

Practicum 2 Schedule

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

Cygnets 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**