

PARTS, PARTS, PARTS?!

Agenda

PARTS, PARTS, PARTS?! Module One

DAY 1: February 3rd, 2023. 12 pm – 5pm

12 – 12:15 Welcome and Introductions
12:15 – 12:20 Set intentions for the training today and overall
12:20 – 12:30 Self- Regulation
12:30 – 1:30 What we mean by Parts and Identifying them System Maps Practicum: Draw out Parts of Self and System
1:30 – 1:45 Break
1:45 – 2 Self vs Parts
2 – 3:15 Communication Plans and rules
Practicum with Partner: Prompt and draw out plans
3:15 – 3:30 Break
3:30 – 4:30 Parts Work in a Session Looks like, Structuring a Session
Practicum with Partner: Organize and set intention for the session
4:30 – 4:45 Theories
4:45 – 5 Wrap up and Questions

DAY 2: February 17th, 2023 12 pm – 5pm

12 – 12:15 Welcome and set intentions for the training today
12:15 – 12:20 Self- Regulation
12:20 – 12:40 Questions from Day 1, What have you tried with Clients?
12:40 – 1:30 Assessing Level of Dissociation, Video
1:30 – 1:45 Break
1:45 – 3:15 Direct Communication with Parts vs. Self/Internal Communication
Internal Communication Practicum
3:15 – 3:30 Break
3:30 – 4:45 Working with different types of Selves toward transformation Assessing for EMDR Readiness
4:45 – 5 Wrap up and Questions

PARTS, PARTS, PARTS?! Module Two

DAY 3: March 3rd, 2023. 12 pm – 5pm

12 – 12:15 Welcome and Set intentions for the training today
12:15 – 12:20 Self- Regulation
12:20 – 1:00 Questions from Days 1 & 2, What have you tried with Clients?
1:00 – 1:30 Identifying types of Selves and how to help each
1:30 – 1:45 Break
1:45 – 3:15 Parts Rescues (Exiles) Video.
3:15 – 3:30 Break
3:30- 4:45 Looking for stuck/unexpressed survival energy- fight, flight or freeze
Role Play Parts Rescues, Appreciating Dissociation, Predicting Competency, Clarify Goals of Parts Work with Clients
4:45 – 5 Wrap up and Questions

DAY 4: March 17th, 2023. 12pm – 5pm

12 – 12:15 Welcome and Set intentions for the training today
12:15 – 12:20 Self- Regulation
12:20 – 1:00 Questions from what you've tried with Clients?
1:00 – 1:30 Moving forward with Protectors and Managers
1:30 – 1:45 Break
1:45 – 3:15 How to Help Difficult or Scary Parts. Role Plays
3:15 – 3:30 Break
3:30 – 4:30 Review intentions for parts communications and how to help different types of selves. Questions.
4:30 – 4:45 When is Treatment Complete?
4:45 – 5 Wrap up
4 x 4.5 total hours = 18 CEs for professional counselors

Parts, Parts, Parts?! has been approved by NBCC for NBCC credit. Riverbend Integrative Trauma Treatment is solely responsible for all aspects of the program. NBCC Approval No. SP-3823.