

**2015 Erickson Congress**

**Clinical Demonstration #1: Friday, Dec 11, 1-2 pm  
Connirae Andreas**

This demonstration will feature the Core Transformation process, a method of deep emotional transformation that offers a systematic way of healing that can transform a wide range of life issues, including

- relationship issues
- emotional trigger responses, such as anger, hurt, jealousy, etc.
- over-eating
- other unwanted habits, such as nail-biting, etc.
- anxiety & depression
- trauma recovery

Core Transformation is a simple 10-step process that uses a problem or symptom as the doorway to a core felt experience often described as “love” “peace” “oneness” or “presence.” Through the process, this “core within” gently transforms the symptom itself, as well as the domains of experience that are related to it. It isn’t unusual for people to experience positive shifts in unexpected areas of life, in addition to the area of symptom or concern.

I will begin with a brief guided experience with the whole group, providing the foundation for understanding the demonstration with a volunteer.

**More Resources:**

Visit <http://CoreTransformation.org>

to learn more about Core Transformation, and find links to each resource listed below:

1. Free Online Video Webinar (with Tamara Andreas), including a brief demonstration.
  2. The Book: *Core Transformation: Reaching the Wellspring Within*, by Connirae Andreas & Tamara Andreas. Includes several transcripts of guiding someone through the process, with follow-up, plus pointers and step-by-step outlines for guiding self or others.
  3. DVD Training: Core Transformation: The Full 3-Day Workshop
  4. Live Trainings: at [www.AndreasNLPTrainings.com](http://www.AndreasNLPTrainings.com)
  5. DVD Downloads: You can find downloads of several demonstrations of the Core Transformation process, at [www.RealPeoplePress.com](http://www.RealPeoplePress.com)
- Click the yellow “Core Transformation” tab on the left.