



ISPS Foundational trauma-healing techniques course

Detailed course agenda

Sept 2024

This introductory trauma therapist 15 hour course (usually spread over 5 sessions) provides an overview of the key models of our work and teaches a trauma healing technique for biographical traumas, generational traumas, and body associations. These 3 healing techniques form the foundations of most of our therapy protocols. It is designed for coaches, therapists and health professionals to add some simple but highly effective techniques to their toolkit for work with their clients - or to get an experience of our training to determine whether you might wish to participate in our full trauma therapy training. It is the first module of training for the in-depth trauma therapy training.

This course is usually taught online

This course was designed to be online. Hence, each session is a different group meeting.

Course length

Class time runs about 3 hours per sessions, with 5 sessions for a total of 15 hours.

Prerequisites

- Approval from instructor.
- We recommend taking the introduction course.
- No current psychiatric or major problem issues (such as suicidal tendencies) - these classes are not for healing of major personal problems.
- No potentially life threatening conditions such as a weak heart.
- Signed liability and health forms.

Recommended reading:

- *Subcellular Psychobiology Diagnosis Handbook* (2014) by Dr. Grant McFetridge. This is written specifically for therapists who've taken our training.
- *The Basic Whole-Hearted Healing Manual* (2004) by Grant McFetridge PhD and Mary Pellicer MD. This book, although dated, still has several techniques not covered elsewhere.

Detailed agenda

Below is a detailed agenda for the Institute's Foundational training. Note that each teacher is likely to teach material out of sequence. Or add, emphasize, or delete selected material given the needs of their particular students, and to circumstances like client session times and so on.

Session #1:

- Welcome, logistics, introductions, agreements, and how to participate in the training
- ISPS backgrounds, core purpose and key paradigms
- The biology of consciousness - conscious self and unconscious self (simplified triune brain)
- What is trauma? Trigger event and SUDS
- Personal issues for healing practice (p11)
- Study technique to enhance memory recall
- Study/practice partners
- Homework - limiting beliefs about healing

Session #2:

- 15 minute miracle/ study review
- Trauma strings and the biology of trauma (histone coating, chakra crystal and pinecone)
- Different types of trauma
- Biographical trauma - limiting beliefs, triggered emotions
- How to heal trauma - meridian therapy technique - demonstration
- Multiple trauma strings

Session #3:

- Positive trauma and bad dreams
- Demonstration and practice - dreams or triggered emotions
- Generational trauma

Session #4:

- Weekly and monthly reviews
- Demonstration and practice - generational trauma
- Body associations
- Dysfunctional homeostasis (practice - BAs on calm and peace)
- Mind chatter (ribosomal voices) - demonstration and practice

Session #5

- Video - life of a cell animation
- Allergies, addictions and unwanted attractions - allergy demo (if they have one)
- How Subcellular Psychobiology works
- Simple trauma versus subcellular psychobiology
- Copies - demonstration
- Why clients don't heal
- Other demonstration sessions (if time permits, depending on issues - maybe hole) - didn't do
- Workshop evaluation
- Next steps (weekly and monthly reviews, practice, potential trainings)

Revision history:

Sept 2024: First version of this training course.