

Posttraumatic Growth: Brainspotting & Parts RoadMap to Liberation AGENDA

DAY ONE

9:00am -10:00am -Introduction and intentions
10:00am-10:15am -Break
10:15am -12:30pm Powerpoint
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)
5:00-5:30pm Debrief in Large groups

DAY TWO

9:00am -9:45am Check in and daily intention
9:45am-10:30pm Powerpoint
10:30am-10:45 Break
10:45am-11:15pm Group Meditation
11:15pm-12:15pm Dyads Parts Mapping - 30 minutes on each side
12:15pm-1:30pm Lunch
1:30pm-2:00pm Debrief
2:00pm-3:15pm Demo
3:15pm-3:30pm Debrief
3:30pm-3:45pm Break
3:45pm-5:15 Dyads (45 min each side)
5:15pm-5:30pm Large group Debrief/check in

DAY THREE

9:00am -9:30am Check in and daily intention
9:30am- 10:00am Powerpoint
10:00am-10:30pm Group Expansion Meditation
10:30am-11:30pm Demo
11:30am-12:00pm Debrief
12:00pm-1:15pm Lunch
2:00pm-3:30pm Dyads
3:30pm-3:45 Dyads Debrief
3:45pm-4:00pm Break
4:00pm-5:00pm Dyads Debrief 30 minutes on each side
5:00pm-5:30pm Large group Debrief, wrap up