

OASIS Training Program for You, Your Clients, Family, Children All Walks of Life



MILLIE GRENOUGH
LCSW, EMDR Level II,
OASIS Originator

“I use OASIS in between my client sessions to refresh and invigorate. OASIS helps me stay at my best.”

*Barbara Greten,
LCSW, M.Div,
Trauma Therapist*

**Sign up now to
save your
spot—and get
the Early Bird
Discount**

- ✓ **Affect Management**
- ✓ **Stabilization Skills**

for YOU — and for your Clients

Explore the latest in brain research regarding the brain’s neuroplasticity.

Rewire your own brain towards health and help your clients do it.

Learn how to use the OASIS Strategies for various types of clients.

Deepen your own sense of calm, comfort and confidence.

***Earn 12 CEUs approved by NASW
14 CEUs approved by ICF***

Become an Authorized OASIS Trainer this Spring!

OASIS TeleTraining will begin next Month.

Details about fee and application on reverse side.



"I led an OASIS workshop for the 8 & 9th grade class at a church a couple of years ago. I received the below message from Maria who tried to get me into the local school system to present. This is a **good reminder** of why we do what we do."

Steve Porcaro, Authorized OASIS Trainer

This week a **kid** whom I thought "really got it" tried to **commit suicide**. He is a good friend of my son. I have a friend who sits on our BOE.. she emailed me that there should be a stress management seminar... I told her how I tried to get you in our schools 4 years ago.. shot down by staff and superintendent.. not needed .. health class does it.. Just sent her your contact info!!! Maria

Don't wait to become an OASIS Trainer ... Join today.

Learn how to use OASIS for your own balance—and to help stabilize and empower your clients

Earn 12-14 CECs and become an Authorized OASIS Trainer!

Millie Grenough has been a Clinical Social Worker since 1984, and EMDR Level II certified since 1994. After a near-death accident forced Millie to face her own high-velocity lifestyle, she sought simple strategies that would help ground, stabilize, and comfort herself. In her months of recuperation she developed the *OASIS 60-second Strategies* and made two promises: 1) she would use the Strategies herself on a daily basis to help her live a saner, more balanced life, and 2) if the strategies worked for her, she would find ways to share them with her harried colleagues.

The strategies worked, and Millie kept her promise. Since that time, she has shared the OASIS Strategies with hundreds of clinicians; she has presented OASIS at two International EMDRIA Conferences and at statewide conferences throughout the United States.

Author of *OASIS in the Overwhelm* and *OASIS 28 Day Guide: Rewire Your Brain from Chaos to Calm*, Millie has been a Clinical Instructor in the Department of Psychiatry at Yale University School of Medicine since 2000; she has a private practice in New Haven and presents workshops and trainings internationally.

*Millie will be delighted to share OASIS with you!
Join her this Spring — why wait?!*

*"Breathing a mere 60 seconds gets me through the moment. Chaos and crisis have moved in but we have our breath—
a 60-second OASIS to center ourselves. What's gratifying is giving the Strategies to others and watching the new wiring go into action."*

Robert Page, LCSW, BCD, Trauma Support

Training Fee \$495* includes:

- OASIS Training Manual
- *OASIS in the Overwhelm* Book
- Ongoing Support
- DVD Training Module
- 25% Discount on OASIS Products
- Continuing Education Credits

For more information go to www.milliegrenough.com/oasis-training or contact Renee O'Connell at 203-888-4733 or renee@milliegrenough.com

Millie's office: 200 Orchard Street, Ste 301, New Haven—Easy access from I-91 & I-95. Free Parking