

Red Lotus Life Presents

Emotional Clearing Orientation

In-Person Workshop



St. George | Utah

October 1, 2025 4pm - 10pm MT

Emotional Clearing Orientation

This 1.5 credit in-person workshop was developed for social work professionals. This workshop provides an introduction to applied kinesiology as a tool for identifying emotional blocks and triggers. Participants will learn the fundamentals of muscle testing, including self-testing techniques using the fingers, and how to apply these methods to assess emotional responses to various concepts. The training focuses on helping you recognize and clear emotional blocks, supporting emotional regulation and overall well-being.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

Lori Kinsey is the founder and Continued Education Director of Red Lotus Life LLC, she strives to lead from a place of integrity that enables clients to expand into their most authentic self. Her passion for this work is revealed in every workshop and retreat. She has the ability to hold strong empathy and safe space for people, because of the work she has done in the areas of domestic violence and human trafficking. As a domestic abuse

survivor, her goal is to help others heal from a place of compassion and trust. She has experience working with many individuals who have experienced different areas of trauma. She is truly a dynamic and inspiring speaker.

Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of applied kinesiology and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Explain the principles and purpose of applied kinesiology in emotional assessment.
- Demonstrate applied kinesiology techniques using the fingers to identify emotional responses.
- Apply applied kinesiology techniques to recognize emotional blocks and potential triggers.
- Utilize techniques to support in clearing identified emotional blocks.

Course Outline

4:00 p.m. ARRIVALS

5:00 p.m. - 5:30 p.m. WELCOME CEREMONY - No CE

6:00 p.m. - 7:00 p.m. DINNER

7:30 p.m. - 9:00 p.m. Emotional Clearing Orientation - 1.5 General CEs

- Using Applied Kinesiology to Identify and Clear Emotional Blocks

9:00 p.m. - 10:00 p.m. CONNECTION (optional)

10:00 p.m. REST

Registration & Info

The cost to attend this event is included in the room package and varies (\$2200-\$2900) depending on which room package is selected, which includes coffee reception and certificate. Register online at www.redlotuslife.com. Please contact 435-705-1136 if you have questions, concerns, or need special accommodations. Space is limited. Registration closes on September 25, 2025. Cancellations must be received by July 25, 2025 to be eligible for a refund.

Course Completion & CE Info

Course completion requirements: Social workers and mental health professionals must attend the entire course and complete a course evaluation to earn CE credit. Certificates of completion will be emailed within 10 business days of course completion.

Red Lotus Life, LLC, Provider number 1940, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 7/24/2025-7/24/2028. Social workers completing this course receive 1.5 general continuing education credits.

Red Lotus Life Presents



Understanding the Mind-Body Connection: Techniques for Identifying & Releasing Stored Emotions In-Person Workshop

St. George | Utah

October 2, 2025 730am - 3pm MT

Understanding the Mind-Body Connection: Techniques for Identifying and Releasing Stored Emotions

This 3 credit in-person workshop was developed for social work professionals. This workshop explores the relationship between emotional experiences and their impact on the body, emphasizing the mind-body connection. Participants will gain an understanding of how unprocessed emotions can manifest physically and learn evidence-informed methods to identify and release them. Through practical techniques and guided exercises, attendees will develop skills to support in recognizing emotional patterns and promoting overall well-being.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

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Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of the mind-body connection and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Describe how emotional experiences can affect the body and influence physical health.
- Explain the mind-body connection and its relevance to clinical practice.
- Apply techniques to help clients access and release stored emotions through body-based methods.

Course Outline

7:30 a.m. - 8:30 a.m. BREAKFAST

8:30 a.m. - 12:00 p.m. AM Emotional Clearing Workshop - 3 Clinical Practice CEs

- Understanding the Mind-Body Connection: Techniques for Identifying and Releasing Stored Emotions

12:00 p.m. - 1:00 p.m. LUNCH

1:00 p.m. - 3:00 p.m. PROCESS, INTEGRATE, EXPLORE - No CE

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Red Lotus Life Presents

The Impact of Beliefs on Perception, Behavior & Well-Being

In-Person Workshop



St. George | Utah

October 2, 2025 3pm - 10pm MT

The Impact of Beliefs on Perception, Behavior, and Well-Being

This 3 credit in-person workshop was developed for social work professionals. This workshop examines how beliefs influence perception, behavior, and overall well-being. Participants will explore the role of core beliefs in shaping reality and how these belief systems impact emotional and psychological health. The training will provide practical strategies for identifying limiting beliefs and applying evidence-informed methods to support clients in reframing and transforming them.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

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Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of the impacts of beliefs and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Explain how beliefs influence thoughts, emotions, and behaviors.
- Identify common limiting beliefs that may affect outcomes.
- Apply techniques to help recognize and reframe unhelpful beliefs to promote positive change.

Course Outline

3:00 p.m. - 6:00 p.m. PM Emotional Clearing Workshop - 3 Clinical Practice CE

- The Impact of Beliefs on Perception, Behavior, and Well-Being

6:00 p.m. - 7:00 p.m. DINNER

7:00 p.m. - 10:00 p.m. CONNECTION (optional)

10:00 p.m. REST

Registration & Info

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Course Completion & CE Info

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Red Lotus Life Presents

Emotional Clearing Techniques to Improve Relationship Dynamics In-Person Workshop



St. George | Utah

October 3, 2025 730am - 3pm MT

Emotional Clearing Techniques To Improve Relationship Dynamics

This 3 credit in-person workshop was developed for social work professionals. This workshop explores the role of emotional clearing in improving relationship dynamics. Participants will examine how unprocessed emotions can affect communication, connection, and overall relationship health. The training provides practical, evidence-informed techniques to help identify, process, and release emotional blocks that may hinder personal and professional relationships.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

Lori Kinsey is the founder and Continued Education Director of Red Lotus Life LLC, she strives to lead from a place of integrity that enables clients to expand into their most authentic self. Her passion for this work is revealed in every workshop and retreat. She has the ability to hold strong empathy and safe space for people, because of the work she has done in the areas of domestic violence and human trafficking. As a domestic abuse survivor, her goal is to help others heal from a place of compassion and trust. She has experience working with many individuals who have experienced different areas of trauma. She is truly a dynamic and inspiring speaker.

Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of relationship dynamics and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Describe how unresolved emotions can impact relationship dynamics.
- Identify emotional patterns that contribute to relational challenges.
- Apply techniques to support in processing and clearing emotions to enhance relationship well-being.

Course Outline

7:30 a.m. - 8:30 a.m. BREAKFAST

8:30 a.m. - 12:00 p.m. AM Emotional Clearing Workshop - 3 Clinical Practice CEs

- Emotional Clearing Techniques to Improve Relationship Dynamics

12:00 p.m. - 1:00 p.m. LUNCH

1:00 p.m. - 3:00 p.m. PROCESS, INTEGRATE, EXPLORE - No CE

Registration & Info

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Red Lotus Life Presents

Techniques for Clearing Emotional Responses to Future Events In-Person Workshop



St. George | Utah

October 3, 2025 3pm - 10pm MT

Techniques for Clearing Emotional Responses to Future Events

This 3 credit in-person workshop was developed for social work professionals. This workshop examines how emotions related to future events can influence well-being and decision-making. Participants will explore the role of the unconscious mind in shaping emotional responses to anticipated situations. The training provides evidence-informed techniques to help identify, process, and clear emotional distress associated with future events, promoting resilience and emotional regulation.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

Lori Kinsey is the founder and Continued Education Director of Red Lotus Life LLC, she strives to lead from a place of integrity that enables clients to expand into their most authentic self. Her passion for this work is revealed in every workshop and retreat. She has the ability to hold strong empathy and safe space for people, because of the work she has done in the areas of domestic violence and human trafficking. As a domestic abuse survivor, her goal is to help others heal from a place of compassion and trust. She has experience working with many individuals who have experienced different areas of trauma. She is truly a dynamic and inspiring speaker.

Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of emotional clearing and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Explain how the unconscious mind influences emotional responses to future events.
- Identify emotional patterns that may cause anticipatory stress or anxiety.
- Apply techniques to support clients in clearing emotional blocks related to future experiences to enhance emotional well-being.

Course Outline

3:00 p.m. - 6:00 p.m. PM Emotional Clearing Workshop - 3 Clinical Practice CEs

- Techniques for Clearing Emotional Responses to Future Events

6:00 p.m. - 7:00 p.m. DINNER

7:00 p.m. - 10:00 p.m. CONNECTION (optional)

10:00 p.m. REST

Registration & Info

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Red Lotus Life Presents

Identifying & Clearing Emotional Patterns Behind Self-Sabotage In-Person Workshop



St. George | Utah

October 4, 2025 730am - 3pm MT

Identifying and Clearing Emotional Patterns Behind Self-Sabotage

This 3 credit in-person workshop was developed for social work professionals. This workshop explores the concept of self-sabotage and its emotional underpinnings. Participants will examine how unprocessed emotions and unconscious patterns can lead to self-defeating behaviors that impact personal and professional goals. The training provides evidence-informed techniques to help identify, process, and clear emotional blocks contributing to self-sabotage, fostering healthier coping strategies and improved outcomes.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

Lori Kinsey is the founder and Continued Education Director of Red Lotus Life LLC, she strives to lead from a place of integrity that enables clients to expand into their most authentic self. Her passion for this work is revealed in every workshop and retreat. She has the ability to hold strong empathy and safe space for people, because of the work she has done in the areas of domestic violence and human trafficking. As a domestic abuse survivor, her goal is to help others heal from a place of compassion and trust. She has experience working with many individuals who have experienced different areas of trauma. She is truly a dynamic and inspiring speaker.

Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of self-sabotage and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Define self-sabotage and its emotional and behavioral components.
- Identify common emotional patterns that contribute to self-sabotaging behaviors.
- Apply techniques to support in recognizing and clearing emotional blocks to promote positive change and goal attainment.

Course Outline

7:30 a.m. - 8:30 a.m. BREAKFAST

8:30 a.m. - 12:00 p.m. AM Emotional Clearing Workshop - 3 Clinical Practice CEs

- Identifying and Clearing Emotional Patterns Behind Self-Sabotage

12:00 p.m. - 1:00 p.m. LUNCH

1:00 p.m. - 3:00 p.m. PROCESS, INTEGRATE, EXPLORE - No CE

Registration & Info

The cost to attend this event is included in the room package and varies (\$2200-\$2900) depending on which room package is selected, which includes coffee reception and certificate. Register online at www.redlotuslife.com. Please contact 435-705-1136 if you have questions, concerns, or need special accommodations. Space is limited. Registration closes on September 25, 2025. Cancellations must be received by July 25, 2025 to be eligible for a refund.

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Red Lotus Life Presents

Integrating Holistic Practices to Support Physical & Emotional Well-Being In-Person Workshop



St. George | Utah

October 4, 2025 3pm - 10pm MT

Integrating Holistic Practices To Support Physical and Emotional Well-Being

This 3 credit in-person workshop was developed for social work professionals. This workshop explores the concept of integration and its role in promoting holistic well-being. Participants will examine the "Be-Do-Have" model and how it can support in aligning their thoughts, actions, and goals. The training includes evidence-informed holistic practices to strengthen the physical body and promote overall balance. Attendees will gain practical tools to help integrate mental, emotional, and physical well-being into their daily lives.

Target Audience: Social Workers and professionals in the social work field

Content Level: Intermediate

About the Instructor

Lori Kinsey is the founder and Continued Education Director of Red Lotus Life LLC, she strives to lead from a place of integrity that enables clients to expand into their most authentic self. Her passion for this work is revealed in every workshop and retreat. She has the ability to hold strong empathy and safe space for people, because of the work she has done in the areas of domestic violence and human trafficking. As a domestic abuse survivor, her goal is to help others heal from a place of compassion and trust. She has experience working with many individuals who have experienced different areas of trauma. She is truly a dynamic and inspiring speaker.

Who Should Attend: This in-person workshop is designed for social workers and mental health professionals at all levels of experience and licensure to explore or gain a better working knowledge of integration and trauma recovery.

Learning Objectives

After attending this workshop, participants will be able to...

- Explain the concept of integration and its relevance to client well-being.
- Describe the "Be-Do-Have" model and its application.
- Apply holistic practices to support physical health and overall balance.

Course Outline

3:00 p.m. - 6:00 p.m. PM Emotional Clearing Workshop - 3 General CEs

- Integrating Holistic Practices to Support Physical and Emotional Well-Being

6:00 p.m. - 7:00 p.m. CLOSING CEREMONY DINNER

7:00 p.m. - 10:00 p.m. CONNECTION (optional)

10:00 p.m. REST

Registration & Info

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