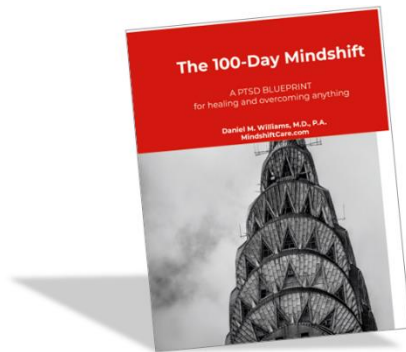




Virtual Intensive Outpatient Program

<https://mindshiftcare.com/on-demand-therapy-classes/>

The Mindshift Care [Virtual Intensive Outpatient Program \(IOP\) Experience](#) includes the same classes taught at world-class treatment centers. The videos are free to the public.



The text workbook is recommended to receive maximum benefit. Use this healing guide as a journal while you study our video programs at your own pace.

- Watch [these videos](#) in any order.
- Join a [live discussion](#) with the author for support.

This is a self-directed learning program designed to reach people at any step in the Mindshift Transformation Process. Group discussion for all participants is encouraged, but not required, during our live calls. Homework aligns with the body-mind-spirit approach in the 100-Day Mindshift [book](#).



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Weekly Schedule

Sync to Google Calendar for meeting reminders: <https://mindshiftcare.com/calendar/>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00–8:30 Morning Meditation	8:00–8:30 Morning Meditation	8:00–8:30 Morning Meditation	8:00–8:30 Morning Meditation	8:00–8:30 Morning Meditation
8:30 –9:00 Definiteness of Purpose Worksheet Review	8:30 – 12:00 Anger Management	8:30 – 12:00 Couples Relationship homework	8:30 – 12:00 Combat PTSD in America	8:30 – 11:00 Warrior Class: Survival Guide for PTSD
9:00-10:30 Live Q&A Alternating topics DETOX Fit & Fertile, 100-day Mindshift support class	12:00 – Lunch	12:00 Lunch	12:00 – 13:00 - Lunch	11:00 – 12:00 Relapse Prevention
10:30-12:00 Live Q&A Alternating topics Relapse Prevention, Making Mindshifters	13:00 – Anxiety Reduction Course	13:00 – 17:00 Burnout and Professional Development.	13:00 Medical Burnout and Business Development	12:00 – 13:00 - Lunch
12:00 – Lunch	15:00 – 16:00 Sleep and Insomnia			13:00 – 17:00 Warrior Class: Caregiver’s Guide for PTSD
13:00 – 17:00 Tele-Psychiatry Medication Management Appointments	16:00 - 17:00 Depression homework			

- Monday mornings have live Mastermind Groups with Dr. Daniel Williams.
- The live event topics alternate biweekly.
- The rest of the calendar contains recommended homework for structured settings and individuals taking time to heal.



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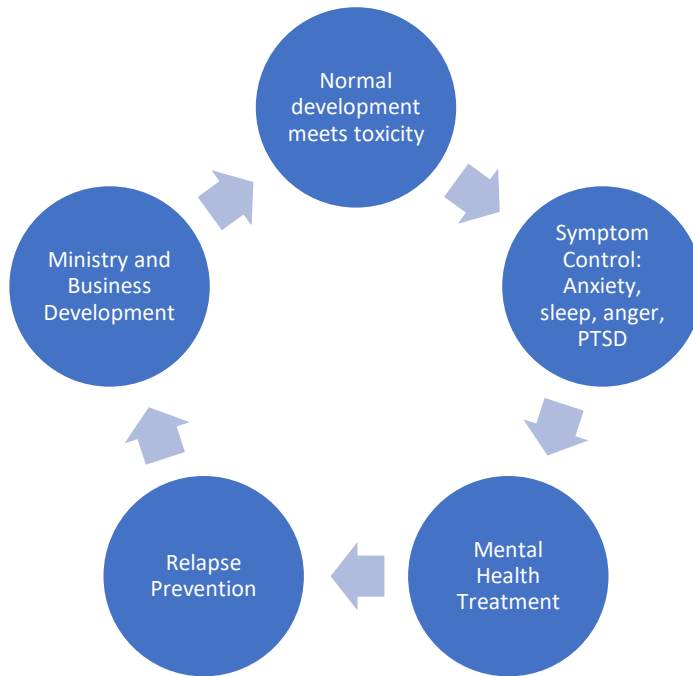


Figure 1. 5-Stage Mindshift Transformation Process. This model highlights areas for radical intervention from prenatal through the lifespan.

Stage 1: Normal Development Meets Toxicity

Toxicity can take many forms, such as chemicals, people, work burnout, and social pressures we take on ourselves.

- [Detox Fit & Fertile Support Class](#). Dr. Daniel Williams teaches his PFAS detox protocol in effort to help people get Fit and Fertile. Couples facing infertility find resources and hope.
- Watch the [Top 9 Neurotoxins in the Water Supply](#) video and blog.
- Watch the [ADHD or Toxic Brain Syndrome?](#) video and blog.

Personal Notes:



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Stage 2: Symptom Control

The [Core Curriculum](#) is designed in a specific presentation order that is best for learning the material. You can watch the videos in any order you want, however.

Anger Management – Goal: To educate and encourage participants to use behavioral training to rewire their automatic reactions when angry.

Homework:

- Read and watch the video podcast: <https://mindshiftcare.com/trileptal-and-a-two-minute-speech-anger-management-simplified/>
- Complete the Definite Major Purpose [WORKSHEET](#).
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.

Anxiety – Goal: To improve the regulation of emotion and spend more time in a comfortable range.

Homework:

- Watch the videos in the [Anxiety Reduction Course](#).
- Complete the Definite Major Purpose [WORKSHEET](#).
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.

Depression – Goal: To improve mood and optimism, while working actively towards life re-building.

Homework:

- Make an appointment with Dr. Daniel Williams. This can be for coaching no matter where you live. If you are located in Texas, Colorado or Missouri, this can be for medication management.
- Watch the [Pet Therapy for PTSD](#) course to be introduced to holistic healing in a less boring way.
- Complete the Definite Major Purpose [WORKSHEET](#).
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.

Sleep and Insomnia – Goal: To help fill in the treatment gap in which not enough Cognitive Behavioral Therapy for Insomnia is being delivered to the populace.

Homework:

- Watch the [Core Curriculum](#) video on Insomnia.
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.



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Posttraumatic Stress Disorder (PTSD) – Goal: To help fill in the treatment gap in which not enough Cognitive Processing Therapy for PTSD is being delivered to the populace. [Dr. Williams' Books](#) are print-on-demand from Lulu. Get the whole set of books if you have [Dopamine Dysregulation Disorder](#) also, otherwise you'll only need the following.

Homework:

- Read [Combat PTSD in America: Towards a Permanent Solution](#).
- Complete the PTSD Workbook:
 - For Patients – [The Warrior Class: Survival Guide to Posttraumatic Stress](#).
 - For Professionals and Caregivers – [The Warrior Class: Caregiver's Guide to PTSD](#).
- Watch the entire [Core Curriculum](#) set of videos.
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.

Couple's Relationship Support – Goal: to provide first-aid healing to an injured relationship. Stop the pain. Stop the harm. If you're relationship is struggling, get the support you need right away. Learn to use holistic self-care, mental health, and a detox lifestyle to get your relationship back on track.

Homework:

- Watch and read my [Anger Management](#) approach in its entirety. Stop arguing verbally. Force yourselves to respect each other by writing down all of the difficult topics in a slower motion back-and-forth. Stop the harm.
- Set a date night in which you watch from my list of [Top 18 Ground-Breaking Mental Health Documentaries](#). Notice the relationship warning at the beginning.
- Watch the [Sex Therapy for PTSD](#) video course, even if neither of you has PTSD. If your partner has PTSD, watch the videos with him/her. Most reluctant partners will sit through the Sex Therapy or [Pet Therapy for PTSD](#) programs and they're holistic also.
- Watch the entire [Core Curriculum](#) set of videos.
- Diversify your mental health with the [100-Day Mindshift](#) book.
- Join the [live-call](#) for accountability, support and a bit of fun.



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Stage 3: Mental Health Treatment

People are so diverse that it takes more than a few hours for a psychologist to get to know someone pretty thoroughly. The same is true in psychiatry. This Virtual IOP Experience allows me Daniel Williams, MD, PA to provide coaching to people using the same curriculum I taught in world-class treatment centers.

For Serious Mental Illnesses (SMI), getting diagnosed by a psychiatrist is recommended. I can see you if you're in Texas, Colorado or Missouri in my private practice, or you can search for a psychiatrist on psychologytoday.com. Most of the time psychotherapy is all you need and it helps most diagnoses anyway. Even if you have a problem that's incurable, therapy can help make life a gentler ride.

Stage 4: Relapse Prevention

[Live Support](#) for **any addiction** or medical problem resulting in *Dopamine Dysregulation Disorder*, defined as life dysfunction due to any cause of dopamine extremes. Download and share this [Support Group FLYER](#) to start an in-person, Ambassador meeting in your area. The pdf version has clickable links so feel free to post it on your website.

Stage 5: Ministry and Business Development

Learn to harness the gifts from your difficult life lessons and turn your passion into a ministry or business. At this stage, [Making Mindshifters](#) class navigates the treacherous pathway from dreams and ambitions into fruitful reality. Group members are encouraged, but not required, to take Step 1 in the [Mindshift Transformation Process](#). Please take time to complete the [Definiteness of Purpose WORKSHEET](#) prior to the meeting. Definiteness of Purpose is one of the 17 Success Principles in Napoleon Hill's, [Science of Personal Achievement](#).



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Core Curriculum: How to Mindshift

Book: [100-Day Mindshift: A PTSD Blueprint for Healing and Overcoming Anything](#)

Number	Title	Description
RE1001	Regulating Emotion	Designed to introduce the concepts of activating the frontal lobe in order to calm anxiety, reduce panic, stop worry, fall asleep faster and end dissociation. RE1001 introduces the <i>Release Work Protocol</i> in the final stages of trauma healing covered in BC4001 Body Component . Graduates will learn the Williams Protocol for Regulating Emotion (WPRE) which incorporates the overlapping scientific principles of Trust-Based Relationship Intervention, Brain Gym, Creative Visualization, Eye Movement Desensitization and Reprocessing (EMDR), Freedom Tapping Technique, Tension and Trauma Release Exercises (TRE), Acupuncture, Yoga, Massage, Controlled Breathing Exercise, Safe Place Exercise, and Touch Therapy.
CP2001	Choosing Power	Designed to introduce the concepts of applied behavioral analysis to overcome poor motivation, replacing self-criticism, stopping self-sabotage and identification with the aggressor. CP2001 teaches the full curriculum for both Surviving Posttraumatic Stress as well as <i>The Christian’s Situational Awareness</i> handbook. Graduates will learn that beliefs are a choice, they come from valid life experiences, and, therefore, can be improved with new information. Coursework relies heavily on the scientific principles found in Motivational Interviewing, Behavioral Activation Therapy, Animal-Assisted Therapy, Problem Solving Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Cognitive Processing Therapy.
LF3001	Living Faith	Designed to introduce sound biblical doctrine to alleviate hopelessness, lack of purpose, worthlessness, moral injury and bereavement. LF3001 emphasizes finding purpose in the new life after trauma and loss, incorporating effective discipleship for personal growth, and clarifying a target audience for personal ministry to help others. Graduates will write their Definite Major Purpose, learn to draw closer to God in their time of need, how to walk with the Comforter throughout the day, and to have peace through living out their faith in everyday life—no matter what the circumstances. Coursework comes from the <i>Fifth Dimension Discipleship Outline</i> .



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BC4001	Body Component	Designed to introduce the concept of traumatic and emotional memories that get stored in the complex nervous system of the brain and body. BC4001 teaches the <i>Release Work Protocol</i> which increases awareness of, and techniques for, healing the pain, tension, headaches, dissociative memory loss, pseudoseizures, muscle spasms, nightmares, and fitful sleep due to traumatic memories stored in the body. Graduates will learn to listen to what their bodies are telling them, both in safe and unsafe environments, to grow more attuned to themselves, other people, and better carry out their Definite Major Purpose. Coursework relies heavily on the scientific principles found in Somatic Experiencing Therapy, Yoga, Acupuncture, Massage, Mindfulness, Eye Movement Dissociation and Reprocessing (EMDR), Dream Analysis, Narrative Therapy, and Reality Therapy.
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