

INTRODUCTION TO HOPE GUIDING; Level Three

DAY ONE

8:30-9:00	REGISTRATION: liquid refreshments and muffins
9:00-9:30	TALKING STICK CIRCLE INTRODUCTIONS. Who am I, what brought me here, and what do I want to take home with me?"
9:30-10:30	INTRODUCTION The nature of images, imaging, and imagination Relaxation: The essence of image-making Musical Accompaniment/background
10:30-11:00	GUIDED IMAGERY EXERCISE: Relaxation
11:00	BREAK
Resume-noon	IMPRESSIONS
Noon	LUNCH
1:00-2:00	AUTOGENICS Concepts and practice.
2:00-3:00	METAPHORS
3:00	BREAK
Resume-4:00	METAPHORS: THE TAPESTRY OF LIFE
4:00-5:00	GENERAL DISCUSSION/REVIEW

DAY TWO

8:30-9:00	TALKING STICK CIRCLE Review and What's coming up for me now?
9:00-noon	FOUR PARTICIPANT GUIDED IMAGERIES (30 minutes each and review)
Noon	LUNCH
1:00-4:00	FOUR PARTICIPANT GUIDED IMAGERIES (30 minutes each and review)
4:00-5:00	GENERAL DISCUSSION/REVIEW/ CERTIFICATES