 - >Highly monitor yourself
 - >Do not give advice but add value to the collaborative conversation
- If you have a problem about something or with someone in this training talk only to someone who can do something about it.

Operating Framework

The Transformation Principle

3-Process Step Model

Step 1 – Reset (Practitioner Competency Scope)

Screening Digital Tools:

Fit-Life Assessment (subjective projections of the person’s evaluation of their own functioning in seven life domains).

Provides a visual breakdown of how the person perceives their functioning by comparing seven main life domains.

Self-Love Test (subjective self-screening to gain information about the person’s perceived value).

Provides a visual and digital breakdown of the state of their self-love tank. If the tank is full wonderful reinforces to draw upon this internal positive energy to be confident and take meaningful action in life. If the tank is less than optimal, then permission is given, to carve out some “Me” time to recharge and realign oneself.

Overarching principle, “Take care of your home first, then you will be equipped to help others.”

Process Step Objective: Learn how to help Self and Others identify external perceptions and internal memories that are affecting present behavior, to program alternative choices to promote transformational change.

Facilitator Objective: Learn process strategies to perceive, predict and influence behavior. The more astute we become at seeing, hearing and feeling, as well as communicating in the recipient’s representational system preference, by speaking the same language, rapport it built and enhanced.

The awareness will also enable better use of own language to express what is need and want, not only to others but within oneself.

- (i) Preamble - Understanding the Mind and its interrelatedness with the structure of subjective experience, patterns created by interaction between the brain, language and the body;



- (a) Models
 - (b) The Reality Model

- (ii) Patterns of Rule-Governed Behavior/Model Building Processes
 - (a) Unconscious processes – language and behavior reveal patterns
 - (b) Generalization – i.e. word symbols – to learn -assumptions
 - (c) Deletion – to think
 - (d) Distortion – to create

- (iii) Constraints on the Model
 - (a) Neurological constraints – 4-Tuple (V, K, A, OG)
 - (b) Social constraints – language 4 Tuple – Ad, values, traditions
 - (c) Individual constraints – personal experience/memories, beliefs and values

- (iv) Introduction to the Prime Directives of the Unconscious Mind
- (v) Presumptions of Genotype Change Therapy
- (vi) Representational Systems
- (vii) Emotions
- (viii) Utilizing the Language of the Representational Systems

Step 2 – Realign (Practitioner Competency Scope)

Screening Digital Tools:

Success Factor Test (adaptation of the ACE study results).

Provides dialogue from one's Inner Child, based on the response to five items. A numerical rating of incidents of Adverse Childhood Experiences (ACE) is indicative of likely changes to a person's central nervous system during early develop. The value of the result is it provides historical information about how the person filters sensory information from the world.

Representational System Preference Test: (There are five primary ways humans experience the world. Each one these sensory inputs has a physical place in our brain to which the experience is sent, processed and recorded. By responding to five items this tool will provide you digital and visual information about your operating RSP hierarchy).

We are always receiving and processing input from all our senses, even when we are not consciously aware of it. Our divine design allows us the ability to consciously filter out what does not serve us, by knowing how you perceive the world it gives you indication of the strategies that you can utilize to enhance perception and emotional intelligence.

Process Step Objective: Redefining emotion from an external meaning, typically language use, to decode the experiences that led to distortions, deletions and generalizations. Negative emotions are energy laden and therefore can create familiarity. Familiarity is what our brains are familiar.

Facilitator Objective: Learn process strategies to enhance choices for clients. By creating pictures of alternatives to what has been known and reframing perception to new reality clients will delete memories and replace them with experience that promotes their desired transformation.

The awareness reduces the influence of negative emotion and it is replaced with positive feelings.

- (i) Themes
 - Empowerment – Reasons vs Results
 - Perception is Projection
 - Neurotransmitters bathes every cell in the body (evidence-based mind-body connection)
 - Responsibility for Change is Yours
 - Transform the Planet

- (ii) What side of the Cause & Effect Equation are you on?
 - Cause – “I” statements - Results
 - Effect – Reasons

(iii) Neuro Linguistic Programming

- Sensory Acuity – Knowing if you're getting what you want
- Language – Communicating Effectively
- Rapport – Developing Flexibility
- Outcomes – Knowing what you want

(iv) Conscious Unconscious Integration

(v) Anchoring (create neurological link)

(vi) Reframing (Separate Intention from Behavior)

- Context Reframe –
- Meaning Reframe – Whenever X happens, I respond Y

Step 3 – Reconcile (Practitioner Competency Scope)

Screening Digital Tools:

Blind Spot Test (By completing three (3) items the tool will provide the principle blocker to success; Faulty Belief, Emotion or Behavior).

Provides Auditory Digital representation explanation of origin of block and states the solution for each in language that is suggestive to the unconscious mind to do exactly the opposite of what is stated.

Character Strength Assessment (Warrior): (We are uniquely created with innate purpose and therefore by design with strengths. Complete 15 items to identify which of three strength-typologies leads. The typologies are representative of a cluster of similar and related character strengths).

Process Step Objective: Pace and lead a client's behavior through a story. Inferring client's identification with character, pacing the client's problem thought he narrative. Accessing resources (positive emotions, visualization and positive language) within the story. Finally finishing the story with resolved conflict through achievable desired outcomes.

Facilitator Objective: Learn process strategies to enhance here-and-now, intentionality, reconnect the client through front-back language, wisdom to establish anchors through

body movement, meditation and breathing to reduce energy to promote mapping strategies for transformation change.

The awareness of authenticity, difference and the state of balance without judgement, presuppositions, bathed in love, gratitude and faith.

(i) Motivation Strategies

- Determine moving toward or away
- Matching
- Chunking
- Associations vs Dissociations

(ii) Typical Problems with Decision Strategies

- Problems with Generating Options – no visual, not enough, one choice, either/or
- Problems with Representing Options
- Problems with Evaluating Options

(iii) Learning Strategies

- State Elicitation Script
- Utilization
- Submodalities (encoding)– linking visualization to positive kinesthetic

(a) Contrastive Analysis

(b) Mapping Across

(c) Swish Patterns

(d) Dissociative Techniques

(e) Perceptual Positions

(iv) The Conscious Use of Language

(v) Dissociative Technique – V-K Dissociation

Resource Reading List

The Magic of NLP Demystified – Bryon Lewis
Hypnosis, A Comprehensive Guide – Tad James, Lorraine Flores & Jack Schober
The Neuroscience of Mindfulness Meditation: How the Body and Mind Work Together to Change our Behavior – Yi-Yuan Tang
Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness – Jon Kabat Zinn
A new perspective on Health that Changes Everything – D. B. Angus
Steps to an Ecology of Mind – G. Bateson
The Art of Awareness – J. S. Bois
Tales of Power – C. Castaneda
Language and Mind – N. Chomsky
A second look at NLP Training – M. Darling
Language, emotion and disease – W. Ellenbroek
Personality Development – L. P. Ferguson
Persuasion and Healing – J. D. Frank
Beyond Culture – E. T. Hall
The Doors of Perception – A. Huxley
Man and His Symbols – C. G. Jung
Cognitive Behavior Modification – D. Meichenbaum
Emerging Cross-Disciplinary Parallels: Suggestions from the Neurosciences – R. Walsh
Language, Thought, and Reality – B. L. Whorf