



HEARTraining® Retreat 4 Learning Objectives

6-Day Format

1. Describe the network nature of memory
2. Demonstrate basic knowledge of symptoms of traumatic events
3. Describe the Multiple Trauma Vortex
4. Demonstrate basic skills in using the Free Association Conversation
5. Demonstrate basic skills in working with traumatic events
6. Demonstrate basic skills in working with traumatic events for which the immobility system is engaged: Vestibular disrupting events (e.g. falls, auto accidents, etc), and assaults (sexual assault, mugging, attack by animals, etc)
7. Demonstrate basic skills in processing traumatic events on the threshold from implicit to explicit content work
8. Demonstrate basic skills in working with the Multiple Trauma Vortex
9. Demonstrate basic skills in Adept Listening to both verbal and non-verbal communication, including the art of processing information resulting from non-verbal communication
10. Describe 3 types of non-verbal communication available as OI tools, safeguards and boundary considerations
11. Demonstrate basic knowledge of unique clinical signs associated with explicit client content related to a horror response
12. Demonstrate basic knowledge of the OI clinical approach towards working with a horror response
13. Identify the importance of the cooperation principle as a relational joining.