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TAT® Basics --- the Core TAT Training

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Why take TAT® Basics?

Whether you are new to TAT, or have been using it for a while, TAT Basics has a lot to offer. While watching DVD's, listening to audios and reading are great ways to learn about TAT, they don't take the place of a live interactive learning environment. Something wonderful happens when people come together to learn and share, each with their own unique perspective and questions. In this way, each course/workshop is a little different though the same core material is covered.

About TAT® Basics Classes & Workshops

Whether you want to use TAT just for yourself or share it with others, TAT Basics provides a wonderful foundation in using this versatile method for everything from stress release to healing patterns that contribute to emotional and physical problems. TAT Basics is also required for anyone who is considering certification as a TAT Professional.

Learning Formats: 3 Options

This training is offered in 3 formats:

- An in-person, two-day workshop
- Telecourse
- Teleclass Modules

TAT® Basics Topics

Total hours for all three formats are the same (12) and cover the same material, while allowing flexibility in terms of time, location and individual pace of studying and practicing. In TAT Basics you will learn about TAT for your own personal use, and how to use it with others, including children and animals. You will have plenty of “hands on” experience in a safe, supportive environment.

See [Feedback from Participants](#) section at the end of this document, to read what people is saying about their experience of TAT Basics in person and by telecourse

The course covers core concepts of TAT and how to use it for: *

- Trauma, stressful feelings and fears
- Thoughts and beliefs
- Emotional reactions and patterns
- Allergies
- Pain, illness, chronic disease, medical procedures
- Bodymind communication
- Relationships
- Addictions
- Affirmations
- Children
- Surrogate (Distant) Healing
- Animals
- Short forms of TAT

*** includes a TAT Healing Guide for using TAT with each of the above**

In-Person Two-Day Workshop (12 hours, \$300)

This workshop begins at 9:30 a.m. and ends at 5:30 p.m. both days. This schedule leaves plenty of room for long lunches and breaks during the day to relax, share with other participants and enjoy being together.

The days consist of learning, sharing stories and doing TAT both together as a group and in pairs. Classes take place in the San Francisco Bay Area; other locations by arrangement.

** Host a workshop and come for free** (call for details).

TAT® Basics Telecourse – 12 hours (over 4 or 6 weeks) \$300

This course is offered over 4 or 6 weeks, depending on needs of the group.

- The six week course consists of one 2-hour class each week
- The four week course consists of two 2-hour classes each week

Everyone calls into a conference bridgeline and joins together in a kind of “virtual classroom” where we can be together while still enjoying the comfort and privacy of our own homes. Learning this way can be surprisingly intimate and just as effective as learning in a two-day workshop, with the added advantage that you can study and practice TAT between classes, bringing your questions to the next meeting.

- Same content as two day workshop, covered in weekly sessions
- Sessions include interactive learning and Group TAT, with “Buddy TAT” practice between classes
- A recording is available after class

It is best to use a telephone headset or speaker phone for this class. You can call in using SKYPE which makes it very affordable.

TAT® Basics Teleclass Modules

This format was designed to make it easier and more affordable for people to get basic training in TAT. If you’re just starting out with TAT, want to take it a bit slower or just want to spread out the cost over time, this may be your best option.

If you want to become a certified TAT Professional, you will need to take all three modules, which are equivalent to taking the regular TAT Basics as described above.

Module One is required before taking the other two, unless you have already completed a TAT Basics workshop. Modules Two and Three can be taken in any order.

Module One: TAT Essentials (6 hours) \$150*

This class covers the core concepts of TAT which are key to both understanding and using TAT successfully. Here is some of what is included:

- The origins of TAT and how it works
- The most important things you need to know for success with TAT
- How “problems” are created and generate thought and belief patterns, emotional experience and affect physical well-being
- Essential approaches for working with traumas, beliefs and patterns

- “Buddy TAT” practice between classes

Module Two: TAT for Health & Well-being (3 hours) \$75*

Building on the knowledge gained in Module One, this class covers the core elements of working with challenges to health and well-being and includes learning about using TAT for:

- Allergies
- Pain
- Illness and injuries
- Chronic conditions
- Medical procedures
- Addictions
- Stress

Module Three: TAT for the Family, Pets and Others (3 hours) \$75*

While the Focus of TAT Basics is primarily on learning and using TAT for yourself, this module covers how you might support your children, family and pets with TAT and includes:

- The most important things you need to know if you want to use TAT with others.
- How using TAT is different for children
- Surrogate healing: what it is and how to use TAT for this purpose
- Using TAT for healing relationships
- The next steps for those who want to use TAT Professionally

*** Each module includes a corresponding TAT Healing Guide**

How Often is TAT® Basics Offered?

All formats are offered on a continuous basis depending on current enrollments. If you don't see an upcoming workshop listed on my website or the TATLife Calendar that would meet your needs, please contact me to find out when the next class will be offered or to join a “group forming” list.

Feedback from Participants

I'm grateful for the kind words offered by participants and share them here to give you a sense of what the experience could be like. It's my honor and pleasure to be able to share and teach this life-changing process. Following are comments on both the two-day workshop, and the telecourse (modules are new).

Thank you too for a wonderful workshop, and weekend. I appreciate your teaching style: so warm, fluid, clear and compassionate. I love your openness and willingness to share your personal process and discoveries, and how TAT has helped you go deeper into your own healing. Your ability to hold the balance of honoring each of us (by answering the so many questions, and allowing space for sharing of personal experiences) and still honor the structure of a TAT workshop (covering the materials, demos, being clear what is TAT and what is not) is marvelous. You hold the learning space for all of us with grace and so much peace, and I am very inspired.

Christine Metawatti, Energy Therapist, Oakland, www.mettacenter.com

I was fortunate to take the TAT Basics course in a group teleclass with Lisa Saubolle. The course was spread over several weeks and provided a very good background for using TAT for myself and with others. One of the nice features of the course was Lisa's patience and caring approach. All questions were fully answered and we had lots of "hands on" experience doing TAT individually as well as in a group. I would strongly recommend Lisa as a TAT teacher.

Lucas Boladian

Learning about TAT through Lisa Saubolle's TAT Basics class was the best thing I could have done for myself and my intuitive growth. She is a dedicated, knowledgeable, thorough, and caring trainer who can explain everything about TAT. Outside of TAT's creator, Tapas, Fleming, I would put Lisa next in line for training, she is that good. Lisa has a great depth of knowledge about energy work in general. I have found great support by Lisa in my quest to become a TAT Professional by providing additional teleseminars or just calling me to find out how things are going and what she can do for me.

Ann Pianetta, CHT

Thanks Lisa for offering the TAT Basics class in such a wonderful format that saved everyone time, money, and energy! I believe I benefited greatly from having the information delivered over a period of time, rather than all crammed into 2 days; it made assimilating so much information easier and gave me time to work with TAT to uncover aspects and questions I probably would not have thought of in a 2 day workshop after travelling cross country and across 3 timezones.

You are not only a gifted teacher, but the depth and breadth of your knowledge about TAT and other healing issues related to the delivery of TAT and your obvious love for TAT gave me confidence that I have received a firm foundation for my own practice. Warmest regards and best wishes for success in all your endeavors.

Kiran Haider