



HEARTraining® HEART 4 **Schedule**

DAY 1

- 11:00 am - 12:30 pm Welcome back, introductions, orientation to trajectory of training.
- 12:30 pm - 02:30 pm *Lunch, private sessions and free time*
- 02:30 pm - 04:30 pm Lecture: tracking patterns of movement, OI's 3-Phase model of complex systems, recognizing thresholds, ISOMA Channels of Experience (image, sensation, orientation, meaning, affect), nature of Associative Networks (constellations).
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 05:30 pm Lecture: working with explicit content.
- 05:30 pm - 06:00 pm Demonstration session: working with explicit content.
- 06:00 pm - 06:15 pm *Break*
- 06:15 pm - 06:45 pm Review of demonstration, student questions and answers.

DAY 2

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice): Orientation and body awareness.
- 10:30 am - 11:00 am Review of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 11:00 am - 11:15 am *Break*
- 11:15 am - 01:00 pm Lecture: working with high impact events, state specificity in context of working with explicit content, vestibular system response in context of high impact events, projective psyche as an opportunity to connect the client with their own experience.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 04:00 pm Demonstration session of skills introduced in lecture.
- 04:00 pm - 04:30 pm Review of demonstration, student questions and answers.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 06:00 pm Student practice in triads.



- 06:00 pm - 06:30 pm Practice review, 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 3

- 10:00 am - 10:30 am Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 10:45 am Review of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 10:45 am - 11:30 am Lecture: Orientation as interrupter of increasing intensity, the role of Washaways in the client setting.
- 11:30 am - 11:45 am *Break*
- 11:45 pm - 12:30 pm Student practice in triads, third round.
- 12:30 pm - 01:00 pm Practice review, student questions and answers.
- 01:00 pm - 03:00 pm *Lunch: personal sessions, and free time*
- 03:00 pm - 04:45 pm Lecture: Buddhist practice and the Noble Eightfold Path in the context of the OI model, contexts of body-family-community-culture-ecosystem, oppression
- 04:45 pm - 05:00 pm *Break*
- 05:00 pm - 06:30 pm Student practice in triads.

DAY 4

- 10:00 am - 10:30 am Guided Strategic Use of Perception (OI mindfulness practice).
- 10:30 am - 11:00 am Lecture: biology of Orientation and mapping of the environment, proprioceptive and vestibular systems' connection in the context of high impact events
- 11:00 am - 11:15 am *Break*
- 11:15 am - 11:45 am Lecture: recognizing thresholds in context of content/story, pacing considerations during sessions
- 11:45 am - 12:45 pm Demonstration session of skills introduced in lecture.
- 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 - 04:00 pm Lecture: applications of OI out in the world as an ongoing practice for application of the OI model in the client setting.
- 04:00 pm - 04:15 pm *Break*
- 04:15 pm - 05:45 pm Student practice in dyads: bringing OI into conversations with people in the community as practice for interpersonal work with clients.
- 05:45 pm - 06:30 pm Review of practice, 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).
- 10:30 am - 11:00 am Discussion of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 11:00 am - 11:15 am *Break*
- 11:15 am - 12:00 pm Lecture: environmental conditions for sense of safety and ease, interpersonal work vs. attempts to track thresholds.
- 12:00 pm - 01:00 pm Lecture: body structures and diaphragms, bells and bowls as mechanical relay stations, hyper tonus and hypo tonus in context of touch work.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 am - 04:00 pm Demonstration session of skills introduced in lecture.
- 04:00 pm - 04:30 pm Review of demonstration, student questions and answers.
- 04:30 pm - 04:45 pm *Break*
- 04:45 pm - 05:15 pm Demonstration session.
- 05:15 pm - 06:30 pm Student practice in triads.

DAY 6

- 08:30 am - 09:30 am Lecture: self-observation in context of the OI 3-Phase model of complex systems, the importance of awareness without Efforting.



- 09:30 am - 10:00 am Strategic Use of Perception in movement (OI mindfulness practice).
- 10:00 am - 10:45 am Student practice in triads.
- 10:45 am - 11:00 am *Break*
- 11:00 am - 11:30 am Meeting in mentor groups.
- 11:30 am - 12:00 pm Movement and dance, closing circle.