

Time of Each Session	Date	Instructional Hours
Begins: 9:00 Ends: 12:00	10/21/21, 2/10/22, 4/21/22, 7/7/22	2.75/session
Begins: 1:00 Ends: 4:30	10/21/21, 2/10/22, 4/21/22, 7/7/22	3.25/session
Begins: 9:00 Ends: 12:00	10/22/21, 2/11/22, 4/22/22, 7/8/22	2.75/session
Begins: 1:00 Ends: 4:30	10/22/21, 2/11/22, 4/22/22, 7/8/22	3.25/session
Begins: 9:00 Ends: 12:00	10/23/21, 2/12/22, 4/23/22, 7/9/22	2.75/session
Begins: 1:00 Ends: 4:30	10/23/21, 2/12/22, 4/23/22, 7/9/22	3.25/session
Total Instructional Hours Whole or Half Hours only		4x18 = 72

Material covered in each segment: The only thing that would be different for the group that begins in November is the dates because the courses are identical. Since we will begin online, “collage” has taken the place of “sand tray.” If we are able to meet in person next year, then we’ll be doing “sand tray” together along with collage.

10/21/21

9:00 – 10:30 Reflective practice, introductions and orientation to the class

10:45 – 12:00 Discussion of how the work of Stephen Porges and Iain McGilchrist point us in the direction of right-hemisphere-based nonjudgmental presence as the foundation for healing

1:00 – 3:00 Begin discussion of our embodied brains (belly brain, heart brain, autonomic nervous system)

3:15 – 4:30 Discuss experiential practices that help access the deeper levels of embodied memory; first collage experience

10/22/21

9:00 – 10:30 Reflective practice, questions from yesterday (review)

10:45 – 12:00 Continue to discuss the embodied brain (skin, muscles)

1:00 – 3:00 Finish discussing the embodied brain (brainstem, midbrain)

3:15 – 4:30 Case consultation to apply these principles to practice the healing power of experiential methods

10/23/21

- 9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
- 10:45 – 12:00 The nature of implicit and explicit memory, disconfirming experiences as the healing path for implicit memory
- 1:00 – 3:00 Nonjudgmental presence as the foundation for healing
- 3:15 – 4:30 Final collage practice to embody what has been learned, review of the weekend

2/10/22

- 9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients
- 10:45 – 12:00 Introduction to neurobiology of attachment
- 1:00 – 3:00 Group discussion of our own attachment patterns as a foundation for understanding
- 3:15 – 4:30 Collage practice to embody attachment

2/11/22

- 9:00 – 10:30 Reflective practice, questions from yesterday (review)
- 10:45 – 12:00 Deepening into understanding of disorganized attachment
- 1:00 – 3:00 Discuss the importance of the joined window of tolerance between client and therapist as the foundation for healing disorganization
- 3:15 – 4:30 Case consultation to explore the role of attachment in the therapeutic relationship

2/12/22

- 9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
- 10:45 – 12:00 Deepening into understanding avoidant and ambivalent attachment
- 1:00 – 3:00 Understanding the role of the therapeutic relationship in healing attachment wounds; collage process as a way to experience the power of experiential methods in healing attachment wounds
- 3:15 – 4:30 Questions, review, closing circle

4/21/22

- 9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients
- 10:45 – 12:00 Introduction to inner community development
- 1:00 – 3:00 Embodied practice of inner community development through sculpting
- 3:15 – 4:30 Collage practice to further embody inner community

4/22/22

- 9:00 – 10:30 Reflective practice, questions from yesterday (review)
- 10:45 – 12:00 Deepening understanding and experience of protectors in the inner community
- 1:00 – 3:00 Discussing how to relate to protectors to increase safety as our clients approach their traumatic memories
- 3:15 – 4:30 Case consultation to explore working with inner community with our clients

4/23/22

- 9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
- 10:45 – 12:00 The importance of radical inclusiveness for all parts; discuss relationship between protectors and unresolved parts
- 1:00 – 3:00 Application of these principles with our clients
- 3:15 – 4:30 Discussion and review of the weekend, closing circle

7/7/22

- 9:00 – 10:30 Reflective practice, questions from the whole year, speaking to the experience of this being our last weekend
- 10:45 – 12:00 Exploring the role of non-native inner community members in health and in trauma
- 1:00 – 3:00 Practicing introducing inner community work to clients and possible ways healing may unfold
- 3:15 – 4:30 Collage process with non-native parts

7/8/22

- 9:00 – 10:30 Reflective practice, questions from the whole year, integration from embodied brain to healing inner communities
- 10:45 – 12:00 Exploration of narrative change over the course of therapy
- 1:00 – 3:00 The movement from implicit memory to embodied anticipation to invariant representation and how these unfold over the course of therapy
- 3:15 – 4:30 Final case consultations to integrate the year as it manifests in practice

7/9/22

- 9:00 – 10:30 Reflective practice, questions from the whole year
- 10:45 – 12:00 Review and integration from embodied brain through healing inner communities
- 1:00 – 3:00 Celebration of Listening Partnerships, doing collage practice together
- 3:15 – 4:30 Group reflection on this year's experience and what comes next to support continued embodiment of the principles of IPNB