



# HEARTraining® Retreat 1 Schedule & Topics

## 6-Day Format

### DAY 1

#### 11 am - 1 pm

- Introductions & Overview: Chaos Theory's notion of strange attractor — the addiction to that which disorders us — OI's "what's wrong attention" — what Rick Hansen in Buddha's Brain calls the negativity bias. This creates imbalance, which in the end is biological desynchrony.
- The OI Clinical Protocol is introduced as the developmental process by which the biology's inherent self-organizing signals can be effectively reflected, and efficiently received by the client.
- OI calls the signals of disorganization "Red" and the signals for self-organization "Blue."
- The Three Pillars of the HEARTraining include 1) Mindfulness, 2) Compassion Practice and 3) the OI Clinical Protocol.

#### 3 pm - 6:30 pm

- Lecture on OI's work toward intrinsic resiliency, Porges' Polyvagal Theory, and how OI's Orientation primes for engagement states.
- Discussion of negative versus positive reinforcement, default mode, OI's 3-Phase model, and the work of reinforcing naturally occurring "Blue" states.
- Demonstration session.
- Triad practice.

### DAY 2

#### 10 am - 1 pm

- Lecture on qualities of attention, meditation, and oscillation of attentional effort and focus.
- Fractals, systems, state-specific memory, implicit vs explicit memory (Freud's latent vs manifest) content.
- Tracking states and their formation in rhythmic, oscillatory patterning constituting the natural return to improved biological synchrony, and grow system bandwidth which is increased biologically occurring information processing capacity.
- A guided strategic use of attention practice, mindfulness practice, is explored.



### **3 pm - 6:30 pm**

- Phase 1 & 2 descriptions — “chaos” as a system quality; Phase 1 means a drastic limitation on information processing. This is contrasted with the feeling of chaos at each threshold of growth.
- Positive reinforcement in a shaping paradigm is discussed, as well as the development of agency in the Phase 2 work of ego-strengthening.
- The goal of the OI Clinical protocol in integration, in the continuity of consciousness via the continuity of states is discussed.
- Demonstration session.

### **7:30 pm - 9 pm**

- A video demonstration is shown and debriefed for key elements of OI theory and practice.

## **DAY 3**

### **10 am - 1 pm**

- The ethos of the clinical relationship in non-resistance and non-violence — the cooperation principle — joining with “what’s right.”
- The therapeutic stance engaging with the Rogerian principles of empathy, congruence and unconditional positive regard.
- These are what OI calls the “initial initial conditions” — the relational container in OI forms for a distinctly positive reinforcement paradigm.
- A guided strategic use of attention practice, mindfulness practice, is explored using the ISOMA channels. ISOMA is an acronym for Image, Sensation, Orientation, Meaning and Affect.

### **3 pm - 6:30 pm**

- Lecture on differentiation in systems, and the apt and increasingly coherent feedback relationship between and among inner and outer experience, and the channels of ISOMA.
- Respiratory sinus arrhythmia (RSA) as a marker for vagal tone is discussed and how OI proposes to improve vagal tone through the development of OI’s initial conditions.
- Demonstration session of the principle of non-resistance and the relational container, and the free association conversation and reinforcing naturally



occurring positive affect. The existential framework of what really matter to the client.

- Triad practice.

## **DAY 4**

### **10 am - 1 pm**

- Inclusion and polarity — the “both-and” paradigm of Organic Intelligence® — including the equal emphasis on personal and professional development.
- The initial conditions, especially of the priming for sustained positive affect as the initial condition of “orientation to pleasure”.
- Metta as a lifestyle and as a practice is discussed as a bridge between personal and professional development.
- A “strategic use of attention” in compassion practice is engaged.
- OI’s reclamation of projection as a tool for integration.
- A guided strategic use of attention practice, mindfulness practice, cultivating goodness and pleasure in the sensation.
- E.O. Wilson’s notion of “biophilia” is discussed.

### **3 pm - 6:30 pm**

- Working with orientation, fixed action patterns and how the brain maps the environment through orientation.
- Working with movement responses and sympathetic arousal.
- Priming is discussed.
- Q&A.

### **7:30 pm - 9 pm**

- Gendlin’s “felt sense” is discussed and awareness practice in movement is explored experientially.
- NIA, an integrative movement art is explored.

## **DAY 5**

### **10 am - 1 pm**

- Complexity science, coherence and biological synchrony are discussed.
- Movement practice with “rules” of synchrony, and discussion.



- Lecture on attunement, especially attunement to the various phases of fight, flight, freeze, Phases 1, 2, 3, and acceleration-deceleration.
- "Joining" exercise.
- State oscillation practice: the "Sandwich", and discussion.

### **3 pm - 6:30 pm**

- Demonstration session.
- Triad practice.
- Discussion.
- Q&A.

## **DAY 6**

### **8:30 am - 12 pm**

- Mentor groups' purpose and meetings.
- Q&A.
- Integrative and context for what to expect after the training.
- Final Q&A.
- Closing.