BSP-CC AGENDA:

DAY ONE

9:00am -10:00am -Introduction and intentions

10:00am – 11:00am -Powerpoint

11:00am-11:15am Break

11:15am -12:15pm Powerpoint

12:15pm- 1:15pm Lunch

1:15pm- 2:15pm Demo on using Imago Dialogue

2:15pm-2:30pm Debrief

2:30pm-2:45pm Break

2:45pm-5:00pm 45 minute Triads on practicing Imago dialogue

5:00pm-5:15pm Small group Debrief

5:15pm-5:30pm Large group Debrief

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DAY TWO

9:00am -9:30am Check in

9:30am-10:30am Review PowerPoint Connect/Break/Repair/Attunement

10:30am-10:45am Break

10:45am-12:30am Demonstration (Imago w/sender Gazespot)

12:30pm-12:45pm Debrief

12:45pm-1:45 Lunch

1:45pm-4:15pm Triad practicum (Imago w/sender Gazespot)

4:15pm-4:30pm Break

4:30pm-4:50pm Small group Debrief

4:50pm-5:30pm Large group Debrief

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DAY THREE

9:00am -10:30am Check in & review

10:30am- 10:45am Break

10:45am-11:45pm Powerpoint Introducing Parts work

11:45pm-12:00pm Group Guided Meditation – Meeting the Parts

12:00pm – 12:15pm Debrief

12:15pm-1:15pm Lunch

1:15pm-2:30pm Demonstration (Imago, Sender on Gaze, working with a part)

2:30pm – 2:45 Debrief

2:45pm-3:00pm Break

3:00pm-3:45pm 1st Triad

3:45-4:30pm 2nd Triad

4:30-5:15pm 3rd Triad

5:15pm-5:30pm Large group Debrief, wrap up.