



HEARTraining® HEART 4 **Learning Objectives**

1. Identify what information from the client's biology will be organizing to the system
2. Begin tracking coherence using touch work with the shoulders
3. Demonstrate the ability to work with Thresholds
4. Assess when a client's system has the capacity for working with explicit content
5. Describe how to apply the OI 3-Phase model in working with explicit content
6. Recognize Excess Inhibition when working with explicit content
7. Recognize Failure of Inhibition when working with explicit content
8. Recognize Failure to Complete Deactivation when working with explicit content
9. Describe how to work with Excess Inhibition when working with explicit content
10. Describe how to work with Failure of Inhibition when working with explicit content
11. Describe how to work with Failure to Complete Deactivation when working with explicit content
12. Use the understanding of the 3 Phases of complex systems in a session while working with high impact events
13. Use the understanding of state specificity and thresholds during sessions with clients
14. Describe the role and importance of the projective psyche
15. Apply the understanding of the projective psyche in the therapeutic setting
16. Describe client contexts of self, family, community, culture, nature, cosmos
17. Describe how experiences of oppression may impact client wellness
18. Define the OI Washaway



19. Discuss the importance and role of the OI Washaway
20. Demonstrate the ability to use a OI Washaway
21. Describe the primary functions of the vestibular system
22. Describe the primary function of the proprioceptive system
23. Apply the understanding of vestibular and proprioceptive function when working with high impact events
24. Explain the connection between Orientation and mapping of the environment
25. Describe how OI professional skills can be generalized to all interpersonal interactions
26. Describe the environmental conditions that allow for sense of safety and ease
27. Discuss the self-reinforcing nature of complex systems
28. Discuss the significance of a client's spontaneous breath
29. Explain vagal tone and its relevance in the context of therapeutic touch
30. Describe how to recognize a client's level of vagal tone
31. Discuss awareness without Efforting
32. Explain the importance of an integration session to therapeutic outcomes
33. Discuss how therapeutic touch can inform verbal communication
34. Describe the importance of Soft Seeing in the context of therapeutic touch
35. Plan the next steps in incorporating OI into your practice
36. List the requirements for HEARTraining completion and certification.