



HEARTraining® HEART 2 **Schedule**

DAY 1

- 11:00 am - 11:30 am Meet and greet, welcome and introductions.
- 11:30 am - 12:30 pm Lecture: overview of OI process of Phase work, attunement to Phases and ISOMA, Phase dependent assessment and intervention (ISOMA is an acronym for Image, Sensation, Orientation, Meaning and Affect).
- 12:30 pm - 01:00 pm Student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:00 pm Lecture: physiology of fight/flight/freeze/social engagement and Orientation, synchronized whole system responses, Phases and relevant Blues.
- 04:00 pm - 04:30 pm Student questions and answers.
- 04:30 pm - 04:45 pm Instructions for Orientation practice.
- 04:45 pm - 05:15 pm Student practice on Orientation: first round of practice.
- 05:15 pm - 05:30 pm *Break*
- 05:30 pm - 06:00 pm Student practice on Orientation: second round of practice.
- 06:00 pm - 06:30 pm Dyad practice review, student questions and answers.

DAY 2

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 10:45 am Student review of Strategic Use of Perception (OI mindfulness practice) in dyads.
- 10:45 am - 11:30 am Lecture: biological synchrony, appropriate use of positive psychology and benign neglect in ISOMA channels, and ongoing support of Orientation.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:15 pm Student discussion in small groups: lecture materials and Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 12:15 pm - 01:00 pm Lecture: attunement to the Phases continued, the Holographic Blue, student discussion.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*



- 03:00 pm - 03:30 pm Demonstration: working with thresholds, Free Association Conversation, and attunement.
- 03:30 pm - 04:00 pm Review of demonstration, student questions and answers.
- 04:00 pm - 04:15 pm Instructions for student practice.
- 04:15 pm - 04:30 pm *Break*
- 04:30 pm - 06:00 pm Student practice in triads, first round and second rounds.
- 06:00 pm - 06:30 pm Student practice review, 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 - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 10:45 am Discussion on Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 10:45 am - 11:15 pm Student practice in triads, third round.
- 11:15 am - 11:30 am *Break*
- 11:30 am - 12:00 pm Lecture: nested systems and contexts (personal, interpersonal, family, culture, etc), double binds and the freeze state, being spontaneous/ disinhibition in the therapeutic process.
- 12:00 pm - 12:45 pm Lecture: patterns and Phase transitions, client default patterns, and tools to support Phase transitions.
- 12:45 pm - 01:00 pm Student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:00 pm Demonstration: working with a symptom.
- 04:00 pm - 04:30 pm Demonstration review and student questions and answers.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 06:30 pm Student practice in triads on lecture material and demonstration: first two rounds.



DAY 4

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 10:45 am Discussion of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 11:15 am - 11:45 am Lecture: effortless awareness, proprioception, movement and sensation.
- 11:45 am - 12:00 pm *Break*
- 12:00 pm - 12:15 pm Lecture: projection as a tool, and OI Oversight.
- 12:15 pm - 01:00 pm Student practice in triads on lecture material and demonstration: third round.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:45 pm Review of practice and student questions and answers.
- 03:45 pm - 04:15 pm Lecture: inherent and Holographic Blues, fractals and the Free Association Conversation with a client.
- 04:15 pm - 05:00 pm Breakout groups: identification and exploration of elements of OI Protocol through review of video.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:00 pm Demonstration on lecture materials.
- 06:00 pm - 06:30 pm 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 5

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 10:30 am - 11:15 am Lecture: meaningful engagement, adaptation, addiction, systemic oppression.
- 11:15 am - 11:30 am *Break*
- 11:30 am - 12:00 pm Student practice in dyads, rotating partners: quick access to pleasure.
- 12:00 pm - 01:00 pm Lecture: understanding the bifurcation diagram and nonlinearity.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*



- 03:00 pm - 03:45 pm Demonstration: working with the client's "Complex du Jour" and Blue of symptoms.
- 03:45 pm - 04:15 pm Demonstration review and student questions and answers.
- 04:15 pm - 04:30 pm *Break*
- 04:30 pm - 05:30 pm Student practice in triads, lecture materials and demonstration content, first round.
- 05:30 pm - 06:30 pm Focus group meetings.

DAY 6

- 08:30 am - 08:45 am Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 08:45 am - 10:45 am Student practice in triads, lecture materials and demonstration content, second and third rounds.
- 10:45 am - 11:00 am *Break*
- 11:00 am - 11:30 am Student practice review and questions and answers.
- 11:30 am - 12:00 pm Closing circle.