



HEARTraining® HEART 3 **Learning Objectives**

1. Describe how the OI protocol is framed within a complexity science framework
2. Describe how to support a client in accessing the Image Channel
3. Describe how to support a client in accessing the Sensation Channel
4. Discuss why it may be counterproductive to access the Sensation Channel when working with a client
5. Discuss one difference between popular “body psychotherapy” and the OI Protocol
6. Describe one benefit of storytelling in the therapeutic setting
7. Describe a meaningful aspect of the Free Association Conversation in the therapeutic setting
8. Define Complex du Jour
9. Describe how the client’s Complex du Jour can be beneficial in guiding a session
10. Identify one way of working effectively with a client in an immobility or freeze state
11. Describe one way of working with the Meaning Channel
12. Explain how the focus on “trauma” can be problematic in the therapeutic setting
13. Describe two ways of supporting a client’s shift from Phase 1 into Phase 2
14. Describe Interoception and its importance in the therapeutic setting
15. Compare the concept of Outsight in the OI Protocol to the psychological concept of projection
16. Define priming
17. Explain why sensation awareness leads to mapping of the body
18. Explain how respiration is a window into the client’s nervous system
19. Describe the importance of recognizing postural and physical patterns in the therapeutic setting



20. Explain how a client's capacity to sustain attention with a positive sensation is one of the criteria for resiliency
21. Explain the OI Threshold
22. Describe one way of working with the Orientation Channel
23. Describe why the Orientation Channel plays a primary role in the OI protocol
24. Describe one way to support a client in not diving into Red thoughts
25. Describe one way to support a client's Blue experience
26. Describe the importance of Attunement in the therapeutic setting
27. Explain the importance of mapping a client's Phases
28. Describe one way of working with the Affect Channel
29. Explain the value of open ended inquiry in the client setting
30. Describe the function of integration in the OI protocol
31. Explain the function of recognizing and supporting Blues in each Channel
32. Explain how the role of the practitioner differs in Phase 1 vs Phase 2 work
33. Explain how the role of the practitioner differs in Phase 2 vs Phase 3 work
34. Explain the function of attunement in the therapeutic setting
35. Demonstrate use of the ISOMA Channels to improve outcomes in working with clients
36. Identify client thresholds in ISOMA Channels.