

Agenda for *Nurturing the Heart with the Brain in Mind*

First Gathering

Day 1

9:00 – 10:30 Reflective practice, introductions and orientation to the class

10:45 – 12:00 Discussion of how the work of Stephen Porges and Iain McGilchrist point us in the direction of right-hemisphere-based nonjudgmental presence as the foundation for healing

1:00 – 3:00 Begin discussion of our embodied brains (skin, muscles, belly brain)

3:15 – 4:30 Discuss experiential practices that help access the deeper levels of embodied memory: first sand tray and collage experience

Day 2

9:00 – 10:30 Reflective practice, questions from yesterday (review)

10:45 – 12:00 Continue to discuss embodied brain (heart brain, autonomic nervous system)

1:00 – 3:00 Finish discussing embodied brain (brainstem, midbrain)

3:15 – 4:30 Case consultation to apply these principles to practice the healing power of experiential methods

Day 3

9:00 – 10:30 Reflective practice, questions from last two days (review)

10:45 – 12:00 The nature of implicit and explicit memory, disconfirming experiences as the healing path for implicit memory

1:00 – 3:00 Nonjudgmental presence as the neurobiological foundation for healing

3:15 – 4:30 Final collage practice to embody has been learned and develop skill with experiential methods, review of the weekend

Second Gathering

Day 1

9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients

10:45 – 12:00 Introduction to neurobiology of attachment

1:00 – 3:00 Group discussion of our own attachment patterns as a foundation for understanding

3:15 – 4:30 Collage practice to embody attachment and practice experiential skills

Day 2

9:00 – 10:30 Reflective practice, questions from yesterday (review)

10:45 – 12:00 Deepening into understanding of disorganized attachment

1:00 – 3:00 Discuss the importance of the joined window of tolerance between client and therapist as the foundation for healing disorganization

3:15 – 4:30 Case consultation to explore the role of attachment in the therapeutic relationship

Day 3

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)

10:45 – 12:00 Deepening into understanding avoidant and ambivalent attachment

1:00 – 3:00 Understanding the role of the therapeutic relationship in healing attachment wounds; collage process as a way to experience the power of experiential methods in healing attachment wounds

3:15 – 4:30 Questions, review, closing circle

Third Gathering

Day 1

9:00 – 10:30 Reflective practice, questions from last gathering focusing on application with clients

10:45 – 12:00 Introduction to inner community development

1:00 – 3:00 Embodied practice of inner community development through sculpting

3:15 – 4:30 Collage practice to further embody inner community

Day 2

9:00 – 10:30 Reflective practice, questions from yesterday (review)

10:45 – 12:00 Deepening understanding and experience of protectors in the inner community

1:00 – 3:00 Discussing how to relate to protectors to increase safety as

our clients approach their traumatic memories

3:15 – 4:30 Case consultation to explore working with inner community with our clients

Day 3

9:00 – 10:30 Reflective practice, questions from yesterday (review of the last two days)

10:45 – 12:00 The importance of radical inclusiveness for all parts; discuss relationship between protectors and unresolved parts

1:00 – 3:00 Application of these principles with our clients

3:15 – 4:30 Discussion and review of the weekend, closing circle

Fourth Gathering

Day 1

9:00 – 10:30 Reflective practice, questions from the whole year, speaking to the experience of this being our last weekend

10:45 – 12:00 Exploring the role of non-native inner community members in health and in trauma

1:00 – 3:00 Practicing introducing inner community work to clients and possible ways healing may unfold

3:15 – 4:30 Sand Tray and collage process with non-native parts

Day 2

9:00 – 10:30 Reflective practice, questions from the whole year, integration from embodied brain to healing inner communities

10:45 – 12:00 Exploration of narrative change over the course of therapy

1:00 – 3:00 The movement from implicit memory to embodied anticipation to invariant representation and how these unfold over the course of therapy

3:15 – 4:30 Final case consultations to integrate the year as it manifests in Practice

Day 3

9:00 – 10:30 Reflective practice, questions from the whole year

10:45 – 12:00 Review and integration from embodied brain through

healing inner communities

1:00 – 3:00 Celebration of Listening Partnerships, doing collage practice together

3:15 – 4:30 Group reflection on this year-long experience and what comes next to support embodiment of the principles of IPNB