



## HEARTraining® HEART 1 **Learning Objectives**

1. Describe the What's Wrong Attention
2. Describe how to Stabilize a client's Blue
3. Explain Red and Blue as useful concepts in the therapeutic setting
4. Identify the Three Pillars of the HEARTraining
5. Identify the 3 Phases on the Chaos-Complex-Coherence map of the OI Protocol
6. Describe the importance of resiliency for a client's system
7. Describe 3 interventions most likely to support a systems' shift into Coherence
8. Describe the Porges' Polyvagal Theory
9. Describe the difference between positive and negative reinforcement
10. Describe the importance of reinforcing naturally occurring Blue states
11. Describe the importance of oscillation of attentional effort and focus
12. Describe how fractals appear in the therapeutic setting
13. Describe state-specific memory
14. Describe "chaos" as a system quality and its meaning and application in the therapeutic setting
15. Describe Orientation from an OI perspective
16. Identify 3 therapeutic benefits of Orientation
17. Demonstrate support for a client's ability to access the state of Orientation
18. Describe Threshold from an OI perspective
19. Identify resilience in terms of Threshold



20. Describe the 3 deviations from optimal Threshold from the OI Protocol map Addiction to Intensity
21. Describe the ethos of the client relationship in non-resistance and non-violence
22. Describe the OI Initial Initial Conditions
23. Identify the ISOMA Channels
24. Describe respiratory sinus arrhythmia (RSA) as a marker for vagal tone
25. Describe the Free Association Conversation
26. Describe how to reinforce naturally occurring positive affect
27. Describe the “both-and” paradigm of Organic Intelligence
28. Describe the importance of orientation to pleasure
29. Describe the OI Strategic Use of Perception
30. Describe E.O. Wilson’s notion of “biophilia”
31. Identify 3 common affective correlates of fight, flight & freeze
32. Identify 2 behavioral signs of therapeutic relational joining
33. Describe 2 differences between the ventral and dorsal vagal systems according to Porges’ Polyvagal Theory.
34. Identify complexity science, coherence and biological synchrony as meaningful aspects of the OI Clinical Protocol
35. Describe the importance of attuning to a client’s Phase
36. Describe the OI Sandwich.