

# Distance Learning Practicum 2 - Schedule

Presenters: Virginia Rojas Albrieux (Synchrony), Evvy Shapero (Alpha-Theta)

## DAY 1: SYNCHRONY

- |              |   |
|--------------|---|
| 8:30 – 12:30 | <ul style="list-style-type: none"><li>• Introductions</li><li>• What is Synchrony, general training effects, difference between ILF and Synchrony or AT</li><li>• 2 channels synchrony program: 5 electrodes plus jumper cable setup</li><li>• ILF Synchrony training, indications, placement</li><li>• 10 Hz and 40 Hz Synchrony training, indications, placements, combining ILF and Synchrony, abreactions</li><li>• Group discussion before practicum</li></ul> |
| 12:30 – 2:30 | <ul style="list-style-type: none"><li>• Lunch break</li><li>• Practicum session #1: 2-Channel Synchrony ILF, or 10Hz, or 40Hz</li></ul>   |
| 2:30 – 4:00  | <ul style="list-style-type: none"><li>• Group discussion after practicum</li><li>• What to do next</li></ul>  |

## DAY 2: ALPHA THETA

- |              |  |
|--------------|--|
| 9:00 - 12:30 | <ul style="list-style-type: none"><li>• Introductions</li><li>• Brief history of Peniston protocol</li><li>• Identify brain waves</li><li>• What is Alpha/Theta</li><li>• Conscious vs subconscious</li><li>• Technical set -up 1 channel training</li><li>• Cygnet session controls</li><li>• Cygnet Reports</li><li>• Alpha/Theta trend lines</li><li>• Alpha/Theta Practice #1</li><li>• Group discussion</li></ul> |
| 12:30 - 1:30 | <ul style="list-style-type: none"><li>• Lunch</li></ul>  |
| 1:30 - 5:00  | <ul style="list-style-type: none"><li>• Tips for successful A/T</li><li>• Pre Training suggestions</li><li>• Post session integration</li><li>• Guided Imagery</li><li>• Formulating Suggestions</li><li>• Alpha/Theta Practice #2</li><li>• Group Discussion</li><li>• Q &amp; A</li></ul>  |

## DAY 3: ALPHA THETA

- |              |   |
|--------------|---|
| 9:00- 12:30  | <ul style="list-style-type: none"><li>• When is a client ready</li><li>• Useful information</li><li>• Impediments to successful A/T</li><li>• Alpha/Theta reflections</li><li>• 2 channel set up</li><li>• Alpha/Theta Practice #3</li><li>• Group Discussion</li></ul>   |
| 12:30 - 1:30 | <ul style="list-style-type: none"><li>• Lunch</li></ul>   |
| 1:30 - 5:00  | <ul style="list-style-type: none"><li>• When to use Alpha/Theta</li><li>• Benefits of Alpha/Theta</li><li>• Common experiences</li><li>• Alpha/Theta with children</li><li>• Case studies</li><li>• Helpful tools</li><li>• Alpha/Theta Practice #4</li><li>• 2 channel PZ-Fpz</li><li>• Final Group Discussion</li><li>• Q &amp; A</li></ul> |