

Practicum 2 Schedule

Upon completion of this course, participants should be able to:

1. Conduct 2-channel 10 Hz Alpha or 40 Hz Gamma synchrony sessions, including combination sensor for physiological monitoring.
2. Set up five electrodes with one jumper cable for 2-channel synchrony and Alpha-Theta sessions.
3. Understand how to use guided imagery with Alpha-Theta for different client populations.
4. Discuss EEG history graphs related to brain state shift during Alpha-Theta sessions.

DAY 1: Synchrony

7:30 – 8:30am Registration and Breakfast

8:30am – 12:30pm

Welcome and Introductions

2 channel synchrony program:

4 or 5 electrode setup

EEG synchrony – alpha (10 Hz) and gamma (40 Hz)

Demonstration and discussion

Practice session 1: Pz+AFz/ P3+P4/ O1+O2 10 Hz synchrony sessions

Group discussion of results

12:30 – 2:00pm Lunch

2:00 – 5:30pm

Combination sensor and peripheral measures

Demonstration and discussion

Practice session 2: Pz+AFz/ Fp1+Fp2 40 Hz synchrony sessions with combination sensor

Group discussion of results

DAY 2: Alpha-Theta

8:00 – 9:00am **Breakfast**

9:00am – 12:30pm

Welcome and Introductions
Brief History Peniston Protocol
Explaining Alpha-Theta
Conscious Vs Subconscious
Client preparation for deep-state sessions
Technical setup 1-channel
 Electrodes
 Cygnet session
 Controls Session
 Reports
 Client introduction and instructions
 Beginning and ending a session
 Physiological Monitoring

Practice session 3: Alpha-Theta 1-channel
Discussion of Training effects

12:30 – 2:00pm **Lunch**

2:00pm – 6:00pm

Trend Lines
Imagery for Alpha-Theta
 Formulating Suggestions
 Post-session processing and integration

Practice session 4: Alpha-Theta 1-channel with guided imagery
Discussion of Training effects

DAY 3: Alpha-Theta

8:00 – 9:00am **Breakfast**

9:00am – 12:30pm

Alpha Theta with Children
Individual adjustments
 Alpha reward frequency adjustments
 Awake-state training pre or post AT

Technical setup 2-channel Technical setup
Reflections

Practice session 5: Alpha-Theta 2-channel with Imagery
Discussion Results

12:30 – 2:00pm **Lunch**

2:00pm – 6:00pm

Helpful tools

Case Studies

Suggested Use for Alpha/Theta

Typical Transformational Experiences

Common Experiences

Impediments to Successful Session

Abreactions

Practice session 6: Alpha-Theta 2-channel with guided imagery
Discussion Results