



# HEARTraining® HEART 3 **Schedule**

## **DAY 1**

- 11:00 am - 11:30 am Meet and greet, check-in with students, ways they've been incorporating the material from HEARTraining HEART 1 & 2.
- 11:30 am - 12:00 pm Lecture: differentiating ISOMA Channels and effective use in the client setting while recognizing the client's biology as a complex system. ISOMA is an acronym for Image, Sensation, Orientation, Meaning and Affect.
- 12:00 pm - 12:20 pm Lecture: using the Image Channel in therapeutic work, Free Association Conversation, the client's Complex du Jour.
- 12:20 pm - 01:00 pm Demonstration session of lecture material.
- 01:00 pm - 01:15 pm Student questions and answers.
- 01:15 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:45 pm Student practice with lecture material: first and second rounds of practice.
- 04:45 pm - 05:00 pm *Break*
- 05:00 pm - 05:45 pm Student practice with lecture material: third round of practice.
- 05:45 pm - 06:30 pm Practice review, student questions and answers.

## **DAY 2**

- 10:00 am - 10:30 am Lecture: how to work with immobility and freeze states, the use of the Meaning Channel in therapeutic practice, content vs client process.
- 10:30 am - 10:45 am Strategic Use of Perception (OI mindfulness practice).
- 10:45 am - 11:00 am Student feedback, questions and answers.
- 11:00 am - 12:00 pm Student practice in triads with lecture material.
- 12:00 am - 12:15 pm *Break*
- 12:15 am - 01:00 pm Student practice in triads with lecture material.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:45 pm Student practice in triads with lecture material.
- 03:45 pm - 04:30 pm Practice review, student questions and answers.



- 04:30 pm - 05:15 pm Lecture: overview of Somatic Psychology and the End of Trauma.
- 05:15 pm - 05:30 pm *Break*
- 05:30 pm - 05:45 pm Lecture: interoception and systems understanding.
- 05:45 pm - 06:15 pm Sensation mapping exercise.
- 06:15 pm - 06:30 pm Nia movement exercise.
- 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 - 11:00 am Lecture: the Sensation Channel, sensation awareness, thresholds, the dorsal vagal system, ISOMA patterns and Phase 2 client breathing.
- 11:00 am - 11:45 am Demonstration session with the lecture material.
- 11:45 am - 12:00 pm *Break*
- 12:00 pm - 01:00 pm Demonstration review, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:30 pm Student practice in triads with lecture material.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 05:45 pm Student practice in triads with lecture material.
- 05:45 pm - 06:15 pm Student questions and answers.
- 06:15 pm - 06:30 pm Yoga exercise.

### **DAY 4**

- 10:00 am - 11:15 am Lecture: working with Orientation in the client setting, working with the Meaning Channel as a systems approach.
- 11:15 am - 11:30 am Lecture: how to limit exposure to Red thoughts, how to add Blue to a client's experience, the difference between Phase 1 and 2 interventions.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:45 pm Demonstration session of working with the Meaning Channel and head injury.



- 12:45 pm - 01:00 pm Review of demonstration, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 05:00 pm Student practice in triads.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:15 pm Student practice in triads.
- 06:15 pm - 06:30 pm Student review of practice and 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 - 10:15 am Lecture: ISOMA Channels and mapping of the client's Phases, the rules of integration.
- 10:15 am - 11:30 am Lecture: the Affect Channel, understanding polarities, when to avoid client priming, open ended inquiries.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:30 pm Demonstration session: using the Affect Channel.
- 12:30 pm - 01:00 pm Review of demonstration, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:30 pm Lecture: Inhibitory and Excitatory Channels, Priming for Blue in ISOMA, how to create, invoke and express Blues in each Channel.
- 03:30 pm - 04:30 pm Demonstration session using lecture material.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 05:15 pm Review of demonstration, student questions and answers.
- 05:15 pm - 06:30 pm Review of research on effectiveness of Organic Intelligence Protocol

#### **DAY 6**

- 08:30 am - 09:30 am Lecture: End of Trauma.
- 09:30 am - 10:30 am Student discussion.



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

10:45 am - 11:00 am Strategic Use of Perception (OI mindfulness practice).

11:00 am - 11:30 am Student reflections on demonstration sessions.

11:30 am - 12:00 pm Closing circle.