

## Despair to Repair - 4 Day Agenda

Day 1	
0:00 - 0:30	Welcome & Introduction
0:30 - 1:30	<p>Small Group Share (Mirroring, Listening, Safety)</p> <ul style="list-style-type: none"> <li>● <i>My name is ... and I'm from...</i></li> <li>● <i>As I begin, what I am experiencing is... A time I felt despair during Covid was... (or chose another experience in your life)</i></li> <li>● <i>What really distressed me was...</i></li> <li>● <i>What helped me get through was...</i></li> <li>● <i>The most important thing I learned was...</i></li> <li>● <i>My intentions for this training are...</i></li> <li>● <i>One small doable step I can take to stay with my intention is...</i></li> <li>● <i>One thing I appreciate about you is...</i></li> </ul>
1:30 - 2:00	<p>Large Group Share:</p> <ul style="list-style-type: none"> <li>● <i>My experience of my dyad with (name partner) was...</i></li> <li>● <i>One thing I want to share with the group from my experience is...</i></li> </ul>
2:00 - 2:15	Break
2:15 - 3:15	What is Despair? What is Repair?
3:15 - 3:45	Lunch

<p>3:45 - 4:45</p>	<p>Interpersonal:</p> <ol style="list-style-type: none"> <li>1. Cosmic Journey – writing exercise in small groups &amp; share</li> <li>2. Evolutionary Journey – writing exercise &amp; share</li> <li>3. Frontal Lobes - Mutual Regulation: Ideas for Cosmic &amp; Evolutionary Journey in office &amp; at home</li> <li>4. (Optional Triads Practice)</li> <li>5. Social Journey –</li> <li>6. Psychological Journey -</li> </ol>
<p>4:45 - 5:30</p>	<p>Dyad: My Emotional History the Seat of Reactivity &amp; Pain</p>
<p>5:30 - 5:45</p>	<p>Break</p>
<p>5:45 - 6:30</p>	<p>Exits: Impact, Crisis, Baselines of security &amp; trust Impacted, Loss of security, Unconscious activations</p> <p>Exits: The Kind &amp; Range</p>
<p>6:30 - 7:00</p>	<p>CLOSING</p> <ol style="list-style-type: none"> <li>1. One new learning I am taking away today is ....</li> <li>2. As I am closing today, what I am feeling is....</li> </ol>
<p>Homework</p>	<p>Writing: To Inner Parts</p> <p>Complete the following:</p> <p>Examining your own reactivity in the Office, Examining my judgements about exits</p> <p>Writing Exercise: Exist</p> <p>(This homework will help with Dialogues in Day 2)</p>

Day 2

0:00 - 0:15	<p>Centering and What this day is about:</p> <p>The Brain</p> <p>Countertransference</p> <p>Trauma De-Regulation</p> <p>Affairs / Tenses</p> <p>Inspirational Video: Song by Nemi “Grateful”</p>
0:15 - 0:45	<p>Dyads in breakout rooms.</p> <p>Using homework from last night share the following:</p> <ul style="list-style-type: none"><li>● <i>Clients/behaviors/topics that trigger me are...</i></li><li>● <i>The story I tell myself is...</i></li><li>● <i>I believe...I feel...I react by...</i></li><li>● <i>What my feelings/fears/reactions/ remind me of from childhood</i></li><li>● <i>What I long for is...</i></li><li>● <i>One thing I could do differently when triggered is...</i></li><li>● <i>What I appreciate about you is...</i></li></ul>
0:45 - 1:00	<p>Large Group Check-in</p> <ul style="list-style-type: none"><li>● <i>My experience from my dyad was...</i></li><li>● <i>One thing I want to share is...</i></li></ul>
1:00 - 1:45	<p>Practical Wisdom of Brain Science: Why neuroscience matters</p> <p>Intrapersonal &amp; interpersonal; parts of brain, mutual regulation, traumatized brain CounterTransference/Therapist Burnout</p>

1:45 - 2:00	Break
2:00 - 2:30	Trauma De-Regulation / Contracting for Therapist and Couple
2:30 - 3:45	Commitment Dialogue and Slides about Exits
3:45 - 4:15	Lunch
4:15 - 5:30	<p>Affairs: Developmental Stages and Affairs, Process to End an Affair</p> <ul style="list-style-type: none"> <li>• Video: Last Kiss</li> <li>• Good Girls Clip</li> <li>• TENSES</li> </ul>
5:30 - 5:45	Break
5:45 - 6:45	<p>Addiction: When is an affair just an affair &amp; when is it a sign of Sex Addiction?</p> <p>VIDEO: Dr. Gabor Mate</p> <p>VIDEO Carol Burnett Wrong Number</p>
6:45 - 7:00	Closing
Homework	Journaling about your experience today

Day 3

0:00 - 0:15	Centering and Check In
0:15 - 0:45	Small Group Dyads: <ul style="list-style-type: none"><li>● <i>Something I learnt or re-learnt about myself yesterday....”</i></li><li>● <i>What is on my mind this morning is...</i></li><li>● <i>My intention for today is...</i></li><li>● <i>What I appreciate about you...</i></li></ul>
0:45 - 1:15	Circle Share: Imago questions that I am sitting with....
1:15 - 2:00	ATTUNING THE DIALOGUE:  Using Dialogue to Manage Reactivity, How to Attune the Dialogue, Different structures.  What to do when Dialogue between them becomes unsafe.  <i>(Guide to Help Couples Know When They are Triggered, Contribute to Nightmare/Dream Dialogue)</i>
2:00 - 2:15	Break
2:15 - 3:15	Unconscious Collusion/Disappointed/ Fear of Disappointing: Discovering Relationship Patterns
3:15 - 3:45	Lunch

3:45 - 5:00	<p>Practice Unconscious Collusion Dialogue in Triads</p> <p>Exploring Relationship Patterns.</p> <p>Resources to Regulate Your Nervous System and Calm Reactivity and Guided Imagery and Exercise</p>
5:00 - 5:30	<p><i>VIDEO: Resilience</i></p> <p>Repair Slides: Map of the Between, Creating Safety, Restoration, Recovery, Repair &amp; Empathy</p>
5:30 - 5:45	<p>Break</p>
5:45 - 6:30	<p>Designing the Repair Dialogue</p> <p>Brief Repair Dialogue</p> <p>TRIADS PRACTICE</p>
6:30 - 6:45	<p>Group Feedback</p>
6:45 - 7:00	<p>Closing</p>
Homework	<p>Write out the information in Untangling the Lock Dialogue</p>

Day 4

0:00-0:15	Centering and Check In: Today is about Repair and Forgiveness
0:15 - 0:35	Dyads: <ul style="list-style-type: none"><li>● <i>Something I am curious about today is ...</i></li><li>● <i>An experience I have had with forgiveness in a relationship is ...</i></li><li>● <i>My intention for today is...</i></li><li>● <i>What I appreciate about you...</i></li></ul>
0:35 - 1:15	Amends Dialogue Dyads: Impact Statements
1:15 - 1:30	Break
1:30 - 2:45	FORGIVENESS: Forgiveness Quotes, VIDEO Oprah's Aha,, Forgiveness Slides, Self-Forgiveness Slides
2:45 - 3:15	Lunch
3:15 - 3:45	Letting Go: Goodbye Dialogue Introduction
3:45 - 5:00	Triads Practice (switching roles every so often)
5:00 - 5:15	Break

5:15 - 5:45	Acceptance and Forgiveness as a Conversation  Zero Negativity
5:45 - 6:30	Communologue: When have I forgiven? When have I been forgiven? A success I had facilitating forgiveness with a couple. A challenge I have in this matter.
6:30-7:00	Questions and Closing: <ul style="list-style-type: none"><li>• What has been most significant for me personally</li><li>• What has been most significant for me professionally</li><li>• What I intend to integrate in my practice and personal life</li><li>• What I have appreciated</li></ul>

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