

The Whole Human Method

Prepare. Regulate. Integrate. Create lasting change.

CERTIFICATE OF COMPLETION

This certifies that

[participant name]

has completed the 30-day Regulate program — a credentialed sleep and nervous-system education course of daily lessons, body check-ins, practices, and reflective journaling.

Date of completion: _____

Jen J Snyder

Founder & Director, AAA Learning Institute
Sleep Technologist (RPSGT) | BRPT-Certified Sleep Educator

This certificate acknowledges completion of an educational program. It is not a clinical, medical, or professional credential, and does not certify treatment of any condition. Sleep content reflects BRPT Sleep Educator scope: sleep hygiene, sleep behavior change, and sleep disorder awareness. Not for diagnosing or treating sleep disorders. AAA Learning Institute is an Oregon-licensed school for psilocybin facilitator training — not a medical provider.