



ZEN INSTITUTE

Hello,

I am Wen Chi Chien, founder of **Zen Institute**. I came to America from Taiwan in 1990 to pursue my master's degree in counseling. Within one year, my father died and my husband abandoned me. Three years earlier, my mother had died of a stroke. With no children, and no support from my family and friends, I was at a point where there was nothing for me to look forward to. I was suicidal and ready to end my life. Yet part of me was desperate for someone to give me tools, so I could learn how to live with myself.



After meeting with several therapists, and continuing to feel helpless and hopeless, I decided to journal with myself. In the back of my mind, my inner voice was always telling me *"Don't give up, Wen Chi! You can do this, let me help you!"* Even though I had a lot of self-doubt and was feeling hopeless most of the time, that little voice kept me going. That little voice was my conscience, my higher self, the powerful part of me. This is how I developed my signature therapy work, "Inner Twin"!

In 1992, one evening while taking a break in the back yard of the group home where I worked, I realized, *I am a single woman in a foreign country with no money saved in the bank. I have lost my husband, my parents, and am receiving no support from any of my family or friends. Yet looking at the beautiful sunset, the Sun, the Sky, the Trees and the Earth, I felt connected to all of them!* In that moment, I realized that this must be what "whole and complete" feels like! I experienced a deep sense of joy mixed with love and peace. Even though I was totally alone in the world, I didn't need a relationship to make me feel whole and complete. I AM whole and complete! I CAN accomplish anything I want in this world regardless where I am and what I have in my life! I saw myself like a caterpillar breaking out of the cocoon, and becoming a beautiful butterfly, exploring the world with curiosity and total self-confidence!

Twenty years later, here I am, teaching Taoism, and sharing my own stories to help others heal! I'm grateful that I have learned the tools to create a life that is full of love, peace and joy. To serve the world, I created **Zen Institute**. Our mission is to help you recognize the amazing power within you, and we are committed to providing the highest quality, the most innovative and cost effective mental health services in the world!

Zen Institute offers a ground-breaking treatment model that consists of four treatment modalities: CBT, DBT, EMDR and Inner Twin Therapy. It is different from traditional psychotherapy, yet it is very powerful. As you go through the process, you will know that you are the one in charge of your life, and you will no longer live in fear or loneliness. You will be able to feel unshakable inner peace and total self-confidence!

Don't expect a miracle, be the miracle that you are!

Sincerely,

A handwritten signature in black ink, appearing to be 'Wen Chi Chien'.

Wen Chi Chien, M.A. LPC
CEO, Zen Institute

HEALING

from the inside out



Anxiety Depression Addiction Trauma



*Welcome to **Zen Institute**... a place where you can be light and free, a place where you can regain control of your life... a place where you will experience love, peace and joy no matter what is happening around you!*

We Treat:

- * Anxiety
- * Panic Attacks
- * Depression
- * Alcohol Addiction
- * Substance Abuse
- * Codependence
- * Chronic Pain
- * Loss and Grief
- * Insomnia



- * Post Traumatic Stress Disorder
- * Sexual Abuse
- * Relationship Addiction
- * Food Addiction
- * Gambling Addiction
- * Borderline Personality Disorder
- * Obsessive Compulsive Disorder
- * Bipolar Disorder
- * Co-occurring Disorders

Our Treatment Services:

1. Intensive Outpatient Program (IOP):

Three times a week, for a total of twelve sessions.

This IOP treatment is designed for people:

- ✱ Who have ongoing struggles with alcohol/substance abuse or other addictions, and a history of relapses.
- ✱ Who are experiencing panic attacks, anxiety, depression, or are battling with post traumatic stress disorder (PTSD).
- ✱ Who have difficulty setting boundaries and establishing healthy relationships with self and others.
- ✱ Who are experiencing symptoms of borderline personality disorder and/or bipolar disorder.
- ✱ Who are considering entering an inpatient facility but lack necessary financial resources or are unable to leave work or family for extended periods.
- ✱ Who desire to do whatever it takes to heal.

2. After Care Program:

Once or twice a week then reducing down to twice a month, then once a month.

3. Family Program:

Total: six hours per family member.

This program is designed for clients who want to let go of the past and create a brand new, loving, peaceful relationship with their loved ones.

Session 1

- Group Orientation, DBT

Session 2

- Individual Inner Twin, DBT

Session 3

- Group CBT, DBT, and Taoism

Session 4

- Group CBT, DBT, and Taoism

Session 5

- Group CBT, DBT, and Taoism

Session 6

- Group CBT, DBT and Taoism

Session 7

- EMDR, DBT

Session 8

- EMDR, DBT

Session 9

- EMDR, DBT

Session 10

- EMDR, DBT

Session 11

- EMDR, DBT

Session 12

- DBT, Graduation!

Treatment Modalities:

1. Inner Twin Therapy:

This innovative therapy was created by Wen Chi Chien, founder of Zen Institute. Currently it is only provided at Zen Institute! Inner Twin Therapy helps you connect to the powerful part of yourself. It can lead you to an amazing life changing experience. You will no longer feel lonely and you will be able to face your challenges with a smile and total self-confidence!

"Inner Twin Therapy has to be one of the most powerful experiences I have ever experienced in my life."

2. Cognitive Behavior Therapy (CBT):

This therapy will help you examine your unhealthy thinking patterns. You will be given specific tools to change your thoughts, therefore change your life! You will be introduced to Taoism and experience the power of now!

"This IOP has truly taught me to let go of controlling everything and enjoy the mystery. Life has now become real and full of love, by simply changing my thought process."

3. Dialectical Behavior Therapy (DBT):

This therapy provides tools to help you deal with mood swings, crisis situations, and relationship issues. It includes the following four parts: mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation.

"When panic attacks happen, I have an array of techniques Zen Institute taught me to use which helps tremendously!"

4. Eye Movement Desensitization Reprocessing (EMDR):

This powerful therapy is for people with acute anxiety, depression, addiction, and post traumatic stress disorder. The EMDR therapy provided at Zen Institute is especially effective! Clients spend the first two weeks of treatment learning tools to build a solid foundation which consists of Inner Twin Therapy, Taoism, CBT, and DBT. As a result, our clients are able to quickly resolve past traumas and unresolved issues that they were previously unable to resolve in years of traditional therapy.

"I was able to resolve issues that have been eating me alive for years and let them go."



Cost-effective mental health services:

Zen Institute	Other IOP	Inpatient
4 Weeks	8-12 Weeks	30 Days
85% less than Inpatient. Comparable with other IOP.	Varies depending on length of treatment	Average cost of treatment \$40,000
50% group therapy, 50% individual	Mainly group therapy	Mainly group therapy, limited individual
Combination of Eastern & Western philosophy	Mainly Western philosophy	Mainly Western philosophy
Teaching and practice of Taoism	Traditional Western practice	Traditional Western practice
CBT, DBT and EMDR	Mainly CBT and/or DBT	CBT, DBT and EMDR (some facilities)
Inner Twin Work: Connect to authentic self	Not available	Not available
Teaching and practice of meditation and mindfulness	Mainly Western Philosophy	Mainly Western Philosophy
Healthy daily routine: meditation, balanced diet, exercise, fun time, reading, journaling, socializing, personal care, & sleep hygiene.	Generally not offered. Depends on facility	Healthy daily routine: meditation, balanced diet, exercise, fun time, reading, journaling, socializing, personal care, & sleep hygiene
Specific curriculum designed to treat core issues and relapse prevention, and homework.	Not required	Primary therapist's choice
Freedom to go home, practice tools, and interact with real world environment.	Freedom to go home and interact with real world environment.	Supervised activities outside of facility. Transition preparation is required
After care program available on site.	Depends on facility	Patients are often referred to another facility for after care program.
Family program available on site after completion of IOP.	Not available at most facilities	Family program available during treatment.



Frequently Asked Questions:

Why choose Zen Institute instead of another Intensive Outpatient Program (IOP)?

- * Zen Institute is where East meets West. The founder of Zen Institute, Wen Chi Chien created an effective 30 day curriculum based on her years of study of Taoism and the Western education she received in the US, as well as her own life experience of healing herself.
- * The Zen Institute IOP consists of 4 unique components which no other IOP currently offers: EMDR, DBT, CBT and Inner Twin Therapy which treats your core issues, and helps you build a strong foundation for your recovery.
- * Unlike traditional IOP where the work is done mainly in a group setting, the IOP at Zen Institute is 50% group sessions and 50% individual sessions. You will learn specific tools in the group sessions, and process your core issues in the individual sessions.
- * At Zen Institute, the IOP treatment is spiritually based, and is designed to treat the root of your problems. Completing our program can help you experience improvement in all aspects of your life!

Do I need this level of intensive therapy?

Our IOP treatment can help you if

- * You are dealing with acute issues that require more intensive therapy,
- * Traditional talk therapy is not suitable for you,
- * You experience frequent relapses,
- * The unresolved issues need to be addressed in EMDR,
- * You lack a connection with the powerful part of you, your Inner Twin,
- * You need tools to cope with stress.

I don't believe in God, and I have a hard time adapting to a 12-step program. How am I going to be connected to my "Higher Power"?

Wen Chi created Inner Twin Therapy specifically for people who don't believe in a Higher Power, yet still want to be able to experience the loving connection with their "Authentic Self". You have a Twin who lives inside of you, who understands and loves you unconditionally, who speaks the truth whether you'd like to hear it or not. Wen Chi named that unique part of you the "Inner Twin". Inner Twin represents your "Authentic Self", "Higher Self", and "Higher Power", also known as your "Conscience".

Your therapist will help you connect with your Inner Twin. Once connected, you will be able to build a loving relationship with yourself, and live a life that honors who you are. You will be able to create a life full of love, peace and joy no matter what is happening around you!

Realistically speaking, there is not a lot of time in 12 sessions, how much work can I really accomplish?

IOP treatment at the Zen Institute is incredibly effective because:

- * The foundation of your recovery is based on your connection with the powerful part of you: your Inner Twin. Once you are connected to your Inner Twin, it is like "your power cord is plugged in". The combination of four treatment modalities is highly effective based on treatment outcomes and positive feedback from our clients. For more information please see our "Testimonial" page at www.myzeninstitute.com.

- * You will learn about Taoism, and understand how things work in this Universe! You will experience increased inner peace, therefore increasing your ability to let go. "Tao does nothing, but leaves nothing undone"!

- * During our therapy work, you will be assigned books to read to increase your insight regarding your core issues which usually speeds up your progress!

- * You will be introduced to a healthy lifestyle and a daily routine that consists of meditation, a balanced diet, regular exercise, fun-time and recovery work. At the end of 12-session treatment, you will have a taste of how it feels to be healthy: physically, emotionally and spiritually.

What if 30 days have passed and my condition has not improved?

Some of our clients had a lot of anxiety about the outcome of this treatment, especially in the first week of treatment. Even though there is no guarantee for the outcome of any treatment, based on our years of experience providing intensive therapy our confidence in your success is very high. When you are ready to do the work, have an open mind to see what's on your plate, and are determined to do whatever it takes to heal yourself, the outcome is almost always positive!

Please call our intake director @ 1-877-777-6007, who will speak with you and answer any questions regarding treatment programs, cost, travels, or any local accommodations. Your recovery is our first priority!

Testimonials:

100% life changing! ~R.B.~

This therapy has been amazing for me! It is mind-blowing how far I have come. ~K.S.~

It's a life-changing program that definitely can't be found anywhere else! ~Katherine T.~

My experience with my Inner Twin was incredible. I dreaded being alone all my life. I have faced death and traumatic situations many times. My Inner Twin was always with me and saved me. ~M.G.~

Inner Twin Therapy was the defining moment of my life! Not since my birth have I felt whole and connected. I felt like I was awakening from a sleep. I didn't realize that I had a real connection with absolute love and infinite truth that I could always be connected with. ~C.C.~

The tools I have found to be most helpful are journaling, meditating, staying present, and shifting from ego-oriented to love-oriented. This program has changed my life! ~ K.K. ~

The Zen Institute, Wen Chi and the rest of the staff are as good as you can find. I traveled 1,000 miles for the IOP program and I do not regret 1 single mile. I know that I am powerful beyond measure and have the tools I need to achieve anything I want. ~ J.C. ~

This work is truly groundbreaking and I would recommend it to everyone!
~Ricky C.~



You are powerful beyond measure!



WWW.MYZENINSTITUTE.COM



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