



# HEARTraining® Retreat 2 Learning Objectives

## 6-Day Format

1. Demonstrate effective integration of clinical strategies and techniques yielding greater client Differentiation
2. Identify the three phases of the OI Chaos-Complex-Coherence map in clinical practice
3. Demonstrate basic skills in applying interventions most appropriate to each phase
4. Demonstrate basic skills in identifying the What's Wrong Attention and effective interventions in clinical practice
5. Demonstrate basic skills in therapeutic relational joining
6. Demonstrate basic skills in using Porges' PolyVagal Theory in clinical practice
7. Demonstrate basic skills in identifying the channels of experience using the ISOMA framework (Image, Sensation, Orientation, Meaning, Affect) in clinical practice
8. Apply effective intervention strategies in dealing with a continuum of the freeze experience
9. Demonstrate the ability to integrate mindfulness practices, both on a clinical and professional level, including the here & now focus and the OI concept of Orientation
10. Demonstrate basic skills in integrating mindfulness practices, both on a clinical and professional level, towards expanding affect tolerance through positive reinforcement and positive affect
11. Demonstrate basic clinical skills in articulating and identifying ISOMA elements in relation to state-specific memory and intensity thresholds.