

CERTIFIED STRESS-RESILIENCE PRACTITIONER TRAINING

COURSE PROSPECTUS • LEAD INSTRUCTOR: DR. RESH

The Certified Stress-Resilience Coach program provides health professionals, coaches, and therapists with advanced clinical tools to address chronic stress and burnout. Using the proprietary **Living Free Allostatic Stress-Diathesis Model**, practitioners learn to assess bio-behavioral strain and deliver targeted resilience interventions.

PROGRAM FOUNDATIONS & MODEL

Bridging Science & Coaching: Conventional stress coaching focuses heavily on generic mindfulness or scheduling tactics. The Living Free approach trains coaches to assess the structural dynamics of stress adaptation:

- **Allostatic Load Analysis:** Uncovering the physiological and cognitive toll of chronic neuroendocrine activation.
- **Diathesis Profiling:** Identifying individual vulnerabilities (experiential, dispositional, somatic) that trigger acute decompensation under environmental pressure.

WHO SHOULD ENROLL?

Executive & Life Coaches

- Elevate your practice with a scientific framework.
- Help high-performing clients prevent burnout.
- Offer measurable physiological assessment protocols.

Clinicians & Wellness Leaders

- Transition from crisis intervention to resilience training.
- Integrate somatic & cognitive stress tools into care plans.
- Expand corporate and group consulting offerings.

CORE LEARNING OUTCOMES

COMPETENCY DOMAIN	PRACTICAL KNOWLEDGE ACQUIRED	PRACTICUM DELIVERABLE
Stress Diagnostics	Map allostatic overload using diagnostic indices, indicators, and lifestyle markers.	Client Intake & Risk Matrix Report
Diathesis Mapping	Isolate psychological vulnerabilities and cognitive triggers exacerbating stress responses.	Vulnerability Profile Framework
Resilience Protocols	Apply bio-behavioral interventions to down-regulate autonomic reactivity and restore balance.	Custom Client Recovery Roadmap

CURRICULUM ARCHITECTURE

TRAINING MODULES & COMPREHENSIVE SYLLABUS

DETAILED COURSE MODULES

The certification curriculum is delivered across four core modules combining live virtual lectures, clinical case studies, and supervised coaching practicums led by Dr. Resh.

Module 1: Neurobiology of Stress & the Principle of Allostasis

Deliverable: Assessment Framework

Deep dive into the neurobiology of stress and the six presenting features of trauma. Master the Allostatic Load/Capacity Assessment Framework to identify the presence of allostatic overload.

Module 2: Understanding the Living Free Allostatic Stress-Diathesis Model

Deliverable: Risk Matrix Toolkit

Understand how autonomic nervous system dynamics, neuroendocrine stress responses, HPA axis regulation, and behavioral/environmental/cognitive factors combine to create resilience. Utilize the Client Profile & Risk Matrix Toolkit to pinpoint where client resilience breaks down under pressure.

Module 3: The Living Free Intervention Suite

Deliverable: Regulation Protocols

Deploy high-impact interventions covering Somatic, Behavioral, Environmental, Hormonal & Cognitive Regulation Protocols to systematically lower allostatic load and restore physiological balance.

Module 4: Advanced Case Studies & Live Coaching

Deliverable: Supervised Assessment

Engage in live coaching demonstrations, real-world case discussions, and supervised practicum evaluations with Dr. Resh to prepare for official certification and client delivery.

PRACTICUM & ASSESSMENT REQUIREMENTS

ASSESSMENT COMPONENT	REQUIREMENT OVERVIEW	PASSING STANDARD
Written Case Study	Complete a comprehensive client assessment, diathesis analysis, and 8-week intervention strategy.	Evaluated by Dr. Resh
Live Coaching Evaluation	Demonstrate live facilitation of a Living Free assessment and coaching session during supervised group practicum.	Direct Faculty Review
Knowledge Examination	Written, viva voce and case study assessments covering neurobiology, allostatic load, and coaching ethics.	Verbal and/or MCQ testing

"The Living Free framework transformed my coaching practice. Having a clear system and model allows me to track progress and measure tangible results for my executive clients that are dealing with severe stress and burnout."

"The thing about this program is that it actually works."

CERTIFICATION & ENROLLMENT

PROGRAM DETAILS & LOGISTICS

CERTIFICATION BENEFITS & PRACTITIONER TOOLKIT

Upon successful completion of the training requirements, graduates earn official designation as a **Certified Living Free Stress-Resilience Practitioner**.

Official Credential & Branding

- **Official Credential & Branding:** Receive a digital badge and physical certificate for website and social media display.
- **Practitioner Directory:** Gain listing on the official Living Free coach directory for client referrals.
- **IP License:** Right to use Living Free assessment sheets and workbooks in private coaching practice.

Ongoing Practitioner Support

- **Monthly Supervision Calls:** Direct group consultation calls with Dr. Resh.
- **Alumni Network:** Access to an international community of certified resilience practitioners.
- **Curriculum Updates:** Ongoing access to updated research summaries and assessment tools.

PROGRAM DELIVERY & LOGISTICS

FORMAT	SCHEDULE & HOURS	INCLUDED MATERIALS
Live Virtual Cohort	2-week webinar-styled course (4 hours/week live sessions + self-paced study)	Digital Slide Decks, Practitioner Manual, Live video presentation and discussion format
Small Group Workshop	2-day live in-person workshop (capped at 20 participants for maximum interaction)	Assessment Worksheets, Practitioner Manual, Client Homework Toolkits
Supervised Implementation	6-month long online-supervision groups to ensure adherence to program fidelity and core competencies	Written tests, viva voce and case studies

HOW TO APPLY & ADMISSIONS INFORMATION

To ensure high cohort engagement, admission is by application. Prospective students submit an online profile detailing their coaching or clinical background, followed by a brief discovery interview with our admissions team.

READY TO ELEVATE YOUR COACHING PRACTICE?

Apply today for the upcoming Living Free certification cohort.

Website: www.livingfree.today | **Email:** info@livingfree.today

**Please note that certification will only be provided upon full completion of the training including obtaining a passing grade in written, viva voce, and clinical case study examinations.*