

The One Brain System™, developed by Three-In-One Concepts™ in California, assists people in achieving their full potential techniques that release negative emotional stress while improving physical, emotional, mental, and spiritual balance. The system incorporates a unique synthesis of modern psychology, brain research, behavioural genetics, specialized kinesiology, and Eastern medicine.

Information Evening

Bring a friend to one of our FREE evening seminars! You'll get a fun and informative introduction to the ONE BRAIN method of correcting emotional stress and learn some really effective techniques you can apply in your own home or workplace immediately. Dates available upon request.
Evenings, 7 – 8:30 pm

Face Talk

Learn why people respond and react to you the way they do when you meet them for the first time. This interactive introduction to the art of Structure/Function will help you understand yourself and others in a whole new way. Printed reference materials included.
\$90, 4 hours, times vary
January 24, March 1, April 4, May 23, June 14, September 5

1 Tools of the Trade

In this practical, hands-on course you'll learn and apply clear circuit muscle testing, the most reliable form of biofeedback from the body/mind and the Behavioural Barometer, a road map for identifying and clearing stressful emotions. Plus: six techniques you can use with yourself, friends, and family to reduce stress and achieve greater emotional freedom and clarity.
\$275 plus textbook, 2 days (14 hours)
January 31/February 1, March 7-8, May 16-17, June 27-28, September 12-13

2 Basic ONE BRAIN

This course includes over twenty techniques to improve learning, performance, communication and self-esteem. You'll identify the impact of past negative stress on learning and do something to change it.
\$350 plus textbook, 3 days (21 hours)
February 6-8, March 9-11, June 29-July 1, September 14-16

3 Under the Code

In these 3 days you'll learn the Structure/Function approach to exploring and understanding individual behaviour and potential.
\$375 plus textbook, 3 days (21 hours)
March 13-15, July 3-5, September 18-20

4 Advanced ONE BRAIN

You'll identify and correct blocked energies stored in the body in the form of digestive ailments, allergies and fatigue.
\$575 plus textbook, 4 days (28 hours)
March 17-20, July 8-11, September 22-25

5 Louder than Words

In these four days you'll be clearing personal relationships in the light of Structure/Function: An incredibly profound workshop for regaining your instinctive individuality.
\$575 plus textbook, 4 days (28 hours)
July 14-17, September 28-October 1

6 Structural Neurology

This course explores the body/mind relationship and the connection to physical, mental, emotional and spiritual pain.
\$575 plus textbook, 4 days (28 hours)
October 4-7

7 Relationships in Jeopardy

This course focuses on major housecleaning of the emotional misconceptions that adversely affect relationships. Previously stressful relationship with people, places and things will be discovered and the stress defused.
\$625 plus textbook, 4 days (28 hours)
October 10-13

Textbook fees for sequential courses are not included in tuition, and range from approximately \$35 to \$60.

Call or email to confirm times and location, or for more information.

Carol-Anne Bickerstaff, Three-In-One Concepts Faculty
info@bickerstaff.ca 604 255 3110 (courses 1-11)

Mark Ainley, Advanced Instructor
mark@markainley.com 604 915 9464 (courses 1-7)

8 Body Circuits, Pain, and Understanding

This program introduces the unique concept of body circuits, covering pain reduction skills, a working knowledge of the interaction of muscles and emotion, 18 muscle circuits, and new insights into the use of colours and numbers as a major correction.

\$625 plus textbook, 4 days

October 15-18

9 Childhood, Sexuality, and Aging

This course systematically identifies and defuses the self-destructive patterns begun in the womb-world that limit our awareness and options as adults. These defusions end the transfer of these patterns from one generation to the next.

\$625 plus textbook, 4 days

October 22-25

10 Adolescence, Maturity, and 'Love'

This course examines the roots of personal and professional success or failure as determined by our experience during the 2nd and 3rd seven-year cycles of our lives. Some of the issues covered include "Catering to", Seduction, Surrender and Revenge.

\$625 plus textbook, 4 days

October 28-31

11 Consultant Facilitator Training

The culmination of intensive training and practice, this program prepares you for the myriad aspects of working as a Facilitator using the One Brain System™ through

\$725 plus manual, 5 days

November 3-8

Textbook fees for sequentially numbered courses are not included in tuition, and range from approximately \$35 to \$60.

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One-Day Programs

These one-day programs are open to the public and provide a practical way to release stress and provide insight on various topics. Schedules for these programs will be announced throughout the year, and dates can be added on request.

Attitudes

What childhood attitudes continue to affect you today? Learn what they are, where they come from, and how to make a powerful change.

Barometer On The Body

Each part of the body represents a desired state of mind and an emotional state. Learn to identify the real issues behind your aches and pains with a new understanding of body symbology.

Life Changes

Life can take us in many directions. How do you navigate these changes? This program will help you do so with greater ease.

MIND-ing Your Business

This program takes the stress off of focusing on other people's business so that you can manage your own. Get clear about what your own business is and how you can manifest your vision.

Unblocking Writers' Block

Writing is a powerful form of communication. Discover what behaviours and attitudes are influencing your ability to communicate with clarity and honesty.

Where is your focus?

Stress can often keep us from clearly seeing the short-term and long-term steps that can take us towards our desired goals. This program is a powerful way to get real about where your attention goes and to effect positive change.

All one-day programs are \$150 for 7 hours of class time. Workbooks are approximately \$25 per class.