

## **Virtual Practicum 2 Schedule:**

May 14-15, 2020

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

### **Day 1: Synchrony**

8:30 - 9:00 Introductions

9:00 - 10:00 What is Synchrony, general training effects, difference between ILF and Synchrony or AT, Synchrony program

10:00 - 10:15 Break

10:15 - 11:30 ILF, 10 Hz and 40 Hz Synchrony, indications, placements, combining ILF and Synchrony, abreactions

11:30 - 12:00 Group discussion before practicum

12:00 - 1:00 Lunch break

1:00 - 2:00 Practicum: Synchrony sessions

2:00 - 3:00 Group discussion after practicum, feedback and advice on what to do next

### **Day 2: AT**

9:00 - 10:30 What is AT, general training effects, history, AT program

10:30 - 10:45 Break

10:45 - 12:30 1 channel vs 2 channel AT, guided imagery, indications, abreactions

12:30 - 1:30 Lunch

1:30 - 2:30 Practicum: AT sessions

2:30 - 3:30 Group discussion after practicum