

Workshop Title: HeartSpeak Level 2: Beyond Emotional Wellbeing

Introduction:

HeartSpeak Level 2 is where the magic happens – *your magic!* Once you have grasped the HeartSpeak basics (in Level 1), you will be shown how to make HeartSpeak your own. In Level 2, you will follow the same basic HeartSpeak process but you will learn to individualize it at strategic points.

In addition, advanced applications of HeartSpeak will be introduced – all designed to release layer after layer of unresolved, unhealthy and perhaps nonconscious influences on your life and your wellbeing – physical, mental, emotional and behavioral. Also included is plenty of workshop time so that your skills can be honed, enabling you to practice your art with confidence.

What will be taught

You will benefit from taking this course, in these ways:

1. You will have a greater understanding of the Feeling Mind;
2. You will learn ways to make your emotional clearings more authentic;
3. You will learn how to enhance the clearing process;
4. You will practice using your own intuition within the HeartSpeak process; and
5. You will learn advanced applications for HeartSpeak.

Plus, you will leave this course feeling lighter, freer and more at ease.

Objectives

This workshop will be a follow on from the HeartSpeak Level 1 workshop, and is aimed at more experienced practitioners. During this workshop, once the fundamentals of HeartSpeak have been grasped, participants will be shown how to make HeartSpeak their own by individualizing it at strategic points. Included in this day is plenty of workshop time so that skills can be honed, enabling practitioners use their new HeartSpeak skills with confidence.

Short Description – for advertising (45 words)

In HeartSpeak Level 1, you learned the basic principles of HeartSpeak – the science of HeartSpeak. Now in HeartSpeak Level 2 is where the magic happens – *your magic!* Using your intuition and own empathic abilities, you will make your practice your own – the art of HeartSpeak.

Format of Presentation: A mix of traditional lecture, personal experience & experimentation, demonstration, video, and practice applying new skills.

Workshop Length: 1 day (7 hours)

Materials to be distributed: Notes and charts

Equipment Required: Data projector for PowerPoint presentation

Cost: XX (To be discussed with host / course facilitators)

CE/CEU/CPD: Currently under review with the Kinesiology Federation.

Workshops schedule:

Morning Session 1	<ol style="list-style-type: none">1. Introduction2. How Feelings are Learned3. Additional Categories of Feelings & Additional Feelings
Morning Session 2	<ol style="list-style-type: none">4. Enhancing the clearing & pivot5. Using your Intuition
Afternoon Session 1	<ol style="list-style-type: none">6. Additional Applications of HeartSpeak
Afternoon Session 2	<ol style="list-style-type: none">7. More practice8. Tips & Pointers9. When to do HeartSpeak – and when not to10. Wrap-up

Audience Skill Level Pre-requisites: HeartSpeak Level 1.

NOTE: HeartSpeak Level 2 is a prerequisite for the **HeartSpeak Level 1 Instructors** course.

Presenter Biographical Summaries and Contact Information:

Presenter: Dr Anne M Jensen, MSc, PhD

Short Biographical Summary (45 words max)

Dr Anne Jensen is the developer of a mindbody healing technique, HeartSpeak, which she teaches worldwide. Dr Jensen's PhD is in clinical research from the Oxford University in the UK. Her research interests are in the link between stress, emotions and the mindbody.

Longer Biographical Summary (150 words max)

Dr Anne Jensen is the developer of a mindbody healing technique called HeartSpeak, which she developed from 25 years of clinical practice, observation, research and common sense. She now teaches it worldwide. In addition, she has a PhD in clinical research from the University of Oxford in the United Kingdom. The focus of her research was on the accuracy of muscle response testing (MRT) to detect lies, and her results confirm the validity of MRT for this purpose. Her background is in psychology, chiropractic and sports performance, and she has many peer-reviewed publications in these fields. She is also a healer and maintains a private practice consulting in emotional wellness and stress reduction.

Contact Information: Dr Anne Jensen
12 Highland Lake Road
Eldred, NY 12732 USA
Phone: +1 323-744-7374 (anytime)
Email: dranne@HeartSpeak.com
Websites: www.HeartSpeak.com; www.drannejensen.com

Dr Jensen's Bibliography of Radio Appearances & Print Media

Radio appearances:

Jensen, A. M. (2014, 24 January 2014) *Speaking of Health with Dr. Anne Jensen/Interviewer: M. Kudlas*. Speaking of Health, Voice America Radio (Kalamazoo, Michigan, USA), <https://www.voiceamerica.com/episode/75470/speaking-of-health-with-dr-anne-jensen>.

Jensen, A. M. (2017a, 16 May 2017) *Are We Missing the Point When it Comes to Chiropractic Research?/Interviewer: N. Volz*. DC2BE Revolution (San Francisco, California, USA), www.flave.online.

Jensen, A. M. (2017b, (28 August 2017) *Dr Anne Jensen : Chiropractor, HeartSpeak & Muscle Testing Researcher/Interviewer: A. O'Dowd*. Sancit Holistic Podcast (Limerick, Ireland), <https://s3-us-west-1.amazonaws.com/sancitpodcasts/73+Sancit+Show+Dr.+Anne+Jenson+CHIROPRACTOR+HEARTSPEAK+%26+MUSCLE+TESTING+RESEARCHER.mp3>.

Jensen, A. M. (2017c, 20 November 2017) *Dr. Anne Jensen on Her PhD Studies in Muscle Testing/Interviewer: J. Rickert*. Quantum Yoga Podcast (San Francisco, USA), <https://www.listennotes.com/e/9ba885f322494a498eeda68a31ffc013>.

Jensen, A. M. (2017d, 13 January 2017) *Dr. Anne Jensen will share about HeartSpeak and the human experience/Interviewer: Vaishāli & M. H. Hensley*. You Are What You Love, Contact Talk Radio (USA & Ireland), <https://breaker.audio/e/10416699>.

Jensen, A. M. (2018, 11 January 2018) *Dr Anne Jensen, Clinical Research, Publish Author, Innovator of HeartSpeak/Interviewer: N. Woodman*. At the Table, Radio Fremantle 107.9FM (Perth, Western Australia), http://203.59.129.151:8001//shows_this_week/thu-15_00.mp3.

Print media:

Jensen, A. M. (Issue 6, Winter 2018). Modality Profile: HeartSpeak. *Specialized Kinesiology Magazine*, https://issuu.com/specializedkinesiologymagazine/docs/holographic_issue.

Jensen, A. M. (12 May 2017). The Oxford Studies: Validating Muscle Response Testing: Part I – Methods Used. *GEMS: All things Kinesiology!*, <http://gemskinesiology.com/the-oxford-studies-validating-muscle-response-testing-part-i-methods-used/>.

Jensen, A. M. (16 June 2017). The Oxford Studies: Part II – Results and Implications. *GEMS: All things Kinesiology!*, <http://gemskinesiology.com/the-oxford-studies-part-ii-results-and-implications/>.

Jensen, A. M. (Issue 122, Winter 2017). Validating Muscle Response Testing. *In Touch Magazine* (Australia).

Jensen, A. M. (August 2017). Learn HeartSpeak: Muscle Testing & Stress Reduction Techniques. *Natural Awakenings Magazine* (Philadelphia, PA, USA), https://issuu.com/NABuxMont/docs/na_buxmont_aug17.

Jensen, A. M. (September 2017). HeartSpeak: Unwind your mind and set your self free! *Natural Awakenings Magazine* (Philadelphia, PA, USA), https://issuu.com/NABuxMont/docs/na_buxmont_sep17.

- Jensen, A. M. (Issue 2, Winter 2017). The Oxford Studies: Assessing the Validity of Muscle Response Testing. *Specialized Kinesiology Magazine*, https://issuu.com/specializedkinesiologymagazine/docs/basics_issue_layout_winter_2017.
- Jensen, A. M. (2016). What is HeartSpeak? *Connect Magazine*, April/May 2016.
- Jensen, A. M. (Issue 10, Spring 2016). HeartSpeak for Mood Disorders. *Trifecta Magazine* (Calgary, Alberta, Canada), <https://issuu.com/trifectamagazine/docs/spring2016-web>.
- Innovative emotional healing tool: HeartSpeak workshop in Waterford. (2015). *Waterford Today* (Ireland).
- Jensen, A. M. (2015). Clinical Roundup: HeartSpeak for Mood Disorders. *Alternative and Complementary Therapies*, 21(3), 145-146. <http://online.liebertpub.com/doi/pdfplus/110.1089/act.2015.29006.cr>.
- Jensen, A. M. (2015). HeartSpeak: A new way to approach stress. *Association of Chartered Physiotherapists in Energy Medicine (ACPEM) Newsletter* (UK).
- Jones, H. (Summer 2015). Interview with Dr Anne Jensen, Innovator of HeartSpeak. *The Well* (Penryn, Cornwall, UK).
- Jensen, A. M. (Issue 7, Summer 2015). HeartSpeak. *Trifecta Magazine* (Calgary, Alberta, Canada), <https://issuu.com/trifectamagazine/docs/trifecta-summer2015>.
- Jensen, A. M. (Fall 2015). HeartSpeak for Stress. *Healthy You Magazine* (New York, USA).
- HeartSpeak emotional healing and stress reduction. (2014). *Waterford Today* (Ireland).
- Jensen, A. M. (2012), 19 December 2012). Muscle testing (kinesiology): panacea or placebo? *The Conversation*, <http://theconversation.com/muscle-testing-kinesiology-panacea-or-placebo-11075>.

For a list of peer-reviewed scientific publications, see Dr Jensen's CV.