

Brainspotting & Parts: Posttraumatic Growth

Agenda

DAY ONE

9:00am -9:30am -Introduction and Overview of Course
9:30am-10:00am Powerpoint
10:00am-10:15am -Break
10:15am -11:15pm Powerpoint
11:15pm-12:30pm Guided imagery, Part Mapping/Movement Exercise Scribble from the Part (s)
12:30pm- 1:45pm Lunch
1:45pm- 2:45pm Demonstration
2:45pm-3:00pm Debrief
3:00pm-3:15pm Break
3:15pm-5:15 Dyads (1 hr each side)
5:15-5:45pm Debrief Large group

DAY TWO

9:00am -9:45am Debrief previous day Q&A
9:45am-10:30pm Powerpoint
10:30am-10:45 Break
10:45am-11:30am Powerpoint
11:30am – 11:45am Group Meditation
11:45am-12:30pm Add shapes into your drawing, (Overall Relationship Between Parts)/Movement Exercise 2,- Debrief
12:30pm -1:45pm Lunch
1:45pm-2:00pm Debrief Exercises
2:00pm-3:00pm Demo
3:00pm-3:30pm Debrief
3:30pm-3:45pm Break
3:45pm-5:30 Dyads (50 min each side)
5:30pm-5:45pm Debrief Large group

DAY THREE

9:00am -9:30am Debrief previous day Q&A
9:30am- 10:00am Powerpoint
10:00am-11:00am Expanding with Parts/Movement Exercise How do we expand these shapes, Symbolic Shape, Talisman, Debrief
11:00am-12:15pm Demo
12:15pm-12:30pm Debrief
12:30pm-1:45pm Lunch
1:45pm-3:45pm Dyads (1 hr on each side)
3:45pm-4:00 Dyads Debrief
4:00pm-4:15pm Break
4:15pm-5:15pm Dyads Debrief 30 minutes on each side
5:15pm-5:45pm Debrief Large group, wrap up