



WORLD DOCTOR

5-DAY IN-PERSON + ONLINE EDUCATION



RESET PRACTITIONER TRAINING

50-Hour Certificate Program

Presented by World Doctor

At Osho Mevlana Hall - Myocum - Northern Rivers, NSW
30th September - 4th October, 2024

PROGRAM at-a-glance



Revolutionize your Practice: Become a Certified RESET Practitioner and Empower Lives with a unique Transformative Trauma-Healing Program!

RESET Practitioner training is an immersion in five-days of experiential learning, self-exploration, for personal and professional development. During this training you will experience some of the profound healing that you will subsequently be able to offer your clients.

As of July 1, 2023, authorized psychiatrists in Australia can legally access products containing 3,4-methylenedioxy-methamphetamine (MDMA) for the treatment of traumatic stress disorder (PTSD) and psilocybin for treatment-resistant depression. This decision reflects research showing MDMA has demonstrated efficacy in addressing post-traumatic stress disorder, while psilocybin shows promise in treating individuals with treatment-resistant depression.

As psychedelic medicines gain legal recognition, the RESET Program offers comprehensive preparation, healing, and integration elements to enhance their therapeutic effects. Moreover, the RESET Program has demonstrated significant benefits over the past decade as an alternative to psychedelic medicines, delivering substantial results independently of their use.

As the use of psychedelics, plant medicines, meditation, and other trance-inducing practices increases, so does the collective experience of dissociation, disembodiment, and psychological fragmentation.

In earlier times, altered states of consciousness were embedded within cultural rituals that provided a structured framework for the soul to deepen its connection with the body, rather than leading to unintended harm as seen today.

This training is designed to prepare wellness practitioners and clinicians for the future of psychedelic-assisted therapy and healing. It draws upon Transpersonal and Somatic models to explore essential topics, acquiring core skills and techniques for guiding individuals through non-ordinary states of consciousness, and effectively integrating transformative experiences into everyday life.

Throughout this training, we will examine how somatic intelligence utilizes the body's wisdom as a pathway to enhance personal awareness and contribute to collective awakening.

RESET PRACTITIONER TRAINING

The RESET program is a holistic, trauma-informed, model of health and wellness. It is a therapeutic program which aims to dissipate the harmful imprints of trauma from the human nervous system and psyche.

Based on the principles and works of Dr. Mario Alam, RESET views trauma through a multi-faceted lens, incorporating personal, interpersonal, intergenerational, and inter-incarnational viewpoints. As such, the therapy itself is commensurately multi-faceted, whilst still retaining an elegant simplicity. It takes clients on a three-stage journey of “Ground, Transform, and Expand” thereby allowing the safe and gradual release of any deeply embedded traumas that may be obstructing further evolution and self-realization.

The technique offered during the training, combines a number of holistic and evidence-based modalities such as Breath Work, Hypnosis, Neuro Linguistic programming (NLP), Energy Healing, Visualization and Trigger Points to travel to the root cause of a deeply anchored emotional trauma and release it for good.

The RESET program is also rooted on body-based therapies to release the debilitating effects of trauma in a way that words cannot. The program incorporates elements of therapeutic exercises from a range of disciplines, including:

- Polyvagal Theory inspired vagal toning exercises
- Dance and movement therapies
- Trauma-informed yoga & qigong
- Somatic therapies
- Myofascial release
- Acupuncture
- Sound and music therapies

WHO IS THIS IMMERSION FOR?

Are you ready to contribute your empathic awareness, counselling skills, wellbeing expertise, or intuitive abilities to create positive change and get paid for it? If so, we have an opportunity that could enhance your life's journey!

Join us to become a certified RESET Practitioner and be part of a transformative community sailing locally and overseas for gatherings and retreats.

• Social Workers • Teachers • Mental Health Counsellors • Yoga Therapists / Yoga Teachers • Movement Therapists • Physicians (MD, DO, ND, DC & others) & Physician Assistants • Coaches • Nurses & Nurse Practitioners • Psychologists • Emergency Medical Personnel • Meditation Teachers • Educators • Massage Therapists & Body Workers • Acupuncturists • Hypnotherapists • Kinesiologists • Complementary & Alternative Medicine Professionals • Clergy & Spiritual Leaders • Non-Profit Professionals • Other Wellness Professionals

BONUS!!! Following successful training completion, you might receive a significant part of your investment back by facilitating a RESET Retreat as a certified RESET Practitioner, all organized by World Doctor.

WHAT

YOU'LL LEARN

Training Objectives

- **INTEGRATE BODY, MIND & SPIRIT INTO HEALING** - Experience and learn how to use on your clients Dr Mario Alam's unique healing technique - Soul Line Therapy™ - which is core to the RESET program.
- **TRAUMA SENSITIVE APPROACH** - Explore the interconnectedness of individual, collective, and societal levels of trauma, defining its roots and examining its bodily effects. Learn to embrace and incorporate insight after trauma. Explore the theoretical framework of trauma and memory, while gaining insight into implicit and explicit techniques for processing trauma.
- **NERVOUS SYSTEM REGULATION DRILLS & POLYVAGAL THEORY** - Exercises to induce a healthy development of the resilient zone. Help your clients navigate stress and regulate their nervous systems. Learn to navigate your own Nervous System, so you hold space from a place of connection and regulation while you don't overwhelm your clients and understand their rhythms.
- **ALTERED STATES OF CONSCIOUSNESS** - Evaluate whether altered states could be the right therapeutic approach for your personal and professional needs. Recognize when they offer effective remedies and understand situations where they may not be suitable, ensuring a well-informed approach to healing and self-discovery for your clients.
- **BODYWORK & PRACTICAL SKILLS** - Learn about trigger points, segments of tension and stored trauma. How to press safely and ignite the release of stored emotions through live demonstrations. Promote wellbeing by embracing social connection and harnessing shared resources. Experience somatic practices that can help reset the nervous system.
- **BREATHWORK PRACTICES** - Using breathwork as a way to pendulate between the different levels of arousal.
- **ENERGY AND SOMATIC DE-ARMOURING** - How to invite the body to open deeply, to perform a de-armoring process physically and energetically.
- **PSYCHEDELICS** - Understanding the value of psychedelic-assisted therapy for trauma healing. You will also be led through the RESET process and healing exercises for preparation, grounding, and integration to cultivate self-compassion, inner knowing, and connection.

TRAINING DETAILS

Location: Osho Mevlana Hall
42 Bilin Rd, Myocum NSW 2481

Only a short 20-minute drive from Byron Bay, 10 minutes from Brunswick Heads and Mullumbimby, or a 45-minute journey from Gold Coast Airport, the tranquil Mevlana Hall is the location where you'll train to become a certified RESET Practitioner. Osho Mevlana Foundation is hosting this event.

Come join our RESET Practitioners Training in the beautiful surroundings of Byron Bay region, for a nourishing 5-day immersion, nutritious meals, mindful indoor and outdoor experiences, and more.

The training includes the following:

- Online learning preparation – 8 self-study modules of training materials on trauma and the nervous system (video lectures, PDFs, meditations and exercises) - sent prior to the training for your preparation.
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- Expert-led lectures and practical demonstrations, experiential clinical skills, and somatic integration work.
- Private virtual community space for additional learning and support.
- All the essential training equipment will be supplied, including printed full-color workbook, guidebook, meditation chairs and cushions.
- Nutritious and vegetarian Breakfast & Lunch will be provided every day.
- Experiential practices of altered states of consciousness and for processing trauma
- Daily somatic practices hosted by different practitioners to support healing and learning throughout the training.
- One 1-hour sessions at a local spa to rest and replenish in the evening.
- One 1-hour group acupuncture session to support you for integration.
- Daily somatic movement and mindfulness meditation classes.
- Q&A sessions
- Opportunity to book private sessions in the evenings with fellow practitioners for massage, trauma integration, and other healing modalities*

RESET PRACTITIONER TRAINING

- Earn a Certificate of Completion - Receive your printable digital RESET Practitioner Training Certificate of Completion simply by completing all the certificate requirements as below.
- Two Integration Sessions after the training completion: One online Community session two weeks after, and one online Q&A session with Dr Mario one month after the training.
- Continue support via email.

**First come first served based on availability. Sign-up sheets will be provided onsite. Additional cost paid directly to the practitioner. Your consent is required prior to touch work, if offered, from the approved providers. We release all liability for personal sessions booked between two parties.*

What to bring (optional):

- *Yoga mat*
- *Water bottle*
- *Comfortable clothing*
- *Any tools that support you in providing healing*
- *Any sacred objects to place in our collective altar*
- *Pen and notebook*
- *Your most authentic self and a spirit of open-mindedness*

CERTIFICATE REQUIREMENTS

To receive your certificate of completion, you must meet the following requirements:

- Complete the self-study modules prior to the training.
- Attend every day of the training
- Provide a full RESET program in class approved by Dr. Mario Alam.

SCHEDULE

The training program will take place over five consecutive days, with the following daily schedule:

- Start Time: 8:00 AM
- Lunch Break: 1 hour
- End Time: 6:00 PM

Throughout each day, participants will be provided with breakfast, lunch and light snacks.

RESET PRACTITIONER TRAINING

DAILY COMPONENTS

- RESET Process
- Soul-Line Therapy™
- Somatic Movement
- Mindfulness Meditation

ADDITIONAL FEATURES INCLUDED

- Group breathwork session
- Group acupuncture session
- One evening group session at a local Spa

The course comprises a total of 50 hours, divided between lectures and practical sessions focused on the RESET process and Soul-Line Therapy™.

RECOMMENDED READINGS

Books:

- Waking the Tiger: Healing Trauma by Peter Levine
- The Myth of Normal by Gabor Mate
- The Body Keeps the Score by Bessel van der Kolk
- No Bad Parts by Richard Schwartz
- Healing Collective Trauma by Thomas Hübl
- The Polyvagal Theory by Stephen Porges

We invite you to read the core links of the [TGA rescheduling document](#) and the following on the TGA website:

- [Access to psilocybin and MDMA](#)
- [Next steps for consumers](#)
- [Next steps for healthcare professionals](#)

Key organizations to familiarize yourself with are as follows, with their mission statements outlined below:

- **MMA** Mind Medicine Australia “exists to Pursue the charitable purpose of advancing health and, principally, to promote the prevention and control of mental health diseases in humans by promoting the research, education and development of approved and evidence-based psychedelic medicines for therapeutic use”

RESET PRACTITIONER TRAINING

- **AMAPP** “Australian Multidisciplinary Association for Psychedelic Practitioners, has been formed to be the peak body for psychedelic-assisted therapy (PAT) in Australia; providing a framework for its safe, ethical, accountable and effective introduction focusing on the best client outcomes.”
- **PRISM** “Psychedelic Research in Science & Medicine is a DGR-1 charity, established in 2011 to initiate, coordinate, and support formal research into the applications of medicinal psychedelics and related technologies. PRISM provides scientific expertise for clinical trials and technology development for medicinal psychedelics and consciousness research. PRISM supports clinical research for the treatment and prevention of conditions for which current therapies provide limited relief.”
- **EGA** “Entheogenesis Australis is a charity using education to help grow the Australian ethnobotanical community and their gardens. We encourage knowledge-sharing on botanical research, conservation, medicinal plants, arts, and culture.”
- **APS** “The Australian Psychedelic Society is a grassroots community-based organization that firmly believes in the decriminalization and safe use of psychedelics.
- **IPAT** Indigenous Psychedelic-Assisted Therapies seeks to create a culturally safe psychedelic-assisted therapy model for Indigenous peoples, honoring their traditional wisdom and practices. It aims to integrate Indigenous knowledge and community-centered healing, making the approach accessible and beneficial for all.

ACCOMODATION

BOOKING YOUR LODGING

The training fee does not cover accommodation, transportation, or any other unspecified services. Ensuring arrangements for these aspects is your responsibility.

Accommodations / lodging must be booked separately from your training registration.

The World Doctor is not managing lodging arrangements.

MEET YOUR PRESENTER



Who is the World Doctor?

World Doctor provides impactful, life-changing, and dynamic services and programs around the world for the preparation and integration of psychedelic medicines, trauma healing, and a holistic approach to health. We want to be the go-to resource for those seeking alternatives to psychedelics and for individuals preparing for their psychedelic experiences.

Dr. Mario Alam is the founder and visionary of World Doctor and the RESET Program, and is a well-respected figure in the healing community. He advocates and embodies a 'whole picture' approach to health. He marries his professional skills in Western Medicine with wisdom and knowledge gained from personal interaction with spiritual elders, shamans and medical pioneers from across the world. He has travelled to over 50 countries, gaining unique insights into the human condition. Dr. Mario has lectured internationally, and in early 2021, was appointed to the Advisory Board of Mind Medicine Australia.

RESET is the culmination of Dr. Mario's wisdom and experience to date. This signature offering is a unique and ground-breaking program, designed to provide a highly effective and holistic solution to trauma. It is also a potent preparatory and integrative tool for the supervised therapeutic use of psychedelics and entheogens.

Sophie Saemrow

Founder of Conscious Flow Breathwork, Holistic Health Coach, Meditation & Mindfulness Teacher

“Transformational and deeply insightful”

A deepened acknowledgment of how profoundly powerful it is to be journeying along our soul line. How powerful this technique is to release unwanted emotional charges, to return to a state of deep inner peace and to connect to our soul and highest self. What a powerful tool this is, to help people see a different perspective, to forgive self and others, and to come to a place of love and acceptance.

I appreciated everything what was being shared around making a clear contract with the client around how long exactly the session will go for, to make them feel 100% safe and in control. If we feel that the client is resistant, to connect to any of the parts of the person that are resistant and to acknowledge them. Welcome that part (all parts) and make the person as a whole feel seen and heard.

Austin Stewart

Certified Coach, practitioner of Neuro-Linguistic Programming (NLP), Hypnosis, Time Line Therapy®, Yoga teacher and Qigong practitioner

“An intuitive, soft and deliberate program. Assists individuals in understanding trauma and moving it through their system”

I consolidated my knowledge of time line therapy but with a beautiful spiritual resonance. I realised that when held in a safe environment, I can navigate aspects of my unconscious that are not readily available consciously. I can explore trauma without retraumatising but rather with a deep curiosity and wonder that helps reset old paradigms and the neurological system

Justine Janssen

Co-founded Canberra's largest yoga studio Power Yoga Canberra and co-founder of Embody Wellbeing

“The RESET program is an opportunity to participate and experience your own inner healing”

This program holds a rare opportunity for those seeking healing to not only break through beyond their past thresholds of previous investigation but be held in a guided process led by embodied facilitators within a supportive retreat community.

Pamela Kirkley

Mental Health Clinician, Social Worker, Yoga Therapist and Breathwork Teacher

“Powerful, transformative, medicinal, layered, multi-dimensional”

More alive than I have been in a long time, still grounded as well. This was an incredible process and I would love the opportunity to continue to offer this as a practitioner on the retreats and solidified my practice with the method and seeing it's transformation for the lender.

AGREEMENTS

REGISTRATION AGREEMENT:

- This training is not a substitute for medical or psychological services of any kind. The information provided within is meant for educational purposes and is not intended to treat, diagnose, prevent, or cure disease. By registering, you are affirming that you are emotionally stable, in sound psychological health, and personally responsible for all of your own decisions and commitments. World Doctor is not responsible for any decisions made as a result of the training.
- By registering, I agree that I have read the refund policy and agree to its terms.
- By registering, I agree to maintain the confidentiality and privacy of fellow participants, copyrighted material and RESET processes.
- By registering, I agree not to record or photograph without explicit permission
- By registering, I agree that I have no active addiction, psychosis, or severe mental illness
- By registering, I agree to respect both the venue and its staff, as well as the staff of World Doctor.

PARTICIPANT AGREEMENTS:

We have Group Agreements for our Training:

- We agree to respect the personal space required by others - we do not share our trauma stories outside of invitation; we share experience, strength, and hope.
- We agree to personal responsibility - accountable for the energy we bring to the group and for our reactions - there is no space here for blaming others for our problems, our mood, or our reactions - there is no space for saving others - we agree to personal responsibility.
- We agree to take direction from those who are here to help guide us and respect those who are healing beside us.
- We agree collectively to have faith in our common and unique healing processes and support others in moving forward in life.
- We agree this will be a safe space of openness where cultural, religious, historical, generational, societal, and personal differences are respected without judgement, criticism, or harm.
- We agree to take what serves us and leave what does not.
- We agree to put our best foot forward with an open mind and an open heart for what is to come.

RESET PRACTITIONER TRAINING

DISCLAIMER

- *To promote good professional practice, you are advised to use this training within the boundaries of your professional expertise. This training is designed as continued education.*
- *This training is for educational and self-healing exploration purposes. Always seek the advice of a physician, psychiatrist or psychologist, or other qualified healthcare provider with any questions you may have regarding a medical or psychological condition or treatment before undertaking a regimen.*
- *There will be designated points of contact if participants require support in this shared healing process, find themselves in conflict with another participant, uncomfortable with a presenter, or if they have a general complaint about the program or the venue to resolve*

TRAINING FEES

SPECIAL DISCOUNTED PRICE:

\$2400 AUD (Two thousand four hundred Australian dollars) +booking fees

Scholarships are available on a limited basis for those in need.

REFUND POLICY

Your satisfaction with your RESET Practitioner Training is important to us. Due to the extensive time, effort, preparation and care that goes into creating and/or providing our Programs, Products, Site, Subscriptions, Services and Program Materials, we have a no refund policy. Unless otherwise provided by law, you acknowledge that we do not offer refunds for any portion of your payment for this training, and no refunds will be provided to you at any time.

- *All payments are non-refundable; however, they may be applied to a future RESET Practitioner Training program.*
- *Please be mindful prior to and during travel to avoid illness as there is no refund issued for illness.*
- *If the RESET Practitioner Training is cancelled by World Doctor, you will be refunded.*

**Please note, World Doctor is not responsible for any outside purchases such as, but not limited to, lodging accommodations and transportation.*

By using and/or purchasing the RESET Practitioner Training, you understand and agree that all sales are final and no refunds will be provided.