

Time of Each Session	Date	Instructional Hours
Begins: 9:00 Ends: 12:00	3/10, 5/19/22	2.75/session
Begins: 1:00 Ends: 4:30	3/10, 5/19/22	3.25/session
Begins: 9:00 Ends: 12:00	3/11, 5/20/22	2.75/session
Begins: 1:00 Ends: 4:30	3/11, 5/20/22	3.25/session
Begins: 9:00 Ends: 12:00	3/12, 5/21/22	2.75/session
Begins: 1:00 Ends: 4:30	3/12, 5/21/22	3.25/session
Total Instructional Hours Whole or Half Hours only		18x2 = 36

Material covered in each segment: This tracks with what is on the website except that the website says “sand tray” while we are offering “collage” for the same purpose if we are online. No way to know whether this will be in person or online at this point.

3/10/22

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

10:45 – 12:00 Defining trauma through an IPNB lens

1:00 – 3:00 Discuss how implicit memory of embedded traumas continues to affect our daily lives

3:15 – 4:30 Discuss experiential practices that help heal implicit memory

3/11/22

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

10:45 – 12:00 Discuss trauma’s effects on the embodied brain (skin, muscles, belly brain, heart brain, autonomic nervous system, brainstem, midbrain)

1:00 – 3:00 Continue discussing trauma’s effects on the body

3:15 – 4:30 Collage practice to embody what has been learned didactically and to experience the healing power of experiential methods

3/12/22

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)

10:45 – 12:00 How implicit memory heals and the path of leading, following, responding

1:00 – 3:00 Nonjudgmental presence as the foundation for healing

3:15 – 4:30 Case consultation to apply what has been learned

5/20/22

9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients

10:45 – 12:00 Introduction to inner community

1:00 – 3:00 Embodied understanding of inner community through sculpting
3:15 – 4:30 Collage practice to further embody inner community

5/21/22

9:00 – 10:30 Reflective practice, questions from yesterday (review)
10:45 – 12:00 Understanding the role of protectors
1:00 – 3:00 Understanding the interaction of protectors and unresolved pairs
3:15 – 4:30 Case consultation

5/22/22

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)
10:45 – 12:00 Guidelines for healing inner community members including internalization of the therapist
1:00 – 3:00 Collage process as a way to touch the felt sense experience of inner community members, discussion of how to offer this to clients
3:15 – 4:30 Questions, review, closing circle