

PRAC 1 CAMPUS – CURRICULUM OVERVIEW – 2018-2019

CLASS 1: Saturday Oct 13 8:30 – 7– Tuesday class only Sunday Oct 14 8:30 – 7– Thursday class only PRAC 1 PROGRAM INTRODUCTION Teacher Introductions Commitments Course Overview Check In/ Student introductions Setting the Goal Assisted by Prac 3	Text If there is nothing in this box you do not have text to read.	LMS Reading and Clips If there is nothing in this box you do not have readings or clips to watch.	Handouts Class 1 - Prac 1 Time Commitments
			Notes
CLASS 2: Oct 23 (Tuesday) Oct 25 (Thursday) UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Systems Theory from a Transpersonal Context Subjective Reality Check in/ Group Process Autobiography Review	Text REAL – Intro and Ch 1	LMS Reading and Clips Smith, Dan: Understanding the Family as a System Brown, Brene (2012) Listening to Shame Ted (k). Link on PDF,	Handouts Class 2 - Autobiography Instructions
			Notes
CLASS 3: Oct 30 / Nov 1 UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Bowen's concept of Differentiation (scale) Anxiety Movie Clips (Saturday Night Fever and Philadelphia)	Text REAL – Ch 2 & 3	LMS Reading and Clips Linder Hintze, Rebecca (2006): Healing your Family History Intro – 54 pages Gilbert, Roberta, (1992): Extraordinary Relationships, Ch 3 pg. 18 - 25	Handouts Notes

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Class 4: Nov 6/8 PRACTICAL APPLICATION: PERSONAL INTEGRATION Student Goals Review Check in/Group Process (Catch up as needed) Fairy Tales assigned	Text	LMS Reading and Clips	Handouts
			Notes
			Fairy Tale Assignment – due for class 7 Class 4 evaluation due
CLASS 5: Nov 13/15 UNIT 5: EXPANDING THE AUTHENTIC SELF: THE HEALING PROCESS OF EVOLUTION Emotional Awareness Containment Emotional Awareness Meditation 4 step review	Text	LMS Reading and Clips	Handouts
	REAL – Ch 4, 5 & 6	Goleman, Daniel (1995): Emotional Intelligence. Pg 42 to 55 Brown, Brene (2010): The Gifts of Imperfection # 3 (13 pages)	Notes
CLASS 6: Nov 20/22 UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Developmental Process (Amoebas) Phases of Development Life Events Inventory assigned	Text	LMS Reading and Clips	Handouts
		D. Marshall Morissette, (2006), Family Life Cycle, The Crossroads Group, Family Therapy Training 1 page (chart) Bradshaw, John (1990): Homecoming. Pittman, Frank (2007): How to be a Grown up around your Parents Ch3, pg 66 – 80	Life Events Inventory
			Notes
CLASS 7: Nov 27/29 UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Family Rules Family Rules Process Assisted by Prac 3 Check in / Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
		Richardson, Ronald (1995): Family Ties that Bind: a self-help guide to change through family of origin therapy. Ch 2, 4 pgs Linder Hintze, Rebecca (2006): Healing your Family History Ch 1, 60 pgs	Notes
			Fairy Tale is due – email to teachers for review

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December 1 and 2 – Vancouver CURRICULUM WEEKEND - Assistant's Training One of 2 possible dates next date Feb 2 – 3, 2019			
CLASS 8: Dec 4/6 UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Crisis as Spiritual Emergency Special Function Exercise: Correction of Life Events	Text	LMS Reading and Clips	Handouts
		Lesser, Elizabeth (2005): Broken Open, How Difficult Times Help Us Grow Part 1 sect 1-7 Richio, David (2008): When the Past is Present: Healing the Emotional Wounds that Sabotage Our Relationships Ch 6, p 96-108	Class 8 - Life Events Inventory Correction Notes Bring fairy tales printed out or device to class next week!
CLASS 9: Dec 11/13 PRACTICAL APPLICATION: UNIT 1 AND 5 Fairy Tales Fairy Tale Process Assisted by Prac 3	Text	LMS Reading and Clips	Handouts
			Notes Holiday Party at Springbrooke TBA Fundraising for Tuition Relief fundraising – your (appreciated) Class 9 Class participation evaluation due
CLASS 10: Dec 18/20 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (catch up as needed) ACIM lesson prep, lesson 1 (starts January 1)	Text	LMS Reading and Clips	Handouts
		Levine, Stephen (1989): A Gradual Awakening Lessons to Life, Basic Advice for Workbook Practice Ch 1, pg 1 – 6 Perry, Robert & Watson, Alan (2001) Standard Workbook Meditation Pg 1 – 3 Linder Hintze, Rebecca (2006): Healing your Family History Ch 2 – 68 pgs	Notes Autobiography due class 12 Class 9 participation evaluation returned to student with teacher feedback
December 22 – January 6: Vacation Period – no classes			

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CLASS 11: Jan 8/10 PRACTICAL APPLICATION: UNIT 5 Experiential Therapy Introduction Alter-Ego Assignments Check In/Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes Autobiography due Class 12 (next class)
CLASS 12: Jan 15/17 UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Sibling Position Characteristics Sibling Position and Relationship Exercise	Text	Richardson, Ronald (1990): Birth Order and You Self Counsel Press, North Vancouver Ch 2, pg 19 – 36 and Pg pg 250 -256 Gilbert, Roberta (1992): Extraordinary Relationships Ch 10 pp 65-72 Lemar, Kevin (2000) The New Birth Order Book. Lemar, H. David, Chicago Ch 2, pg 32-52 and Ch 3, pg 207 – 23	Handouts Notes Autobiography due
January 19 and 20 – Curriculum Weekend - Alter Ego Weekend – all Campus Classes			
CLASS 13: Jan 22/24 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 14: Jan 29/31 UNIT 3: RELATIONSHIP DYNAMICS: PATTERNS AND POSTURES/HEALTHY STANCES Pursuing/Distancing Emotional Cocooning Reciprocity, Doing 100% of your 50%	Text	LMS Reading and Clips	Handouts
	<u>Review</u> REAL – Ch 2	Gilbert, Roberta (1992): Extraordinary Relationships Ch 10 pg. 65 – 72 Richardson, Ronald (1995): Family Ties that Bind, a self-help guide to change through family of origin therapy. Ch 3, pg. 17	Notes

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February 2 and 3 – Vancouver CURRICULUM WEEKEND - Assistant's Training P1 student complete Level 1, this is the first of two possible dates (Next one Dec. 2010)			
CLASS 15: Feb 5/7 UNIT 3: RELATIONSHIP DYNAMICS: PATTERNS AND POSTURES/HEALTHY STANCES Conflict Distance Cut-Off Triangling	Text	LMS Reading and Clips	Handouts
		Gilbert, Roberta (1992): Extraordinary Relationships Ch 7 - 9 pg. 43 - 64 Kerr, Michael and Bowen, Murray (1988): Family Evaluation. Ch 6, pg 134 - 162	Notes
CLASS 16: Feb 12/14 UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY 'The Legacy of Unresolved Loss: A Family Systems Approach (McGoldrick) Family of Origin Research Genogram Construction	Text	LMS Reading and Clips	Handouts
		McGoldrick, Monica and Gerson, Randy Genograms in Family Assessment W.W. Norton and Company, New York 1985, pp 2 – 3 Rosenblatt, Vera (1990): Deepening Family Stories Alive. Ch 9, pg 131 - 132	Class 16 – Genogram example, Genogram Symbols Genogram PowerPoint example provided on MS
CLASS 17: Feb 19/21 UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY Autobiography Exercise: to establish personal direction for Family of Origin research Assisted by Prac 3	Text	LMS Reading and Clips	Handouts
		Linder Hintze, Rebecca (2006): Healing your Family History Ch3 – 60 pgs	Notes Genogram: send emails, and begin constructing your genogram
CLASS 18: Feb 26/28 PRACTICAL APPLICATION: UNIT 2 AND 3 "Ordinary People": movie analysis	Text	LMS Reading and Clips	Handouts
			Notes

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CLASS 19: Mar 5/7 PRACTICAL APPLICATION: UNIT 3 Pursuer/Distancer exercise Assisted by Prac 3 Check in/Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes Class 19 Class Evaluation due
CLASS 20: March 12/14 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
	<u>Review</u> REAL – Ch 5 (for class after break)		Notes
March 16- March 31, Spring Break – no classes			
CLASS 21: Apr 2/4 UNIT 3: RELATIONSHIP DYNAMICS: PATTERNS AND POSTURES / HEALTHY STANCES Relationship Dynamics: 'amoebas in relationship' Differentiated Relationship Stances Assisted by volunteer P2's & P3's	Text	LMS Reading and Clips	Handouts
	REAL – Ch 7	O'kane, Duane and Catherine : From Crisis to Communion (online lecture) can be found in class recordings.	Notes
CLASS 22: Apr 9/11 UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY Multigenerational Emotional Process Transmission of Unfinished Business	Text	LMS Reading and Clips	Handouts
		Kerr, Michael and Bowen, Murray (1988): Family Evaluation. W.W. Norton and Co., New York Ch 8, pg 221 - 255	Notes

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CLASS 23: Apr 16/18 PRACTICAL APPLICATION: UNIT 4 'Crazy in Love' movie analysis	Text	LMS Reading and Clips	Handouts
		Linder Hintze, Rebecca (2006): Healing your Family History Ch 4 50 pgs	Notes Bring what you have done on your genogram to class next week
CLASS 24: Apr 23/25 PRACTICAL APPLICATION: UNIT 4 Genogram trouble shooting: bring your genogram in for help	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 25: Apr 30/May 2 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check in/Group Process	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 26: May 7/9 PRACTICAL APPLICATION: UNIT 4 Family of Origin Presentation – 1 example <u>Assisted by Prac 2 and 3</u>	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 27: May 14/16 UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY Family Secrets - Transmission of Secrets	Text	LMS Reading and Clips	Handouts
		Bradshaw, John (1996):Family Secrets. Ch 1, pg 3 – 54 Whitfield, Charles (1990): A Gift to Myself Ch 13, pg 99 – 104 Scarf, Maggie (2004): Secrets, Lies and Betrayals Ch 2, pg 21-28	Notes
May 18 and 19 – CURRICULUM WEEKEND – Genogram Weekend – Campus Classes Prac 2 students – Mandatory Attendance at Prac 1 Genogram Weekend			

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CLASS 28: May 21/23 PRACTICAL APPLICATION: UNIT 4 Secrets Process	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 29: May 28/30 UNIT 5: EXPANDING THE AUTHENTIC SELF: THE HEALING PROCESS OF EVOLUTION The Process of Healing: A Summary Model	Text	LMS Reading and Clips	Handouts
	REAL – Ch 8	Lesser, Elizabeth (2005): Broken Open, How Difficult Times Help Us Grow Appendix (28 pgs) Linder Hintze, Rebecca (2006): Healing your Family History Ch 5, 62 pgs	Notes
CLASS 30: Jun 4/6 PRACTICAL APPLICATION: UNIT 5 Check In/Group Process	Text	LMS Reading and Clips	Handouts
			Notes
June 8, 9 - CURRICULUM WEEKEND - Psycho Fair Weekend (Springbrooke; hours TBA)			
CLASS 31: Jun 11/13 PRACTICAL APPLICATION: ALL UNITS Curriculum Review and Personal Application of Material Check in/Group process as needed	Text	LMS Reading and Clips	Handouts
		Brown, Brene (2010): The Gifts of Imperfection Intro Linder Hintze, Rebecca (2006): Healing your Family History Conclusion and Afterword, 26 pgs	Notes
CLASS 32: Jun 18/20 PRACTICAL APPLICATION: PERSONAL INTEGRATION Autobiography Review: Transpersonal Perspective	Text	LMS Reading and Clips	Handouts
		Hillman, James (1996): The Soul's Code. Ch 1, pg 3 – 40 Perry, Robert (2004) Path of Light: Stepping into Peace Ch 8, pg 171 - 189	Class 33 Participation Evaluation due next week
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<p>CLASS 33: Jun 25/27</p> <p>PRACTICAL APPLICATION: PERSONAL INTEGRATION Completion: Class/Self Evaluations</p>	<p>Final Class 33 Class Participation Evaluation due;</p> <p>Final exam due Thursday Aug 15;</p> <p>Practicum hour log due Sunday Sept 1.</p> <p>Constitutions July 5 (on-line) and 6 (Campus) at Springbrooke and online, all P1's welcome.</p>
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