

Everything

You Thought You Knew About Boundaries...

Is About to Change

Attend this exciting and stimulating workshop that will challenge you to re-examine what you thought you knew about boundaries, identity, and how people change.

You'll discover how human identity operates as an *adaptive system* and you'll learn the central role of systemic boundaries in managing that system.

You'll go home with a briefcase full of insights, ideas, and tools that will help you change lives forever.

The Boundary Problem

Everyone has boundaries. They're essential in our lives. They hold things together and keep us safe, but they also have a downside.

Most boundaries operate outside our conscious awareness. They direct behaviors, emotions, and thoughts based on deep-seated beliefs learned long ago.

In the beginning, these boundaries were adaptive. However, for many people, their boundaries no longer work to make their lives better. Too often, those old boundaries make their lives worse and prevent growth and change.

Since they are unaware of their boundaries, they keep engaging the same old program and keep getting the same destructive results with no idea why.

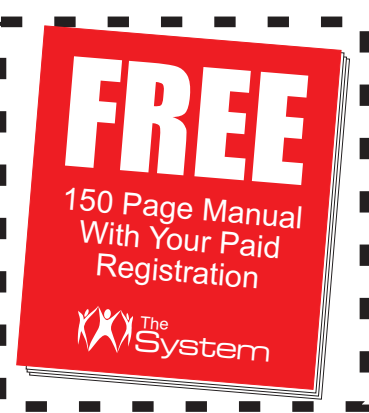
The System Is The Solution

Identity and boundaries work together as a *system*. The boundaries exist to protect identity by preventing change. They do this because change is perceived as a threat to the system. Change, even change for the better, will be resisted.

Many destructive behaviors, emotions, and thoughts are driven by these powerful boundaries that keep your clients trapped in an endless loop of being who they've always been and doing what they've always done.

Learn to teach your clients to take charge of their boundaries and create DEEP CHANGE in the core of their being. Their deepest, most negative beliefs about themselves can change for the better and their lives will become happier and more satisfying as a result.

The System is *Real Hope for Real Change!*



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Register NOW and SAVE!

Tuition Fee:

\$250

SAVE \$25
With Pre-Registration

Just
\$225

See Details Inside



Boundaries, Identity and the Path to Deep Change

CONTINUING EDUCATION INFORMATION. **Arizona:** Suitable for 6.5 hours Arizona psychologist continuing education (R4-26.207d-f). Suitable for 6.5 hours Arizona social work, counselor, or marriage and family therapist continuing education (R4-6-802d). **Idaho:** Suitable for up to 6.0 hours Idaho psychologist continuing education (402.01-03, 402.08a-b). Suitable for 6.5 hours Idaho social work continuing education (IC sec 54-3202). Suitable for 6.5 hours Idaho counselor continuing education (425.01). Suitable for 6.5 hours Idaho marriage and family therapist continuing education (425.01). Suitable for 6.5 hours Idaho nursing continuing education (IDAPA 23.01.01 061). **Nevada:** Approved for 6.5 hours Nevada psychologist continuing education (NAC 641.136). Suitable for 6.5 hours Nevada social work continuing education (NAC 641B.192 – must be submitted by attendee to state board). Suitable for 6.5 hours Nevada counselor and marriage and family therapist continuing education (NAC 641A.123). Suitable for 6.5 hours Nevada nursing continuing education (NAC 632.355). **Utah:** Suitable for 6.5 hours Utah psychologist continuing education (R156-61-302h). Suitable for 6.5 hours continuing education for Utah clinical mental health counselors (R156-60c-304). Utah social workers and marriage and family therapists should contact their licensing body for CE approval information. **General Information:** A certificate of attendance will be awarded at the end of the program to individuals who complete all requirements. Full attendance is required; no partial credits will be offered for partial attendance. Completion of a program evaluation form is expected of all participants seeking continuing education credits. This program may be suitable for continuing education in other disciplines and in other states than those listed above, check with your licensing board for approval information. It is the responsibility of attendees to insure the appropriateness of all educational programs to be submitted for credit towards licensure requirements in their state and for their discipline. Contact your own board or licensing organization for specific requirements. All participants should save their course outline and certificate of completion.

Register Now: systemboundaries.org



Boundaries, Identity and the Path to Deep Change

**A NEW Approach For Helping
Troubled Clients**

**A Program Developed
& Presented by
Psychologist, Dr. Steve Ater**



- **NEW** ideas for your most challenging clients and their most persistent problems
- Learn **NEW** skills, powerful tools, fresh insights for **DEEP CHANGE**
- **ADAPTABLE** and easily integrated, makes what you already do more effective
- **A UNIQUE** and **MODERN** psychological approach merged with the science of interdisciplinary systems theory

“Don’t miss out on this opportunity to attend a presentation by Dr. Ater! Excellent teaching skills, humor, and commitment to helping others grow as clinicians all come together with this incredible opportunity to learn powerful tools you can put to use right now.”

**- Dr. Deric Raysten, Psychiatrist
Former President, Idaho Psychiatric Association**

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Goals of This Course

- Establish an understanding of systems science and grasp the essential role of boundaries in working with complex adaptive systems like human beings.
- Internalize the Universal Principles of the Human Boundaries Model that form the foundation for theory and practice in this approach.
- Employ understanding of “Ideas-of-Self” as the systemic building blocks of human identity, especially how Ideas-of-Self and their boundaries operate together as mutually defining and mutually reinforcing elements of the identity system.
- Explore how Ideas-of-Self use powerful boundaries to maintain their own stability and existence by fighting against the threat of change.
- Learn the skills needed to hack the identity system - leveraging the system’s own boundary rules to help even the most complex and challenging client create deep change they never thought possible.
- Discover the nature, importance, and implications of the five boundary personalities that shape each of us and how the different boundary personalities affect our interaction with others in predictable ways.
- Develop new understanding of how the identity and boundary systems of one person interact with those of another and how to apply this knowledge to improve relationships and capacity for mutual problem-solving.
- Acquire powerful new therapeutic skills, concepts, tools, and techniques including: the boundary constriction point, true choice, moments of meaning, boundary networks, the proto Idea-of-Self, the Relational Triad, PIT Stop Communication, the three boundary interactions, the Normal Relationship Cycle, systemic forgiveness, victim and villain.



Course Outline

PART ONE: Systems, Boundaries, and the Operations of the Human Boundaries Model

Understanding Systems and Boundaries

Systems Theory - Thinking Systemically
Popular Myths about Boundaries
Integration and Exclusion: The two functions of systemic boundaries
Kinds and Qualities of Systemic Boundaries
Limitations of Systems Research to Psychological Applications

Foundations of the Human Boundaries Model

The Universal Principles of the Human Boundaries Model
The Four Purposes of Human Boundaries
The Five Boundary Personalities
Identity, Ideas-of-Self, and the Proto Idea-of-Self

PART TWO: Practical Applications of the Human Boundaries Model

Identity and Change in the Human Boundaries Model

Practice Ethics and Application of the Human Boundaries Model
Creating and Facilitating Change with the Human Boundaries Model
True Choice + Moments of Meaning = Deep Change
The Change Map
The Boundary Constriction Point

Better Relationships with the Human Boundaries Model

The Black Box - Seeing differently in a world of complex systems
The Three Boundary Interactions: synchrony, trespass, violation
The Relational Triad and the Normal Relationship Cycle
Fearless Selflessness
P.I.T. Stop Communication

Healing from the Past

8 R's of Forgiveness
Victim and Villain - The challenge of self-forgiveness



Speaker

Psychologist,
Dr. Steve Ater



A dynamic speaker with an interactive approach to learning, Dr. Steve Ater brings to his programs a belief that they should be both stimulating and fun.

Dr. Ater graduated from Ohio State University before earning his doctorate in Clinical Psychology from Wheaton College. He completed a postdoctoral fellowship in Clinical Neuropsychology and Neurorehabilitation followed by additional postdoctoral training in Child and Family Psychology.

He specializes in psychotherapy including individual and relationship therapy as well as clinical neuropsychology. Dr. Ater also enjoys working in leadership development, organizational culture, and organizational change - domains perfectly suited to application of the principles of the Human Boundaries Model.

He has been developing the Human Boundaries Model for over a decade and is thrilled for any opportunity to teach others this exciting breakthrough in the practice of psychotherapy.

Seats Will Fill Fast
REGISTER NOW!
Check, Money Order, Credit Card

Tuition Fee: **\$250**
SAVE \$25 With Pre-Registration
Just \$225

FREE
Plus 150 Page Manual With Your Paid Registration

Register Online at: www.systemboundaries.org
For Mail-in Registration, Please Complete Entire Form

Name: _____

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City: _____ State: _____ Zip: _____

Primary Phone: () _____ Secondary Phone: () _____

Email Address: _____

RESERVE YOUR SPACE TODAY! REGISTER ONLINE AT: www.systemboundaries.org

Indicate Method of Payment:

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Send Registrations w/ full payment to: **Dr. Steve Ater - The System**
743 Brundage St.
Pocatello, Idaho 83202-1704

