



# Mind Matters TRAINING

## Santa Ana, CA

with Author, Carolyn Rich Curtis, Ph.D.

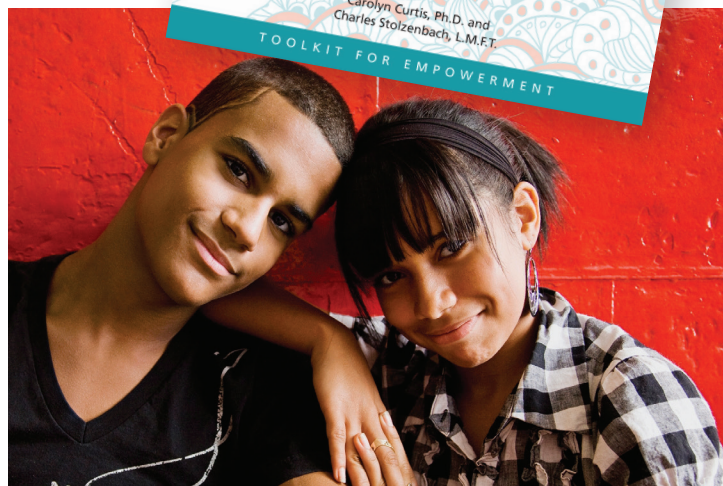
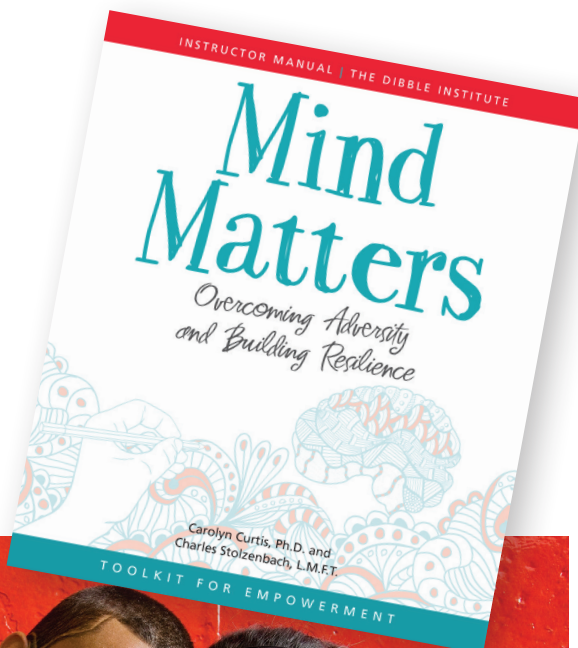
**September 5 & 6, 2019**  
**8:30 AM–5:00 PM**

**\$399**  
**for 2-Day Intensive Training**

CEUs will be available for an  
additional charge.

Each trainee must have a copy of Mind Matters (\$299 plus tax (CA and SD only) plus S/H)

To register and for more information email  
[RelationshipSkills@DibbleInstitute.org](mailto:RelationshipSkills@DibbleInstitute.org) or call 800.695.7975.



### ABOUT MIND MATTERS

Mind Matters' 12, one-hour lessons teach students ages 12 and up to respond to negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. Students learn to address their physical, relational, and mental health needs.

### AFTER THIS TRAINING, YOU WILL BE ABLE TO TEACH YOUR YOUTH...

- Self-soothing skills to manage emotions
- Ways to analyze stressful thoughts
- How to deal with intrusive memories
- Ways to develop a protective lifestyle

For a **free 15-day review copy of Mind Matters**, visit [Digital.DibbleInstitute.org/MM](http://Digital.DibbleInstitute.org/MM) then enter the unlock code MindMatters15.

[www.DibbleInstitute.org/Mind-Matters-Training-2019](http://www.DibbleInstitute.org/Mind-Matters-Training-2019)