

Virtual Practicum 2 Schedule:

Presenters: Roxana Sasu (Synchrony)
Evvy Shapero (Alpha-Theta)

Day 1: Synchrony

8:30 – 12:30 Welcome and Introductions
What is Synchrony, general training effects, difference between ILF and Synchrony or AT
2 channels synchrony program: 5 electrodes plus jumper cable setup
ILF Synchrony training, indications, placement
Group discussion before practicum
Practicum session #1: 2 channel ILF synchrony sessions

12:30 - 1:30 Lunch break

1:30 – 4:00 Group discussion after practicum session#1
Practicum session #2: 2 channel 10 or 40 Hz Synchrony sessions
10 Hz and 40 Hz Synchrony, indications, placements, combining ILF and Synchrony, abreactions
Group discussion after practicum session#2, feedback, what to do next

Day 2: Alpha-Theta

9:00 - 12:30 What is Alpha-Theta, general training effects
Brief history of **Peniston Protocol**
Explaining Alpha-Theta
Conscious versus subconscious
1-channel vs 2 channel AT, guided imagery, indications, abreactions
Practicum session#3: 1-channel AT sessions

12:30 – 1:30 Lunch

1:30 – 4:00 Trend Lines
Imagery for Alpha-Theta
Formulating suggestions
Post-session processing and integration
Group discussion after practicum session#3

Day 3: Alpha-Theta

- 9:00-12:30** **Alpha-Theta with children**
Individual adjustments
Alpha reward frequency adjustments
ILF HD training pre or post AT
2-channel AT setup, AT reflections
Practicum session#4: 2-channel AT session
- 12:30-1:30** **Lunch**
- 1:30-4:00** Helpful tools
Case studies
Indications for AT
Typical transformational experiences and common experiences
Impediments to successful sessions, abreactions
Group discussion after practicum session#4