

**Agenda for Brain Science with Deb Antinori**  
**April 24 & May 1, 2026 - 10am-6pm**  
**All Times are Eastern Standard Time US & Canada**

**April 24, 20256 10am-6pm**

10-10:10am Introductions and schedule

10:10-10:30am Brainspotting Experience Exercise and debrief

10:30-10:50am Brainspotting Neuroexperiential Exercise Practicum: 10 min/partner

10:50-11:00am Debrief practicum

11:00-11:05am mini stretch break

11:05-11:30am PowerPoint Lecture – Brain Basics

11:30-11:45 Break

11:45-12:15 Finish Brain Basics

12:15-12:30 Q&A

12:30-1pm Frank Corrigan's Recruiting the Midbrain Circuits theory – Superior Colliculus with Q&A

1-2pm Lunch

2-2:30pm Continue Corrigan SC Theory with Q&A

2:30-3pm Self Spotting Exercise and Debrief

3-3:30 PowerPoint Lecture Damir del Monte's info - regulating areas of the brain (agranular vs granular isocortices)

3:30-3:45pm Q&A

3:45-4pm Break

4-4:30pm Middle PreFrontal Circuits/Agranular Isocortex

4:30-4:45 Q&A

4:45-5:15pm 30 min Practicum, non-verbal experience with client – focus on therapist's experience (15 min each partner)

5:15-5:30pm Debrief practicum

5:30-6pm Finish Middle Prefrontal Circuits, begin Thalamus if there is time, Q&A

6pm End Day 1

### **Homework**

- Color the SC (Superior Colliculus), IC (Inferior Colliculus) and the rest of the midbrain 3 different colors
- Color the 3 areas of the agranular isocortex - vmPFC, OFC, ACC (regulating circuits); and granular isocortex (neocortex – rational/analytical/executive functions/consciousness)
- Homework sheet – consider doing with a partner from class

### **May 1, 2026 - 10am-6pm**

10-10:20am Check-in, Q&A

10:20-10:50am – Q&A, Debrief coloring homework, other homework

10:50-11:10am Review main points from 4/24/26 (**slides 37, 38, 42, 45, 51**) re Superior Colliculus (SC) and (**sl**) **54, 55, 60, 63, 64, 65, 75**

11:10-11:30am – Hippocampus

11:30-11:40am Break

11:40 – 12:15pm Insula, Amygdala

12:15-12:30am Q&A

12:30- 1:00pm Hypothalamus, PAG (Periaqueductal Grey), Damir delMonte/R.Lanius slide on PTSD & Dissociation

1-2pm Lunch

2-2:15pm Q&A from morning

2:15-3pm Affective Neuroscience

3-3:15pm Q& A

3:15 - 3:45pm Thalamus

3:45-4pm Break

3:45-4pm Q&A

4-4:50pm Walk – Gaze in the distance (10 min total, separately – not as partners)  
Gazespot Practicum, 20 min each

4:50-5pm Debrief practicum

5-5:10pm Break

5:10 – 5:30pm Basal Ganglia

5:30-6pm – Q&A, review any slides, opportunity for another brief self-spot exercise

6pm – End of Day 2

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**90 min Q&A/discussion post-workshop – Date and time TBA**