

Module 3

SRR Skill Building Experience: Day 1 - Morning

Three Roles: Therapist, Client, Observer

8:45-9:15: Student Check in & Q&A

9:15-9:30: Zoom Review

9:30-9:45: Kathy & Steve Review Skill Protocol on High to Low Tone Dorsal

<u>AM Triad #1:</u>	<u>Time</u>	<u>High to Low Tone Dorsal</u>
● 9:45-9:50	5 minutes	Move to Break Outs and Choose Roles
● 9:50-9:52	2 minutes	Permission and Resourcing
● 9:52-10:10	18 minutes	High to Low Tone Dorsal
● 10:10-10:12	2 minutes	Healing Silence
● 10:12-10:17	5 minutes	Debrief in Break Out Room
● 10:17-10:22	5 minutes	Comfort Break please remain in Break Out Room

<u>AM Triad #2:</u>	<u>Time</u>	<u>High to Low Tone Dorsal</u>
● 10:22-10:24	2 minutes	Time to settle
● 10:24-10:26	2 minutes	Permission and Resourcing
● 10:26-10:44	18 minutes	High to Low Tone Dorsal
● 10:44-10:46	2 minutes	Healing Silence
● 10:46-10:51	5 minutes	Debrief in Break Out Room
● 10:51-10:56	5 minutes	Comfort Break please remain in Break Out Room

AM Triad #3: **Time** **High to Low Tone Dorsal**

- 10:56-10:58 2 minutes Time to settle
- 10:58-11:00 2 minutes Permission and Resourcing
- 11:00-11:18 18 minutes High to Low Tone Dorsal
- 11:18-11:20 2 minutes Healing Silence
- 11:20-11:25 5 minutes Debrief in Break Out Room
- 11:25-11:30 5 minutes Comfort Break please remain in Break Out Room
- 11:30-12:00 30 minutes Group Debrief in Main Room
- 12:00-1:00 1 Hour Group Break/Lunch

Module 3

SRR Skill Building Experience: Day 1 - Afternoon

Three Roles: Therapist, Client, Observer

1:00-1:15: Skill Protocol Review H-P-A Axis

PM Triad #1:

Time

H-P-A Axis

- 1:15-1:20 5 minutes Move to Break Outs and Choose Roles
- 1:20-1:22 2 minutes Permission and Resourcing
- 1:22-1:40 18 minutes Kidney Adrenals & H-P-A
- 1:40-1:42 2 minutes Healing Silence
- 1:42-1:47 5 minutes Debrief in Break Out Room
- 1:47-1:52 5 minutes Comfort Break please remain in Break Out room

PM Triad #2:

Time

H-P-A Axis

- 1:52-1:54 2 minutes Time to settle
- 1:54-1:56 2 minutes Permission and Resourcing
- 1:56-2:14 18 minutes Kidney Adrenals & H-P-A
- 2:14-2:16 2 minutes Healing Silence
- 2:16-2:21 5 minutes Debrief in Break Out Room
- 2:21-2:26 5 minutes Comfort Break please remain in Break Out room

<u>PM Triad #3:</u>	<u>Time</u>	<u>H-P-A Axis</u>
● 2:26-2:28	2 minutes	Time to settle
● 2:28-2:30	2 minutes	Permission and Resourcing
● 2:30-2:48	18 minutes	Kidney Adrenals & H-P-A
● 2:48-2:50	2 minutes	Healing Silence
● 2:50-2:55	5 minutes	Debrief in Break Out Room
● 2:55-3:00	5 minutes	Comfort Break please remain in the Break Out Room
● 3:00-3:30	30 minutes	Debrief/Q&A

Module 3

SRR Skill Building Experience: Day 2 - Morning

9:10-9:30 Room Opens and Q&A

9:30 - 9:45: Skill Protocol Review on Thymus

<u>AM Triad #1:</u>	<u>Time</u>	<u>Thymus</u>
● 9:45-9:50	5 minutes	Move to your Break Out rooms and choose your role
● 9:50-9:52	2 minutes	Permission and resourcing and check in with your own Thymus before you start. Resourcing is towards the Secure Base, not empty space.
● 9:52-10:10	18 minutes	Brain Stem & Thymus
● 10:10-10:12	2 minutes	Healing Silence
● 10:12-10:17	5 minutes	Debrief in Break Out Room
● 10:17-10:22	5 minutes	Comfort Break please remain in Break Out room

AM Triad #2: Time Thymus

- 10:22-10:24 2 minutes Time to settle
- 10:24-10:26 2 minutes Permission and Resourcing and check in with your own Thymus before you start. Resourcing is towards the Secure Base, not empty space.
- 10:26-10:44 18 minutes Brain Stem & Thymus
- 10:44-10:46 2 minutes Healing Silence
- 10:46-10:51 5 minutes Debrief in Break Out Room
- 10:51-10:56 5 minutes Comfort Break please remain in Break Out room

AM Triad #3: Time Thymus

- 10:56-10:58 2 minutes Time to settle
- 10:58-11:00 2 minutes Permission and Resourcing and check in with your own Thymus before you start. Resourcing is towards the Secure Base, not empty space.
- 11:00-11:18 18 minutes Brain Stem & Thymus
- 11:18-11:20 2 minutes Healing Silence
- 11:20-11:25 5 minutes Debrief in Break Out Room
- 11:25-11:30 5 minutes Comfort Break please remain in Break Out room
- 11:30-12:00 30 minutes Group Debrief
- 12:00-1:00 1 Hour Group break/Lunch

Module 3

SRR Skill Building Experience: Day 2 - Afternoon

1:00-1:15: Skill Protocol Review for Mediastinum

<u>PM Triad #1:</u>	<u>Time.</u>	<u>Mediastinum</u>
● 1:15-1:20	5 minutes	Move to Break Outs and Choose Roles
● 1:20-1:22	2 minutes	Permission and Resourcing
● 1:22-1:40	18 minutes	Kidney Adrenals & Mediastinum
● 1:40-1:42	2 minutes	Healing Silence
● 1:42-1:47	5 minutes	Debrief in Break Out Room
● 1:47-1:52	5 minutes	Comfort Break please remain in Break Out room

<u>PM Triad #2:</u>	<u>Time</u>	<u>Mediastinum</u>
● 1:52-1:54	2 minutes	Time to Settle
● 1:54-1:56	2 minutes	Permission and Resourcing
● 1:56-2:14	18 minutes	Kidney Adrenals & Mediastinum
● 2:14-2:16	2 minutes	Healing Silence
● 2:16-2:21	5 minutes	Debrief in Break Out Room
● 2:21-2:26	5 minutes	Comfort Break please remain in Break Out room

<u>PM Triad #3:</u>	<u>Time</u>	<u>Mediastinum</u>
● 2:26-2:28	2 minutes	Time to Settle
● 2:28-2:30	2 minutes	Permission and Resourcing
● 2:30-2:48	18 minutes	Kidney Adrenals & Mediastinum
● 2:48-2:50	2 minutes	Healing Silence
● 2:50-2:55	5 minutes	Debrief in Break Out Room
● 2:55-3:00	5 minutes	Comfort Break please remain in Break Out Room
● 3:00-3:30		Final Debrief and Q&A

Certificate of Completion of Module 3 and Certificate of Completion of Program will be emailed to you.

You are now eligible to register on referral network:

<http://coregulatingtouch.com/>