



# HEARTraining® Retreat 1 Learning Objectives

## 6-Day Format

1. Identify the 3 Phases on the Chaos-Complex-Coherence map of the OI Clinical Protocol
2. Describe 3 interventions most likely to support a systems' shift into Coherence
3. Describe Orientation from an OI perspective
4. Identify 3 clinical benefits of Orientation
5. Apply, in an attuned-enough fashion, the stabilization tools associated with the mindfulness aspect of Orientation
6. Describe Threshold from an OI perspective
7. Identify resilience in terms of Threshold
8. Describe the 3 deviations from optimal Threshold from the OI Clinical Protocol map Addiction to Intensity
9. Describe the difference between positive and negative reinforcement
10. Identify 3 common affective correlates of fight, flight & freeze
11. Identify 2 behavioral signs of therapeutic relational joining
12. Describe 2 salient differences between the ventral and dorsal vagal systems according to Porges' Polyvagal Theory.