



A Virtual Intensive Outpatient Program

Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author

MINDSHIFT CARE

An Independent Voice for Behavioral Health



A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

Core Curriculum: How to Mindshift

Mindshifting is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

Mindshift; noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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Sample Schedule

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	12:00 – 13:00 - Lunch
12:00 – Lunch	15:00 – 16:00 Sleep and Insomnia		15:00 – 17:00 Ministry and Business Development	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			

- Sync to our [Google calendar](#) for updates and meeting reminders.



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How To Reach Me: [MindshiftCare.com](https://www.MindshiftCare.com)

Mastermind Groups

These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

[Live Events Calendar](#)

1. [The 100-Day Mindshift](#). This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
2. [Relapse Prevention](#). Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
3. [Support for Infertility](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm samples in the US contain the weed-killer RoundUp™, which destroys their function? Did you know that atrazine, another herbicide, is also in the water and causes sterilization and spontaneous hermaphroditism / sex changes in frogs? This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUp™, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Couples facing infertility find hope and resources.
4. [Making Mindshifters](#). This is a true Mastermind Alliance following the original principles from the 19th Century. The goal of overseeing the other Mastermind groups, steering their direction, managing their growth, etc. Anyone can participate. We study Napoleon Hill's, [Science of Personal Achievement](#) audio program available for free with Audible (trial offer I think, the link is for Amazon that says 0\$.). This is my Leader Development 2.0 program. The vision is to build a coaching course where I can help you develop your story, market your skills, and **launch an information business or ministry of your own**.



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Presented by Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](https://www.MindshiftCare.com)



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Texas- Mexico Border 2022

