

<p>CLASS 1: Tues Oct 20 Evening 5:45-10pm Thurs Oct 22: Day 9:45am-2pm, Evening 5:45-10pm All Times Pacific Time</p> <p>PRAC 1 PROGRAM INTRODUCTION Teacher Introductions Commitments Program Ethics Course Overview Check In/Student Introductions</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>PRAC 1 Time Commitments, Grading Scheme, PRAC 1 Rubrics</p> <p>Notes</p>
<p>CLASS 2: WEEKEND CLASS – Sunday Only, Oct 25 Day 9:45am-3:00pm Evening 4:45pm-10:00pm Note this time only for this weekend</p> <p>UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Setting the Goal Systems Theory from a Transpersonal Context Subjective Reality Check In/Group Process Autobiography Review Assisted by PRAC 3</p>	<p>Text</p> <p>O’Kane, Catherine and Duane (2016): <u>REAL: the power of Authentic Connection</u> Intro and Ch 1</p>	<p>LMS Reading and Clips</p> <p>Smith, H. Dan: <u>Understanding the Family as a System</u> (article)</p> <p>Brown, Brene (2012): <u>Listening to Shame</u> (Tedx Talk) Link on PDF</p> <p>Hari, Johann (2019): <u>This could be why you’re depressed or anxious</u> (Ted talk) Link on PDF</p>	<p>Handouts</p> <p>Autobiography Instructions</p> <p>Notes</p>
<p>CLASS 3: Tues Oct 27 Evening 5:45-10pm Thurs Oct 29: Day 9:45am-2pm, Evening 5:45-10pm</p> <p>UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Bowen’s Concept of Differentiation (scale) Anxiety Movie Clips</p>	<p>Text</p> <p>O’Kane, Catherine and Duane (2016): <u>REAL: the power of Authentic Connection</u> Ch 2 & 3</p>	<p>LMS Reading and Clips</p> <p>Linder Hintze, Rebecca (2006): <u>Healing your Family History</u> Intro (54 pages)</p> <p>Baney, Dr. Daniel (2015): <u>Differentiation of Self</u></p>	<p>Handouts</p> <p>Scale of Differentiation Chart</p> <p>Notes</p>
<p>CLASS 4: Tues Nov 3 Evening 5:45-10pm Thurs Nov 5: Day 9:45am-2pm, Evening 5:45-10pm</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>Notes</p>

<p>PRACTICAL APPLICATION: PERSONAL INTEGRATION Student Goals Review Check In/Group Process (Catch up as needed) Fairy Tales Assignment</p>			Fairy Tale Assignment – due for class 7 Class 4 Evaluation Due
<p>CLASS 5: Tues Nov 10 Evening 5:45-10pm Thurs Nov 12: Day 9:45am-2pm Evening 5:45-10pm</p> <p>UNIT 5: EXPANDING THE AUTHENTIC SELF: THE HEALING PROCESS OF EVOLUTION Emotional Awareness Containment Emotional Awareness Meditation 4 Step Review</p>	<p>Text</p> <p>O’Kane, Catherine and Duane (2016): <u>REAL: the power of Authentic Connection</u> Ch 4 & 5</p>	<p>LMS Reading and Clips</p> <p>Brown, Brene (2010): <u>The Gifts of Imperfection # 3</u> (13 pages)</p> <p>David, Susan (2018): <u>The Gift and Power of Emotional Courage</u> (VIDEO 16: 40 min)</p> <p>Segal, Jeanne, Smith, Melinda, Robinson, Lawrence, and Shubin, Jennifer (2019). Improving Emotional Intelligence (EQ)</p> <p>Walinga, Jennifer and Stangor, Charles. (2012). <u>Introduction to Psychology – 1st Canadian Edition.</u> Chapter 11.1 The Experience of Emotion.</p> <p>Walinga, Jennifer and Stangor, Charles. (2012). <u>Introduction to Psychology – 1st Canadian Edition.</u> Chapter 11.2 Stress: The Unseen Killer.</p>	<p>Handouts</p> <p>Notes</p>
<p>CLASS 6: Tues Nov 17 Evening 5:45-10pm Thurs Nov 19: Day 9:45am-2pm Evening 5:45-10pm</p> <p>UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Developmental Process (Amoebas) Attachment Theory/Attachment styles Phases of Development Life Events Inventory Assigned</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Dr Mark Morisette, (2006): <u>Family Life Cycle Chart, The Crossroads Group, Family Therapy Training</u> 1 page (chart)</p> <p>Feldman Barrett, Lisa (2018). <u>You aren’t at the mercy of your emotions – your brain creates them.</u> (18:18 min)</p> <p>Winch, Guy (2014). <u>How to practice emotional hygiene.</u> (17:22min)</p> <p>Mate, Gabor (2019) <u>Trauma as Disconnection from the self: Keynote ACES to Assets 2019.</u> (1hr 13 min)</p>	<p>Handouts</p> <p>Class 6 - Life Events Inventory</p> <p>Notes</p>

<p>CLASS 7: Tues Nov 24 Evening 5:45-10pm Thurs Nov 26: Day 9:45am-2pm Evening 5:45-10pm</p> <p>UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Family Rules Family Rules Process Check In/Group Process (Catch up as needed) Assisted by PRAC 3</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Linder Hintze, Rebecca (2006): <u>Healing Your Family History</u> Ch 1, 60 pages</p> <p>Webb, Jonice (2015). <u>Are Unspoken Family Rules Running Your Life?</u></p> <p>McHugh, Caroline (2013). <u>The Art of Being Yourself.</u></p> <p>Jackson-VanSickel, Elizabeth (2019). <u>Unspoken Family Rules: How They Shape Your Decisions Today</u></p> <p>Teachan Licsw, Patrick (2017). <u>Family Rules Worksheet.</u></p> <p>Coker Ross, Carolyn (2020). <u>How to Maximize The Gifts of Intergenerational Trauma.</u></p>	<p>Handouts</p> <p>Notes Fairy Tale is Due – email to teachers for review</p>
<p>CLASS 8: Tues Dec 1 Evening 5:45-10pm Thurs Dec 3: Day 9:45am-2pm Evening 5:45-10pm</p> <p>UNIT 1: TRANSPERSONAL CONTEXT AND HUMAN DEVELOPMENT Crisis as Spiritual Emergency Special Function Exercise: Correction of Life Events</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Lesser, Elizabeth (2005): <u>Broken Open, How Difficult Times Help Us Grow</u> Part 1, section 1 - 7</p> <p>Richio, David (2008): <u>When the Past is Present: Healing the Emotional Wounds that Sabotage Our Relationships</u> Ch 6, pg 96 – 108</p>	<p>Handouts Life Events Inventory Correction</p> <p>Notes Bring Fairy Tales printed out or on an accessible device (ie. Tablet or phone) to class next week</p>
<p>CLASS 9: Tues Dec 8 Evening 5:45-10pm Thurs Dec 10: Day 9:45am-2pm Evening 5:45-10pm</p> <p>PRACTICAL APPLICATION: UNIT 1 AND 5 Fairy Tales Fairy Tale Process Assisted by PRAC 3</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>Notes Have Fairy tale available in hard copy or on a separate device (ie. tablet or phone) Class 9 Participation Evaluation Due</p>

CLASS 10: Tues Dec 15 Evening 5:45-10pm Thurs Dec 17: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (Catch up if needed) Mindfulness Practice: ACIM Lesson Prep, Lesson 1 (starts January 1 – participation optional)	Text	LMS Reading and Clips	Handouts
		Linder Hintze, Rebecca (2006): <u>Healing your Family History</u> Ch 2 (68 pages) Puddicombe, Andy (2012): All it takes is 10 mindful minutes (9min) Naik, Harris, Forthun (2013): Mindfulness: An Introduction (pg1-6) Foose, Kevin and Cicio, Maria (2018). <u>Differentiation of self through the lens of mindfulness</u>	Notes Autobiography Due Class 12 Class Participation Evaluation returned to student with teacher feedback
WINTER BREAK – NO CLASSES			
CLASS 11: Tues Jan 5 Evening 5:45-10pm Thurs Jan 7: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPICATION: UNIT 5 Experiential Therapy Introduction Alter-Ego Assignments Check In/Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 12: Tues Jan 12 Evening 5:45-10pm Thurs Jan 14: Day 9:45am-2pm Evening 5:45-10pm UNIT 2: FAMILY SYSTEMS THEORY: FORCES THAT SHAPE IDENTITY Sibling Position Characteristics Sibling Position and Relationship Exercise	Text	LMS Reading and Clips	Handouts
		Mischenko, Pavel (2016). <u>Why your birth order is a blessing and a curse.</u> Leman, Kevin (2009). <u>The Birth Order Book.</u> (Chapter 1) Sulloway F.J. (2001). <u>Birth Order, Sibling Competition, and Human Behavior</u>	Notes Autobiography Due

CLASS 13: Tues Jan 19 Evening 5:45-10pm Thurs Jan 21: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes
ALTER EGO WEEKEND January 23 and 24: Day Classes 7:45 am-2:30 pm; Evening Classes 3pm-8:45 pm			
CLASS 14: Tues Jan 26 Evening 5:45-10pm Thurs Jan 28: Day 9:45am-2pm Evening 5:45-10pm 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> O’Kane, Catherine and Duane (2016): <u>REAL: the power of Authentic Connection</u> Ch 2	Gillath, Omri (2017). <u>The Power of (Secure) Love.</u> (18:27 min) Groves, Mark (2018). <u>You were born to love, you evolved to fit in.</u>	
			Notes
CLASS 15: Tues Feb 2 Evening 5:45-10pm Thurs Feb 4: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process (Catch up as needed)	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 16: Tues Feb 9 Evening 5:45-10pm Thurs Feb 11: Day 9:45am-2pm Evening 5:45-10pm UNIT 15: RELATIONSHIP DYNAMICS: PATTERNS AND POSTURES/HEALTHY STANCES Conflict	Text	LMS Reading and Clips	Handouts
		Gottman, John (2018). <u>The Science of Love.</u> Brown, Jenny (2014). <u>Bowen-Family Systems Theory and Practice: Illustration and Critique.</u>	
			Notes

Distance Cut-Off Triangling			
CLASS 17: Tues Feb 16 Evening 5:45-10pm Thurs Feb 18: Day 9:45am-2pm Evening 5:45-10pm UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY 'The Legacy of Unresolved Loss: A Family Systems Approach' (Monica McGoldrick) Family of Origin Research Genogram Construction	Text	LMS Reading and Clips	Handouts
		McGoldrick, Monica and Gerson, Randy <u>Genograms in Family Assessment</u> W.W. Norton and Company, New York Ch 2, pg 9 – 38 Louise Cooke, Lisa (2020). <u>8 Easy Steps for Interviewing Family Members.</u> Grant, Colin (2012). <u>How our stories cross over.</u>	Genogram example, Genogram Symbols Notes Genogram PowerPoint template provided on LMS
CLASS 18: Tues Feb 23 Evening 5:45-10pm Thurs Feb 25: Day 9:45am-2pm Evening 5:45-10pm 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): <u>Healing your Family History</u> Ch 3 (60 pages)	Notes Genogram: send emails and begin constructing your genogram
CLASS 19: Tues Mar 2 Evening 5:45-10pm Thurs Mar 4: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 2 AND 3 Family Dynamics: Movie Analysis	Text	LMS Reading and Clips	Handouts
			Notes Class 19 Evaluation Due
CLASS 20: Tues Mar 9 Evening 5:45-10pm Thurs Mar 11: Day 9:45am-2pm Evening 5:45-10pm	Text	LMS Reading and Clips	Handouts
	<u>Review</u> O'Kane, Catherine and Duane (2016): <u>REAL:</u>		Notes

PRACTICAL APPLICATION: UNIT 3 Pursuer/Distancer Exercise Assisted by PRAC 3 Check In/Group Process (Catch up as needed)	<u>the Power of Authentic Connection</u> Ch 5 (for class after break)		
SPRING BREAK – NO CLASSES			
CLASS 21: Tues Mar 30 Evening 5:45-10pm Thurs April 1: Day 9:45am-2pm Evening 5:45-10pm UNIT 3: RELATIONSHIP DYNAMICS: PATTERNS AND POSTURES / HEALTHY STANCES Relationship Dynamics: 'Amoebas in Relationship' Differentiated Relationship Stances Secure Adult Attachment Assisted by Volunteer PRAC 2's	Text O'Kane, Catherine and Duane (2016): <u>REAL: the Power of Authentic Connection</u> Ch 6 & 7	LMS Reading and Clips O'Kane, Duane and Catherine (2019): <u>From Crisis to Celebration</u> (online lecture) Link on PDF	Handouts Notes
CLASS 22: Tues April 6 Evening 5:45-10pm Thurs April 8: Day 9:45am-2pm Evening 5:45-10pm UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY Multigenerational Emotional Process Transmission of Unfinished Business	Text	LMS Reading and Clips Wolyynn, Mark. (2017). <u>It Didn't Start With You.</u>	Handouts Notes
CLASS 23: Tues April 13 Evening 5:45-10pm Thurs April 15: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 4 Multigenerational Transmission: Movie Analysis	Text	LMS Reading and Clips Linder Hintze, Rebecca (2006): <u>Healing your Family History</u> Ch 4 (50 pages)	Handouts Notes

CLASS 24: Tues April 20 Evening 5:45-10pm Thurs April 22: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 4 Genogram - Bring your genogram to class For Support	Text	LMS Reading and Clips	Handouts
			Notes Email your Genogram prior to class and bring in your questions
CLASS 25: Tues April 27 Evening 5:45-10pm Thurs April 29: Day 9:45am-2pm Evening 5:45-10pm UNIT 4: MULTIGENERATIONAL EMOTIONAL PROCESS/FAMILY OF ORIGIN STUDY Family Secrets - Transmission of Secrets	Text	LMS Reading and Clips	Handouts
		Scarf, Maggie (2004): <u>Secrets, Lies and Betrayals</u> Ch 2, pg 21 – 28 MentalHelp.net. (Retrieved 2020). <u>Family Secrets</u> . Frankel, Adam. (2019). <u>Adam Frankel on Family Secrets and Intergenerational Trauma</u> .	
			Notes
CLASS 26: Tues May 4 Evening 5:45-10pm Thurs May 6: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 4 Family of Origin Presentation – 1 Example Assisted by PRAC 2 and PRAC 3	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 27: Tues May 11 Evening 5:45-10pm Thurs May 13: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: PERSONAL INTEGRATION Check In/Group Process	Text	LMS Reading and Clips	Handouts
			Notes

CLASS 28: Tues May 18 Evening 5:45-10pm Thurs May 20: Day 9:45am-2pm Evening 5:45-10pm UNIT 5: EXPANDING THE AUTHENTIC SELF: THE HEALING PROCESS OF EVOLUTION The Process of Healing: A Summary Model	Text	LMS Reading and Clips	Handouts
		Lesser, Elizabeth (2005): <u>Broken Open, How Difficult Times Help Us Grow</u> Appendix (28 pages) Linder Hintze, Rebecca (2006): <u>Healing your Family History</u> Ch 5 (62 pages)	Notes
GENOGRAM WEEKEND May 22 and 23: 8am-4pm			
CLASS 29: Tues May 25 Evening 5:45-10pm Thurs May 27: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 4 Check In/Group Process	Text	LMS Reading and Clips	Handouts
			Notes
GENOGRAM WEEKEND May 29 and 30: 8am-4pm			
CLASS 30: Tues June 1 Evening 5:45-10pm Thurs June 3: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: UNIT 5 Check In/Group Process Secrets Process	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 31: Tues June 8 Evening 5:45-10pm Thurs June 10: Day 9:45am-2pm Evening 5:45-10pm 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): <u>The Gifts of Imperfection</u> Intro Linder Hintze, Rebecca (2006): <u>Healing your Family History</u> Conclusion and Afterword (26 pages)	Notes Quiz Due June 15th

CLASS 32: Tues June 15 Evening 5:45-10pm Thurs June 17: Day 9:45am-2pm Evening 5:45-10pm	Text	LMS Reading and Clips	Handouts
PRACTICAL APPLICATION: PERSONAL INTEGRATION Autobiography Review: Transpersonal Perspective	O’Kane, Catherine and Duane (2016): <u>REAL: the Power of Authentic Connection</u> Ch 8	Leider, Richard (2015): A Guide to Unlocking the Power of Purpose. Perry, Robert (2004): <u>Path of Light: Stepping Into Peace</u> Ch 8, pg 171 - 189	Notes Quiz Due June 15th
CLASS 33: Tues June 22 Evening 5:45-10pm Thurs June 24: Day 9:45am-2pm Evening 5:45-10pm PRACTICAL APPLICATION: PERSONAL INTEGRATION Completion: Class/Self Evaluations	Final Class 33 Class Participation Evaluation Rubric Due		
Final exam posted June 15, due August 1st Prac 3 Graduating exercise: CONSTITUTIONS Friday 2nd and/or Saturday July 3rd, 2021 <i>You are welcome to attend</i>			