

Agenda for *Heart of Trauma*

First Gathering

Day 1

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

Day 2

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

Day 3

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

Second Gathering

Day 1

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

Day 2

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

Day 3

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