



# HEARTraining® HEART 6 **Schedule**

## **DAY 1**

- 11:00 am - 11:30 am Meet and greet, welcome and introductions.
- 11:30 am - 12:00 pm Lecture: review of complex systems, positive reinforcement of biological synchrony and stability, states and traits.
- 12:00 pm - 12:30 pm Lecture: incorporating Orientation, Stabilizing Blue, and OI's 3-Phase model of complex systems into touch work.
- 12:30 pm - 01:00 pm Student practice in dyads: listening to non-verbal cues through shoulder contact, both rounds.
- 01:00 pm - 03:00 pm *Lunch, private sessions and free time*
- 03:00 pm - 03:15 pm Lecture: recognizing the 3 Errors in the context of touch work (Excess Inhibition, Failure of Inhibition, Failure to Complete Deactivation).
- 03:15 pm - 04:15 pm Demonstration session: touch work tracking breath, stabilizing blue.
- 04:15 pm - 04:45 pm Review of demonstration, student questions and answers.
- 04:45 pm - 05:15 pm Student practice with lecture and demonstration material in triads: first round of practice.
- 05:15 pm - 05:30 pm *Break*
- 05:30 pm - 06:15 pm Student practice with lecture and demonstration material in triads: second and third rounds of practice.
- 06:15 pm - 06:30 pm Practice review, 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 - 10:45 am Review of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 10:45 am - 11:15 am Lecture: skillful attuning, working with conditioned responses, and avoiding overwhelm. Assessing effectiveness of interventions.
- 11:15 am - 11:30 am Demonstration session of skills introduced in lecture.
- 11:30 am - 11:45 am *Break*



11:45 am - 12:30 pm	Student practice with lecture material in dyads, both rounds of practice.
12:30 pm - 01:00 pm	Lecture: overview of diaphragms, hyper or hypo tonicity as assessment of overall physiological states and response of diaphragms and nervous system to high intensity life events (accidents, falls, etc).
01:00 pm - 03:00 pm	<i>Lunch, private sessions and free time</i>
03:00 pm - 03:30 pm	Demonstration session of working with the shoulder diaphragm.
03:30 pm - 04:00 pm	Review of demonstration, student questions and answers.
04:00 pm - 05:00 pm	Student practice in triads, first and second rounds.
05:00 pm - 05:15 pm	<i>Break</i>
05:15 pm - 05:45 pm	Student practice in triads, third round.
05:45 pm - 06:30 pm	Practice review, student questions and answers.
06:30 pm - 08:00 pm	<i>Dinner, free time</i>
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	Guided Strategic Use of Perception (OI mindfulness practice): channels of experience (ISOMA). ISOMA is an acronym for Image, Sensation, Orientation, Meaning and Affect.
10:30 am - 11:00 am	Student reflection on Strategic Use of Perception (OI mindfulness practice) and integration with course content.
11:00 am - 11:15 am	Lecture: ethics of physical contact and consent.
11:15 am - 11:45 am	Lecture: diaphragms and thresholds of activation.
11:45 am - 12:00 pm	<i>Break</i>
12:00 pm - 01:00 pm	Demonstration session of working with diaphragms and client thresholds of activation.
01:00 pm - 03:00 pm	<i>Lunch, private sessions and free time</i>
03:00 pm - 03:30 pm	Review of demonstration, student questions and answers.
03:30 pm - 04:30 pm	Student practice in triads, first and second rounds.
04:30 pm - 04:45 pm	<i>Break</i>



- 04:45 pm - 05:15 pm Student practice in triads, third round.
- 05:15 pm - 05:45 pm Practice review, student questions and answers.
- 05:45 pm - 06:30 pm Lecture: energy movement through structures and tissue in relation to physiological thresholds, blocks, and avoiding overwhelm.

#### **DAY 4**

- 10:00 am - 11:00 am Strategic Use of Perception (OI mindfulness practice) and exercise in dyads: hands-on listening, both rounds of practice.
- 11:00 am - 11:30 am Practice review, student questions and answers.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:30 pm Demonstration session of working with the pelvic diaphragm.
- 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 - 04:30 pm Student practice in triads, all three rounds.
- 04:30 pm - 05:00 pm Practice review, student questions and answers.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 05:45 pm Lecture: breath, tracking the movement of breath, breath through the diaphragms, changes in breath with physiological desynchronization.
- 05:45 pm - 06:15 pm Demonstration session of working with the client's breath through the diaphragms.
- 06:15 pm - 06:30 pm Review of demonstration, 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 - 10:45 am Discussion of Strategic Use of Perception (OI mindfulness practice) in the client setting.
- 10:45 am - 11:00 am Lecture: physiological, structural, and postural client presentations.



- 11:00 am - 11:30 am Lecture: importance of integration sessions and non-efforting.
- 11:30 am - 11:45 am *Break*
- 11:45 am - 12:45 pm Demonstration session: integration and non-efforting with verbal demo.
- 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, first and second rounds.
- 05:00 pm - 05:15 pm *Break*
- 05:15 pm - 06:15 pm Student practice in triads, third round
- 06:15 pm - 06:30 pm Practice review, student questions and answers.

## **DAY 6**

- 08:30 am - 09:00 am Strategic Use of Perception (OI mindfulness practice).
- 09:00 am - 09:30 am Lecture: integration of course material into the entire OI model using both verbal and touch practices.
- 09:30 am - 10:00 am Lecture: emergence of self-organizing principles in clinical practice through Orientation.
- 10:00 am - 10:30 am Student Q&A.
- 10:30 am - 10:45 am *Break*
- 10:45 am - 11:30 am Review of requirements for HEARTraining® completion and certification. Overview of other ways to engage in Organic Intelligence® after the HEARTraining, mentorship, End of Trauma™ course, other OI courses and training opportunities.
- 11:30 am - 12:00 pm Closing circle.