

# A Seminar for Targets of Bullying!

## BULLY BE GONE! OPERATION RESTORE DIGNITY

MARCH 19, 2015; 7:00 - 8:00 PM  
EXTENDICARE HEALTH  
3220 ROSEDALE ST. GIG HARBOR

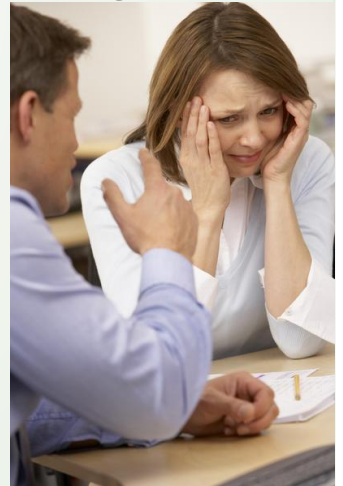
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Now there is an organized approach to restoring dignity and well being for people who have been traumatized by bullies. Combining research in neuroscience, Emotional Intelligence, PTSD, addiction recovery, and positive psychology, Richard Himmer has developed 12 tactics to restore happiness and well being using group dynamics.

Participants in the program will

- Find direction and meaning to the void caused by the trauma.
- Learn how to face PTSD.
- Learn how to create boundaries.
- Become independent.
- Use mindfulness to control anxiety and stress.
- Learn how to get rid of the fear and pain.

Being a Target is an uninvited, pathological relationship that only benefits the bully. It doesn't have to last forever. Put a stop to your bully's influence and become free!



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**RICHARD P. HIMMER PH.D. (ABD)**

Richard brings his wit and humor to a very serious subject: How to overcome the trauma of being bullied. Richard uses his MBA to analyze bullying from a costs perspective and his masters degree in psychology to address the emotional side. He is currently finishing his doctorate work in I/O Psychology and is conducting research on Emotional Intelligence and workplace bullying. He is seeking participants for his study. This seminar will introduce a weekly program designed to restore the dignity of targets.