

# H.O.P.E. Guide Training Level 1 Schedule

8:00-8:30 AM	<b>REGISTRATION:</b> refreshments
8:30-9:00 AM	<b>TALKING STICK CIRCLE INTRODUCTIONS.</b> Who am I, what brought me here, and what do I want to take home with me?"
9:00-10:00 AM	<b>THE STORY OF HOPE; ATTITUDES; THE CHEMISTRY OF EMOTIONS; and ATTITUDINAL HEALING.</b>
10:00-10:15 AM	<b>BREAK</b>
10:15-11:15 AM	<b>HOPE GROUP MEETING:</b> <i>(The Gold Book: building the crucible for the meeting)</i> <i>(Safety, calibrating)</i> <i>(The power of images)</i> <i>(The Role of Relaxation and guided imagery)</i>
11:15 AM- 12:00 PM	<b>ATTACHMENTS, PROJECTION AND TRANSFORMATION.</b> <i>(Guilt and judgment; misapplications of knowledge that tie us to our past)</i> <i>(Fear and anger; misusing time and space)</i> <i>(Our inner directors)</i>
12:00-1:00 PM	<b>LUNCH</b>
1:00-2:00 PM	<b>THE HEALING POWER OF LOVE (PRESENCE), COMPASSION, and FORGIVENESS (LETTING GO)</b>
2:00-2:15 PM	<b>BREAK</b>
2:15-4:00 PM	<b>REVIEW AND DISCUSSION OF THE HOPE GUIDES BOOK</b>
4:00-4:30 PM	<b>CLOSURE: PRESENTATION OF CERTIFICATES</b>