

AGENDA

Program Title: From Freeze to Thaw: Unlocking Trauma in the Body

Presenter Name(s): Serene Calkins, PT and Mary Jane O'Rourke, LCSW

Friday

9:00 -10:30 PowerPoint demonstration/lecture

10:30 -10:45 Break followed by Q&A

10:45 -12:00 demonstration of Brainspotting frame set-up

12:00 -12:30 lunch followed by Q&A

12:30 – 2:00 practicum – dyad of learned Brainspotting frame set-up

2:00 - 2:15 break followed by Q&A

2:15 - 5:00 PowerPoint lecture and group experiential questions and discussion – debrief experiential and practicum experiences

Saturday

9:00 -10:30 PowerPoint demonstration/lecture

10:30 -10:45 Break followed by Q&A

10:45 -12:00 demonstration of Brainspotting frame set-up

12:00 -12:30 lunch followed by Q&A

12:30 – 2:00 practicum – dyad of learned Brainspotting frame set-up

2:00 - 2:15 break followed by Q&A

2:15 - 5:00 PowerPoint lecture and group experiential questions and discussion – debrief experiential and practicum experiences

Sunday

9:00 -10:30 PowerPoint demonstration/lecture

10:30 -10:45 Break followed by Q&A

10:45 -12:00 demonstration of Brainspotting frame set-up

12:00 -12:30 lunch followed by Q&A

12:30 – 2:00 practicum – dyad of learned Brainspotting frame set-up

2:00 - 2:15 break followed by Q&A

2:15 - 5:00 PowerPoint lecture and group experiential questions and discussion – debrief experiential and practicum experiences