

THE ADVANCED DEPTH SHADOW TRAINING

For highly seasoned practitioners ready to learn
your next set of world-class, trauma-informed,
somatic transformational techniques

(& do some of your *own* deepest inner work &
Shadow work along the way)

APPLIED *Depth*
PRACTITIONER INSTITUTE



For those of us who are already highly experienced practitioners, it can be genuinely hard to find a training that meets us where we are.

Most programs are built for people who are earlier in the journey. And you are not early in the journey. **You are skilled, committed, and deeply serious about the quality of your work.**

You've invested in your craft. You've grown. And you know that there is a deeper level available to you.

Advanced Depth is built for exactly where you are.

In Advanced Depth, you will take your already skilled and meaningful work somewhere more profound: **learning the next set of somatic, Shadow, trauma-informed techniques that will change what becomes possible in your client work.**

And you will do it while going to the deepest level of your own inner work and Shadow exploration.

Shadow work — real Shadow work — is where the most embedded blocks live, for you and for your clients. It's where the self-sabotage, the ceiling you can't break through, the patterns that keep showing up no matter what, all have their roots.

And it's where the most profound and lasting transformation becomes possible.

This is the work that most trainings never touch. Very few practitioners are ready for it, and very few teachers know how to hold it.



Advanced Depth is for experienced coaches, therapists and practitioners who desire to:

- ➔ **Finally find a training that truly meets your level:** one that doesn't start from scratch, but takes you somewhere you haven't been able to go on your own
- ➔ Go much, much further into **your own Shadow work so that you have more of yourself available** – to your business, your clients, and your life
- ➔ **Become truly masterful at working with Shadow**, so your clients can move through their most embedded blocks, shame, and self-sabotage with more ease and flow
- ➔ Reclaim the parts and impulses that have been pushed into Shadow — **the anger, the grief, the hunger to be the most powerful person in the room, the competitiveness, the jealousy, the selfishness, the sexuality that doesn't fit the mold, the “laziness”, the impulse to blow it all up, the compulsions** — & discover what becomes possible when those parts are no longer running you from the shadows
- ➔ **Have more clients who re-sign and refer**, not because of your marketing, but because of the extraordinary quality of what happens inside your work together
- ➔ **Lead your groups with more depth so that you have less attrition** and more students who co-create real results and rave about the experience
- ➔ **Have a potent, intimate container to do your own deep soul work** — with people who truly get it — and receive direct attention from me



Advanced Depth is designed to be a before-and-after experience – for your client work, for your business, and for yourself.

Over our intensives, you will master somatic, Shadow-based techniques that my students describe as life-changing for themselves and as pure magic for their clients.

You'll learn how to go to places with your clients that you've never been able to go before...and hold those places with skill, steadiness, and depth.

You will also go somewhere real inside yourself. A lot will be required of you by way of stretching yourself and really working with your deep Shadow parts.

And on the other side of that, you will have more of yourself available than ever before: more power, more capacity, more self-compassion, and more freedom.

Graduates tell me that after Advanced Depth, they finally feel like the practitioner they always knew they were capable of becoming — and that their clients feel it too.

The Advanced Depth journey begins October 2026!

8 Intensive Retreats over 12 months

October 29-30, 2026

The Advanced Befriend Your Fear Technique (Virtual Intensive, October 29-30, 2026)

Fears are one of the main reasons your clients have trouble taking the action they say they want to take. And when there is a fear in the mix, all the cheerleading & visioning in the world won't help. Your client will still stay stuck.

Instead, what is required is to support your client to make friends with the fear - not just in their mind, but in their body. This is the only way to help move your clients out of their fight, flight, freeze & fawn reactions, and towards true response to fear that will give them more confidence and motivation to achieve their goals.

December 10-11, 2026

The Choose Your Own Shadow Journey Transformation Technique (Virtual Intensive, December 10-11, 2026)

The Choose Your Own Shadow Journey Transformation is **one of the most powerful tools I have in my toolbox** and one that clients beg me to train them in! This is the memory reconsolidation technique that leaves all others in the dust because it gives your client the ability to **reclaim energetic parts of themselves that got buried under history**, parts they didn't even know they had but vitally need in order to feel more whole and achieve their goals. The result? A fierce determination to **take the important stretches they need to take in order to create what they want.**

This technique alone is one that has clients telling me our work together is the best money they ever spent.

January 28-29, 2027

The Power of Dreamwork and Archetypal Symbols (Virtual Intensive, Jan 28-29, 2027)

Get ready for a mystical, soul-opening, deeply transformative retreat! We will do a deep dive into how to do the real soul work and tap into **transcendent self-knowledge**.

You will learn how to help clients make life-changing meaning and motivation out of the dreams, experiences, and Shadow symbols that show up in their lives. You will also learn a series of Jungian-inspired depth-oriented techniques to use with self-created imagery, as well as tarot that are game changers for **self-connection, self-knowledge, and decision-making**.

This intensive will change forever how you understand yourself, your motivations, and your desires and set you on a sacred path of self-knowledge and acceptance.

March 19, 2027

Harnessing the Gold of the Devil Archetype (Virtual Intensive, March 19, 2027)

At different moments in our lives, the energetic archetype of The Devil gets activated – it's that place inside of us that keeps us **blindly chained to our habits, our patterns, our compulsions**, and ultimately, our illusions. (For example: **over-working, over-exercising, over-Netflixing, becoming slaves to money and beyond**). To overcome these temptations and draw the blind spots out of our illusions, we must navigate the Devil Archetype consciously, intentionally, and by looking at it straight in the eye.

In this deep & totally out-of-the-box intensive, you will Befriend the Ultimate Shadow - the Devil, see it for what it is...and also excavate its superpowers...**so that you can learn to give yourself more of what you actually need in your life**, instead of constantly chasing the illusion that never leads to salvation.

The Shadow & Archetype Intensive

(In-person, May 5-7, 2027) OR (Virtual, May 12-13, 2027)

Manipulation. Selfishness. Laziness. Power Over. Egotism. Jealousy. Conceitedness. Anger.

These are just some of the many Shadows humans try so hard to run away from that they end up cutting themselves off from their biggest superpowers - **their ability to make themselves visible, to stand up for what they want & need, to rest, to take passionate action, and more.**

The term "Shadow" is used a lot in the transformational industry, but few practitioners actually understand what the Shadow is and how to actually work with it. When you learn how to work with Shadow, **you are much more poised to support your clients to move beyond their disempowerment and their most persistent, elusive self-sabotaging behaviors...** and toward their goals.

In this retreat, you will come face to face with the most rejected, misunderstood, and sabotaging parts of yourself. The process we go through will give you the opportunity to reclaim these parts of yourself that you've separated yourself from **so that you have more of YOU & YOUR POWER** to bring to your goals and the world. The work we do in this retreat is epic,

It is some of the most powerful & courageous personal work that can be done. And then you will learn how to do it with your clients.

Belief Bridge Intensive (Virtual Intensive, June 17-18, 2027)

What happens when you combine belief work, fear work, somatic movement...and an imaginary pathway? You get a masterful technique that helps your clients take s-t-r-e-t-c-h-y, courageous action...because they moved through a real, body-centered internal shift first.

This is a fan favorite, and it's nothing like the "somatic work" most practitioners (or clients) think they already know. It creates change you can see... in the room, in real time.

August 5-6, 2027

The Wise Warrior Technique: Activating More Aligned Boundaries

(Virtual Intensive, August 5-6, 2027)

The Archetype of the Wise Warrior is medicine for those who get stuck because they are **overgiving and aren't setting boundaries**; and because they don't have the courage to speak up and speak out – in their lives, in their businesses, in their messaging, in their marketing...and with their own habits (too much social media scrolling, anyone?).

In this powerful intensive, you will master various techniques to unlock the healing powers of the Wise Warrior for yourself and for your clients. In doing so, your clients will be much more poised to **stand up for themselves, set boundaries, stop procrastinating, and to make decisions about their time, energy, and resources that support them.**

September 16-17, 2027

The Sacred Rhythms Method: Better Decisions & Action through Embodied Cycle Work

(Virtual Intensive, September 16-17, 2027)

Most coaches only know how to support clients through one season: growth. Push harder, do more, keep expanding...no matter what's actually happening underneath. But your clients (and you) move through real cycles, just like nature does: Planting, Growing, Harvesting, and Releasing. And each one calls for a completely different archetypal energy to move through it well.

In this intensive, you'll learn to work with the Destroyer, the Fool, the Lover, and the Sovereign so you and your clients always know exactly which energy to call on, and when. This isn't a technique you'll use occasionally with clients. Once you learn to live inside these rhythms yourself, you start making decisions, taking action, and moving through your own life with so much more flow and freedom from the cultural messaging that's been running the show. It's genuinely life changing, and it changes how you coach forever.

What participants are saying about Advanced Depth:

"The magic of Advanced Depths is both Joanna's masterful facilitation and the incredible community of practitioners she brings together. I went from knowing the tools to being able to confidently and spontaneously integrate them into so much of my coaching and facilitation. The shadow work was profound and opened up aspects of myself I had been burying. The work I did in this container has and will continue to serve my development, both personally and professionally, for many years to come."

~Cara Jones, Untether Your Voice

"Advanced Depth allowed me to play on the edge of my comfort zone in a safe and powerful way - as a practitioner and facilitator. I cultivated a deeper set of tools for my own personal work as well as the work I do with clients. The container Joanna creates for her participants is rare in that we are all safe to go deep and explore caverns of ourselves we've never encountered, the most profound gift that we can then bring to our clients."

~Rachel Rider, Mettaworks

"As a master-level coach of several years, taking a deeply focused dive into Joanna's most advanced and transformational techniques in the Advanced Depth Program was hands-down the best investment I made in my craft, ever. Our retreats were focused on not just learning and practicing, but personally experiencing the potency of the techniques we were learning, I came away from each one knowing I could incorporate what I'd learned into my client practice with confidence. My clients have benefited tremendously, and so have I. I've never understood myself so well as a practitioner and human who cares deeply about the work I do in the world. If you're considering the Advanced Depths Program, I can't recommend it highly enough."

~Lisa Hatlestad, Lisa Hatlestad Coaching

What more participants are saying about Advanced Depth:

"I've been practicing the Choose Your Shadow Journey technique with multiple clients, and it's been really powerful to do them in quick succession. All of my clients have had these extraordinary moments of rewriting their relationship to lived experiences that have been holding them back from forward movement and living into their own beautiful expressions.

I am so grateful for this technique (& so many that we've learned in this program), Joanna. It's been a powerful one to help shift when people are feeling really stuck. And wow, I'm loving feeling the energetic shift as people step into their new way of being - and new expression - it's so palpable and delicious! Thank you."

~Kelly Lubeck

"I always know that when I work with Joanna in any of her programs I will evolve to my next level of growth. My experience in Advanced Depth was truly a transformational experience both personally and professionally. Not only did I create my first \$25,000 month, but even more importantly, I stepped into a version of myself that I had been holding back for years."

~Christine Dyan, Manipura Center

"My in-person Shadow work retreat with Joanna was one of the most life-altering events for me. It altered some major decisions about how I conducted my life, in ways that I deeply needed – in fact had LONGED for, but never managed to allow. What's more, I notice that the resentment I had been carrying for YEARS toward a family member who represented my Shadow... has completely dissolved. I feel nothing but love & delight in that relationship now.

I've discovered a way of being that had felt too far outside of my identity previously – I'm able to relax, take vacations, trust life to hold me, enjoy the fruits of my labor, SEE that I'm safe even while off the hamster wheel of productivity, of "justifying my existence" through earning & work. Even just beginning to integrate this Shadow has afforded me so many more options in life, beyond my limiting old defaults."

~Karlita Nabours-Palermo

Additional Amazing Bonuses

Monthly Coaching Supervision Calls (Value: Priceless)

Each month, you'll have the opportunity to bring to me ANY questions you have on your client or group sessions, case studies, enrollment or next steps processes, on places you may be stuck or need inspiration when it comes to your client issues, on the development of your group programs. These Q/A calls are pure gold, with tons of content, instruction, and strategizing that is directed by your particular needs.

Practitioner Self Care: Taking Care of Your Nervous System & Capacity (Value: Priceless)

This dedicated live workshop ensures you have the tools to meet the demand of working with clients and growing your business without burning out or losing yourself. You'll leave with concrete practices for regulating your own nervous system and protecting your capacity, so you can keep showing up at the level your clients & your marketing deserve.

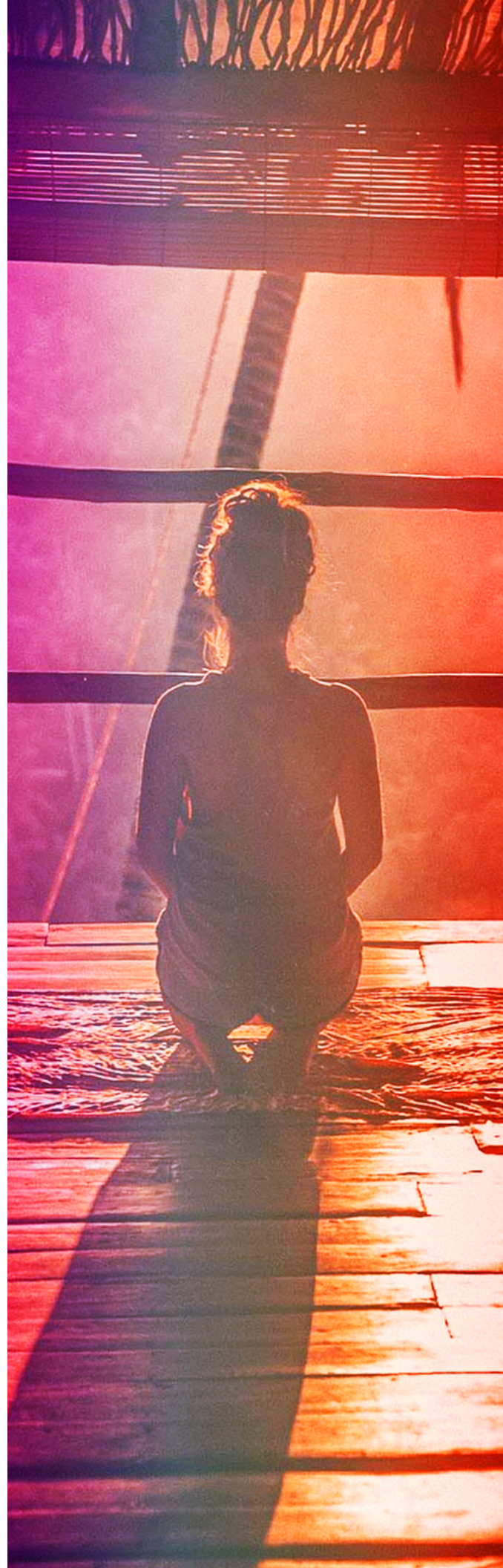
Optional Practice Partner (Value: Priceless)

One of the most powerful ways to embody a new technique is to practice it with someone who is learning it alongside you. If you want, you will be matched with a fellow Advanced Depthener so you can work the techniques together between intensives: deepening your skill, your confidence, and your connection to the work in real time. And because this is a two-way container, you'll also have the opportunity to receive peer coaching in these very Shadow techniques yourself — doing your own deep work in between our intensives, with someone who truly understands the path you're on.

Navigating the Resistance Archetypes for Better Client Engagement (Value: \$795)

This in-depth course takes you step by step through the potent technique of supporting clients through some of the most common obstacles that can come up in your work: procrastination, perfectionism, overwhelm, judgment, feeling helpless, neediness, and flakiness.

This trauma-informed, cognitive, and somatic technique can be used to empower your clients - and you - to more easefully move towards your aligned goals. As part of this course, you will receive full scripts on how to navigate each Resistance Archetype: The Victim, The Judge, The Flake, The Procrastinator, The Needy One, The Spiritual One, The Jokester, and more.



Advanced Depth Full Immersion

Pay in Full ~~\$7,700~~

Early Bird Savings Until August 10th

PAY IN FULL

\$6,200

PAYMENT PLAN

14 x \$450

Advanced Depth Business Tier

Includes everything in Advanced Depth PLUS:

- Twelve 60-minute 1:1 business coaching calls with Joanna
- Get it Done Business day: Ideal Client, Offerings, Simple Website
- Two Referral and Outreach Challenges and Get It Done Support
- 5-Part Referral & Preview Event Training and Get It Done Support
- Get It Done Business Day: Write Better Copy
- Intimate Monthly Business Supervision calls with Joanna
- Email Support and document review

Pay in Full ~~\$16,000~~

Early Bird Savings Until August 10th

PAY IN FULL

\$12,500

PAYMENT PLAN

14 x \$925



It would be my ABSOLUTE HONOR to have you in this intimate, highly interactive, and powerful circle. This is truly some of the most transformational work a person can do, and it fills my heart to be able to share these techniques with you.

If you have questions, a member of the team is happy to grab a quick call with you, simply let us know, and we'll get scheduled. When my heart is calling to an adventure & opportunity, but I'm not yet 100% sure, having a conversation can help me get clear. (We provide a no-pressure, trauma-informed space to have a real conversation to see if this is right for you).

The Shadow practices inside Advanced Depth are some of the same ones that have my own clients coming back to me over and over and over again. And that have my clients proudly share about me and work together with everyone they know.

But more importantly, the practices & wisdom I share with you in Advanced Depth are some of the exact things that have helped me in my own personal journey - have allowed me to make myself visible, to charge aligned rates, to create a team that is loyal and supportive, to lead & market with integrity as my guide...and most importantly: to love and accept all of who I am. To know myself better than I ever thought possible. And to know what to do as the inevitable blocks come up.

This is The Work. This is how we do the work that makes us better, even when we're already great.

This is how we continue to evolve and expand our leadership... so that we don't get bored and our work doesn't go stale.

This is how we let go of the need for the latest new-fangled marketing techniques and instead generate referrals, renewals, and new clients through EXCELLENCE in our work.

If you stand for all of this, as I do, I would love to have you in the Advanced Depth training, learning with me and the incredible practitioners in the circle.

With love,

Joanna