

**Healing, Trauma, Connection, Brainspotting & the
Expressive Arts AGENDA
IN PERSON TRAINING**

1. DAY ONE

9:00 - 09.45am -Introduction and intentions

09.45 - 10:45am - Powerpoint

10:45 -11:15pm -Break

11:15 - 12:15pm - powerpoint

12:15- 1:000pm - Group discussion

1:30 - 2:00pm - Lunch

2:00 - 2:20pm powerpoint

2:20 – 3:20pm Demo

3.20-3.30pm Break

3:30 -5:00pm Dyads

5:00-5:30pm Debrief and wrap up

DAY TWO

9:00 - 9:30am - Check in

9:30 -10:00pm - Powerpoint

10:00 -11:00am – Resourcing Demo

11:00 -11:15a m- Break

11:15-12:00pm - Dyads

12:00 -1:00- Lunch

1:00 -1:45pm - Dyads

1:45 - 2:00 Break

2:00pm-3:00pm - Co-Regulation

Demonstration

3:00 - 3:15pm - Break
3:15 - 4:00pm - Dyads
4:00 - 4:15pm - Break
4:15 - 5:00pm - Dyads
5:00 - 5:30pm - Debrief and wrap up

DAY THREE

9:00 - 10:00am - Check in / Debrief and Group reflection
10:00 - 10:30am - Part 1 Demo
10:30 - 11:00 - break
11:00 - 12:00pm - Part 2 & 3 Demo
12:00 - 12:30pm - Debrief
1:30 - 1:30pm lunch
1:30 - 2:00pm Review of the Odyssey process
2:00 - 3:15 Dyad
3:15 - 3:30pm Break
3:30 - 4:45pm Dyad
4:45pm - 5:30pm Q & A and wrap up