

Healing Trauma, Connection, Brainspotting & the Expressive Arts

AGENDA

LIVE IN-PERSON TRAINING

DAY ONE

9:00 - 9:45am - Introduction and Overview of training
9:45 - 10:45am - PowerPoint
10:45 - 11:15am - Break
11:15 - 12:15pm - PowerPoint
12:15 - 1:00pm - Group discussion
1:00 - 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 - Debrief
9:30 - 10:00am - PowerPoint
10:00 - 11:00am - Resourcing Demo
11:00 - 11:15am - Break
11:15 - 12:00pm - Dyads
12:00 - 1:00pm - Lunch
1:00 - 1:45pm - Dyads
1:45 - 2:00pm - Break
2:00 - 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 - Debrief Group Reflection
10:00 - 10:30am - Part 1 Demo
10:30 - 11:00am - Break
11:00 - 12:00pm - Part 2 & 3 Demo
12:00 - 12:30pm - Debrief
12:30 - 1:30pm - Lunch
1:30 - 2:00pm - Review of the Odyssey process
2:00 - 3:15pm - Dyad
3:15 - 3:30pm - Break
3:30 - 4:45pm - Dyad
4:45 - 5:30pm - Debrief and Wrap-up