



HEARTraining® HEART 5 **Learning Objectives**

1. Define the OI Phase 1 in terms of complexity science
2. Describe the importance of the OI Pillar of Compassion
3. Discuss 3 characteristics of Phase 1
4. Describe one way Phase 1 is different from Phase 2
5. Describe one way Phase 1 is different from Phase 3
6. Describe one way Phase 2 is different from Phase 3
7. Define Prosilience
8. Discuss the difference between resilience and Prosilience
9. List the most important aspect of Phase 1 work
10. Discuss the importance of attunement in Phase 1 work
11. Demonstrate the ability to attune to a client in Phase 1
12. Define Phase 2
13. List three characteristics of Phase 2 work
14. Describe the Initial Conditions in Phase 2 work
15. Demonstrate the ability to set the Initial Conditions for Phase 2 work
16. Demonstrate the ability to work with Image in Phase 2
17. Demonstrate the ability to work with Sensation in Phase 2
18. Demonstrate the ability to work with Meaning in Phase 2
19. Demonstrate the ability to work with Affect in Phase 2



20. Discuss one reason for inviting a client to switch to a different Channel of Experience (ISOMA)
21. List two ways in which the freeze state is biologically useful
22. Demonstrate the ability to work with freeze states in Phase 1
23. Demonstrate the ability to work with freeze states in Phase 2
24. Demonstrate the ability to work with freeze states in Phase 3
25. List the ISOMA Channel that is most commonly available when working with freeze states
26. Demonstrate the ability to recognize image based language in a session
27. List 3 characteristics of an Image that would most likely be Blue/organizing
28. Define state dependent memory
29. Discuss the importance of working with thresholds
30. Discuss the relative nature of Blues and Reds
31. Explain the importance of obtaining informed consent prior to using touch-related techniques in the therapeutic relationship
32. Describe the ethical boundaries to touch in the therapeutic setting
33. Demonstrate how to use Orientation while doing touch work
34. Discuss how to stabilize Blue in the context of using therapeutic touch
35. Demonstrate the ability to stabilize Blue in therapeutic touch work
36. List one way to recognize integration and increased coherence when doing touch work.