

# **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

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## **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

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## **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