



HEARTraining® HEART 2 **Learning Objectives**

1. Identify the client's level of Orientation
2. Describe the level of differentiation one would expect to see in Phase 1
3. Describe the main characteristic of working with a client in Phase 1
4. Describe one characteristic of interventions used with a client in Phase 2
5. Describe one characteristic of interventions used with a client in Phase 3
6. Describe the physiological states of fight, flight, freeze, and Orientation
7. Discuss 2 characteristics of a client who is in the freeze state
8. Discuss 3 characteristics of a client who is well Oriented
9. Describe what a fight state looks in the Meaning Channel
10. Describe what a fight state looks like in the Image Channel
11. Describe what a fight state looks like in the Sensation Channel
12. Describe what a fight state looks like in the Affect Channel
13. Describe when a client would be in a fight state while being well Oriented
14. Describe what a flight state looks in the Meaning Channel
15. Describe what a flight state looks like in the Image Channel
16. Describe what a flight state looks like in the Sensation Channel
17. Describe what a flight state looks like in the Affect Channel
18. Describe when a client would be in a flight state while being well Oriented
19. Describe what a freeze state looks in the Meaning Channel



20. Describe what a freeze state looks like in the Image Channel
21. Describe what a freeze state looks like in the Sensation Channel
22. Describe what a freeze state looks like in the Affect Channel
23. Describe when a client would be in a freeze state while being well Oriented
24. Identify which physiological state is an indicator of a backlog of processing
25. Define benign neglect
26. Demonstrate the ability to use benign neglect in a client session
27. Describe the double bind
28. Define negative reinforcement
29. Discuss the importance and benefit of the Free Association Conversation in a client setting
30. Demonstrate the ability to have a Free Association Conversation with a client
31. Demonstrate the ability to work with movement thresholds
32. Describe one way that movement thresholds can be identified or observed
33. Discuss how OI understands "projection"
34. List the four steps of stabilizing Blue
35. Demonstrate the ability to stabilize Blue when working with a client
36. Demonstrate the ability to do a half sandwich to support reestablishing rhythmicity in a client setting
37. Identify phase transitions on the bifurcation diagram.