



LDT I Teaching Materials Reading Schedule

Please have these teaching materials read by the day indicated:

Tuesday

AM: Centering Prayer (Pages 171-175)

PM: Ignatian Examen Prayer (Pages 177-179)

Wednesday

AM: Foundations (Pages 3-8)

Active Listening (Pages 9-11)

PM: Sharing Circles (Pages 13-26)

Thursday

AM: Three Selves (Pages 27-34)

Healthy Communication (Pages 81-91)

PM: COR Communication Tools (Pages 93-105)

Friday

AM: The Body (Pages 129-138)

PM: Basics of Somatic Healing (Pages 139-150)

Somatic Inquiry Process (Pages 191-193)

Saturday

AM: LDT Practices and Recommendations (Pages 225-226)

Monthly Report Form (MRF) (Page 217)

Monthly Mentoring Session Questionnaire (Page 219)