

Agenda for Brain Science with Deb Antinori

April 19 & 26, 2024, 10am-5pm

All Times are Eastern Daylight Time US & Canada

Subject to change – will inform you prior to training

April 19, 2024

10-10:20am Introductions, schedule

10:20-10:45am Brainspotting Experience Exercise and debrief

10:45-11:15 PowerPoint Lecture – Brain Basics

11:15-11:30am Q&A

11:30-11:45am Break

11:45am – 12:30pm Frank Corrigan's Recruiting the Midbrain Circuits theory – Superior Colliculus with Q&A

12:30 – 1pm Self Spotting Exercise and Debrief

1-2pm Lunch

2-2:30pm PowerPoint Lecture Damir del Monte's info - regulating areas of the brain (agranular vs granular isocortices) - with Q&A

2:30-3pm More on Middle PreFrontal Circuits (Agranular Isocortex) with Q&A

3:00-3:15pm Break

3:15-4pm Breakout rooms – 40 min Practicum, non-verbal experience with client

4:00-4:20pm Debrief practicum

4:20-4:50 PPT More Middle Pre-Front Circuits and possibly Thalamus depending on our time, or Thalamus on Day 2, 4/26/2024)

4:50-5pm Q&A

5pm End of 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)

April 26, 2024 - 10am-5pm Eastern Daylight Time US & Canada

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

10:20-10:50 Review main points from 4/19

10:50-11:10am – Q&A, Debrief coloring homework

11:10-11:30am – Thalamus with Q&A

11:30-11:40am Break

11:40 – 12:15pm Amygdala with Q&A

12:15- 12:30pm Hypothalamus with Q&A

12:30-12:45 PAG (periaqueductal grey) with Q&A

12:45-1 Hippocampus with Q&A

1-2pm Lunch

2-2:30pm Insula with Q&A

2:30-3pm Affective Neuroscience, Damir slide on PTSD & Dissociation, with Q&A

3-3:15pm Break

3:15-4pm Practicum – Gazespot with Debrief, 20 min each Breakout rooms

4-4:30pm Basal Ganglia with Q&A

4:30-5pm – Closure – further Q&A, review any slides, opportunity for another self-spot

5pm – End of Day 2