



# HEARTraining® HEART 1 **Schedule**

## **DAY 1**

- 11:00 am - 11:30 am Meet and greet, welcome and introductions.
- 11:30 am - 12:00 pm Lecture: 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.
- 12:00 pm - 12:15 pm Lecture: the OI 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.
- 12:15 pm - 12:30 pm Lecture: OI calls the signals of disorganization Red and the signals for self-organization Blue.
- 12:30 pm - 01:00 pm Lecture: the Three Pillars of the HEARTraining include 1) Mindfulness, 2) Compassion Practice and 3) the OI Protocol.
- 01:00 pm - 03:00 pm *Lunch and free time*
- 03:00 pm - 03:45 pm Lecture: OI's work toward the client's intrinsic resiliency, Porges' Polyvagal Theory, and how OI's Orientation primes for engagement states.
- 03:45 pm - 04:15 pm Lecture: negative versus positive reinforcement, default mode, OI's 3-Phase model, and the work of reinforcing naturally occurring Blue states in the therapeutic setting.
- 04:15 pm - 04:45 pm Demonstration session.
- 04:45 pm - 05:00 pm Review of demonstration, student questions and answers.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:30 pm Student practice with lecture material in triads.

## **DAY 2**

- 10:00 am - 10:30 am Lecture: qualities of attention, Strategic Use of Perception (OI mindfulness practice), and oscillation of attentional effort and focus, and their importance in the therapeutic setting.
- 10:30 am - 11:30 am Lecture: fractals, systems, state-specific memory, implicit vs explicit memory (Freud's latent vs manifest) content.



- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:30 pm Lecture: 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.
- 12:30 pm - 01:00 pm Guided strategic use of attention practice.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:45 pm Lecture: Phase 1 & 2 descriptions of the OI Protocol — chaos as a system quality and its meaning and application in the therapeutic setting; Phase 1 means a drastic limitation on information processing. This is contrasted with the feeling of chaos at each threshold of growth.
- 03:45 pm - 04:30 pm Lecture: positive reinforcement in a shaping paradigm is discussed, as well as the development of the client's agency in the Phase 2 work.
- 04:30 pm - 05:00 pm Lecture: the goal of the OI Protocol in integration, in the continuity of consciousness via the continuity of states is discussed.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:00 pm Demonstration session.
- 06:00 pm - 06:30 pm Review of demo, student questions and answers.
- 06:30 pm - 08:00 pm *Dinner, free time*
- 08:00 pm - 09:30 pm A video of a demonstration session is shown and debriefed for key elements of OI theory and client practice.

### **DAY 3**

- 10:00 am - 10:45 am Lecture: the ethos of the client relationship in non-resistance and non-violence — the cooperation principle — joining with What's Right.
- 10:45 am - 11:45 am Lecture: 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.
- 11:45 am - 12:00 pm *Break*
- 12:00 pm - 01:00 pm 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.



- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:30 pm Lecture: differentiation in systems and the apt and increasingly coherent feedback relationship between and among inner and outer experience and the Channels of ISOMA.
- 03:30 pm - 04:00 pm Lecture: 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.
- 04:00 pm - 04:30 pm 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.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 06:15 pm Student practice in triads.
- 06:15 pm - 06:30 pm Practice review, student questions and answers.

#### **DAY 4**

- 10:00 am - 10:30 am Lecture: inclusion and polarity — the both-and paradigm of Organic Intelligence — including the equal emphasis on personal and professional development.
- 10:30 am - 11:00 am Lecture: the initial conditions, especially of the priming for sustained positive affect as the initial condition of Orientation to Pleasure.
- 11:00 am - 11:15 am Lecture: metta as a lifestyle and as a practice is discussed as a bridge between personal and professional development.
- 11:15 am - 11:30 am Lecture: a strategic use of attention in compassion practice.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:00 pm Lecture: OI's reclamation of projection as a therapeutic tool for integration.
- 12:00 pm - 12:30 pm Guided strategic use of attention practice, mindfulness practice, cultivating goodness and pleasure in the sensation.
- 12:30 pm - 01:00 pm Lecture: E.O. Wilson's notion of "biophilia."
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:00 pm Lecture: working with Orientation, fixed action patterns and how the brain maps the environment through Orientation.
- 04:00 pm - 05:00 pm Lecture: working with movement responses and sympathetic arousal.



- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:00 pm Lecture: priming in a therapeutic setting.
- 06:00 pm - 06:30 pm Student questions and answers.
- 06:30 pm - 08:00 pm *Dinner, free time*
- 08:00 pm - 09:00 pm Lecture: Gendlin's "felt sense" is discussed and awareness practice in movement is explored experientially.
- 09:00 pm - 09:30 pm NIA, an integrative movement art is explored.

## **DAY 5**

- 10:00 am - 10:30 am Lecture: complexity science, coherence and biological synchrony as meaningful aspects of integrative practice.
- 10:30 am - 11:00 am Movement practice with "rules" of synchrony, and discussion.
- 11:00 am - 11:30 am Lecture: attunement, especially attunement to the client's various phases of fight, flight, freeze, Phases 1, 2, 3, and acceleration-deceleration.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:15 pm Joining exercise.
- 12:15 pm - 01:00 pm Lecture: state oscillation practice, the Sandwich, and discussion.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:30 pm Demonstration session.
- 03:30 pm - 05:00 pm Student practice in triads, first and second rounds.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:00 pm Student practice in triads, third round.
- 06:00 pm - 06:30 pm Practice review, student questions and answers.

## **DAY 6**

- 08:30 am - 09:00 am Presentation: Mentor groups' purpose and meetings.
- 09:00 am - 09:30 am Student questions and answers.
- 09:30 am - 10:30 am Lecture: integrative and context for what to expect in the therapeutic setting after the training.



10:30 am - 10:45 am *Break*

10:45 am - 11:30 am Final Q&A.

11:30 am - 12:00 pm Closing.