

Hours	Contents and section titles of the presentations	File titles	Duration of videos
DAY 1			
8:55am	Announce the start of the course		
9am	Warm meetings game (5 min)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_01	00:01:22
9:10 am	Trainer introduction and attendance (5 min)		
9:15 am	Format the minds on how things will unfold (5 min) (video games demo practice question), snacks, items for sale, sign-in sheets, breaks, washrooms,...		
9:20 am	Presentation of the APPMD training- Read the slide Makeshift tent game	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_02 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_03	00:00:19 00:09:13
9:35 am	Follow-up on the makeshift tent game (max. 5 min)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_04	00:00:21
9:40 am	Fields of application of the Method Sources of inspiration for the Method The rules of the game of the Méthode Dolino® (being guides, confidentiality, playful attitude, continuous contact, attentive to the other, clear intention, convention, sync)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_05 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_06 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_07	00:04:33 00:04:27 00:04:54
	The Method's 5 tools (techniques, metaphors, mini-me, archetypes, prescriptions)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_08	00:07:38
10:10 am	Ephemeral sculptures game (10 min.)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_09	00:01:02
10:20 am	Elements to avoid (never...) - Read the slide Strategies to put in place (always...) - Read the slide Counter-example of non-directivity- Read the slide Sync explained through the iceberg Sync in one sentence - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_10 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_11 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_12 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_13 MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_14	00:10:02 00:08:19 00:01:14 00:02:04 00:01:11
10:45 AM	BREAK (announce 10 min)	MD_CF_APPMD_JOUR_1_PARTIE_1_CLIP_14	
11am	The field mice metaphor Achieving good sync (adapting to the other person)- Read the slide Maintaining good sync - Read the slide A sync game (pencil game demo on video)	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_01 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_02 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_03 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_04	00:01:26 00:09:30 00:05:11 00:02:55
11:25 am	Pencils-between-index-fingers game (5 min.)	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_05	00:00:50
11:30 am	The perfect sync counter-example Cat's tongue game (10 min)	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_06 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_07	00:01:39 00:10:46
11:45 am	Altered states of consciousness- Read the slide Lemon test	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_08	00:01:14
	The structure of the Self with the Méthode Dolfino® Metaphor of the prince, the coachman and the horse The 3 Me's explained Recap of the 3 Me's - Read the slide The art of setting a good goal Recap of a good goal - Read the slide Invitation to choose meaningful goals.	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_10 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_09 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_11 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_12 MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_13	00:00:58 00:02:06 00:11:12 00:11:21 00:02:38
12:25 pm	Goal-writing game (10 min)	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_14	00:01:11
12:35 pm	Debrief of the "My goal" activity Remind them that what's wanted is the little film clip obtained once it's achieved (VAKOG and measurable included) ***Reassure participants: goal writing is revisited later	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_15	00:00:57

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12:45	Meal break (announce 1 hour)	MD_CF_APPMD_JOUR_1_PARTIE_2_CLIP_16	00:01:00
1:45 pm	Announce the resumption of the course		
1:50 pm	*/ Pass around the sign-in sheet */		
	Prime the brains for the content to come (suggestibility test, hypnotic trance, Scanner technique)		
2 pm	Introduction to suggestibility tests - Read the 2nd slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_01	00:05:52
	The classes of suggestibility tests - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_02	00:07:52
	Methodology of suggestibility tests - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_03	00:03:03
	Demo of the suggestibility test sequence		
2:20 pm	Practice of the suggestibility games (15 min)	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_04	00:01:00
	Invite participants to play with several partners		
2:35 pm	Basic rules for inducing trance - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_05	00:05:01
	Important elements of the trance induction - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_06	00:07:48
	Maintaining the trance - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_07	00:01:37
2:55 pm	Demonstration of the trance induction (10 min)	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_08	00:01:04
	take the opportunity to point out the signs of trance		
3:10 pm	Break (announce 10 minutes)	MD_CF_APPMD_JOUR_1_PARTIE_3_CLIP_09	00:01:10
3:20 pm	*/ Collect the signature sheets */		
3:25 pm	Introduction to the Scanner technique	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_01	00:07:54
	Principles supported by the Scanner technique- Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_02	00:08:53
	___ IF NEEDED, SKIP THE VIDEO AND EXPLAIN THE TECHNIQUE. ___	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_03	00:15:20
	Steps of the Scanner technique- Read the slide		
	See manual pp. 54-55		
	*Mention that the fuse can be said at the end		
	**Insist on the fact that it is a symbol that is removed and not the pain even if the goal may be to reduce or eliminate the pain. Young Me = world of symbol.		
	***Invite students to wait for the solution to emerge from the guided person in order to create the habit of solving these issues on their own. Give suggestions with openness only when there is an impasse.		
	Recap of the Scanner technique - Read the slide	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_04	00:00:25
4 pm	Demonstration of the Scanner technique (20 min)	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_05	00:01:02
4:20 pm	Pair practice of the Scanner technique (20 min)		
	* let students know when 5 minutes remain *		
4:40 pm	Pair practice of the Scanner technique (20 min)		
	* let students know when 5 minutes remain *		
5 pm	Slide: END of 1st movement	MD_CF_APPMD_JOUR_1_PARTIE_4_CLIP_07	00:00:05

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DAY 2			
8:55am	Announce the start of the course		
9am	*/ * Pass around the list for signature */ *		
9:05 am	Start the videos	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_01	00:01:15
	Blind guides game (max. 10 min)		
9:15 am	Content of the 2nd training day (2nd movement)	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_02	00:01:36
	Recap of the 2nd movement's content	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_03	00:01:14
9:20 am	Question and answer period (max. 15 min)		
9:35 am	My goal in 12 questions	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_04	00:04:37
	Recap of my objective in 12 questions	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_05	00:00:50
	Play putting the objective to the test (max 15 min)		
	LET IT PLAY UNTIL THE NEXT VIDEO		
	The 12 questions (see pp. 32 to 34 + appendices pp. 76 to 79)	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_06	00:01:00
	Recap of the my objective in 12 questions activity (5 min)	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_07	00:01:00
10am	Clarifications on the 12 questions	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_08	00:09:07
	(oh yes... we also learn from our mistakes)		
	The origins of a problem - Read the slide	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_09	00:05:11
	The agreement	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_10	00:06:03
	Play drafting your agreement (15 min)	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_11	00:01:05
10:45am	Break (announce 10 min)	MD_CF_APPMD_JOUR_2_PARTIE_1_CLIP_12	00:01:00
11am	The pre-induction and the deepening	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_01	00:10:15
	Confusion and saturation - Read the slide	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_02	00:10:12
	Summary of the confusion and saturation elements- Read the slide and comment	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_03	00:01:26
11:25am	Demonstration of pre-induction, confusion, saturation and deepening (15 minutes)		
11:40am	Confused mirror game (10 min)	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_04	00:01:15
11:50am	Framework for using the Harmonic Alignment technique	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_05	00:07:41
	Additions to the Harmonic Alignment technique - read the slide	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_06	00:10:55
	The steps of the Harmonic Alignment technique - Read the slide	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_07	00:20:33
	Recap of the Harmonic Alignment technique - Read the slide and comment	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_08	00:01:15
12:35 pm	First-name clap game (5-10 min)	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_09	00:01:05
12:45	Meal break (announce 1 hour)	MD_CF_APPMD_JOUR_2_PARTIE_2_CLIP_10	00:01:00
1:45 pm	*/ * Pass around the list for signature */ *		
	Demonstration of the Harmonic Alignment technique and short question-and-answer period (45 min)	MD_CF_APPMD_JOUR_2_PARTIE_3_CLIP_01	00:01:00
2:30 pm	Pair practice of Harmonic Alignment (45 minutes)	MD_CF_APPMD_JOUR_2_PARTIE_3_CLIP_02	00:01:00
	* let students know when 5 minutes remain *		
3:15 pm	Break (announce 10 min)	MD_CF_APPMD_JOUR_2_PARTIE_3_CLIP_03	00:01:00
3:30 pm	Pair practice of Harmonic Alignment (45 minutes)	MD_CF_APPMD_JOUR_2_PARTIE_4_CLIP_01	00:01:00
	* let students know when 5 minutes remain *		
4:15 pm	Debrief on the Harmonic Alignment practice (5 min)		

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4:20 pm	Archetypal Journey technique	MD_CF_APPMD_JOUR_2_PARTIE_4_CLIP_02	00:01:10
	Archetypal Journey technique	MD_CF_APPMD_JOUR_2_PARTIE_4_CLIP_03	00:28:56
4:50 pm	*/ Collect the signature sheets */		
	Question and answer period		
5 pm	End of day 2 (end of movement 2)	MD_CF_APPMD_JOUR_2_PARTIE_4_CLIP_04	00:00:06

Hours	Contents and section titles of the presentations	File titles	Duration of videos
DAY 3			
8:55am	Announce the start of the course		
9am	Start the videos Attachment sheets game (max. 10 min)	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_01	01:10
9:15 am	*/ Pass around the list for signature */		
9:20 am	3rd movement- Read the slide Signs of trance (pp 47-48)	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_02	00:37
	Recap of the 12 signs of trance - Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_03	08:31
	The Archetypal Journey	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_04	00:32
	What will the symbols be?	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_05	04:21
	12 main archetypes	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_06	03:39
9:45 am	Demonstration of the Archetypal Journey (15 min)	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_07	01:31
10:05 am	Pair practice of the Archetypal Journey (20 min) * let students know when 5 minutes remain *		
10:25 am	Pair practice of the Archetypal Journey (20 min) * let students know when 5 minutes remain *		
10:45 am	Break (announce 10 minutes)	MD_CF_APPMD_JOUR_3_PARTIE_1_CLIP_08	01:00
11am	Debrief on the practice (max. 10 min.)	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_01	01:00
	Archetypal Allies - types of allies (animal, mineral, plant, human, deity) -&- use cases	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_02	09:52
	Archetypal Allies - Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_03	10:49
	Notions of reciprocity for Archetypal Allies		
	The steps of the Archetypal Allies technique - Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_04	13:05
	MindMap of the archetypal ally- Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_05	01:43
11:45 am	Demonstration (15 minutes) - let the practice slide pass - - leave the mind map displayed during the practice -	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_06	01:07
		MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_07	02:00
12pm	Paired practice of the Archetypal Ally (20 min) * let students know when 5 minutes remain *		
12:20 pm	Pair practice of the Archetypal Ally (20 min) * let students know when 5 minutes remain *		
12:40 pm	Debrief on the practice (max. 5 min.)	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_08	01:00
12:45	Meal break (announce 1 hour)	MD_CF_APPMD_JOUR_3_PARTIE_2_CLIP_09	01:00
1:45 pm	Awake and asleep giant game (5 min)	MD_CF_APPMD_JOUR_3_PARTIE_3_CLIP_01	01:04
1:50 pm	*/ Pass around the sign-in sheet */ Prime minds for what follows		
2 pm	Relational Peace technique - fundamental principles	MD_CF_APPMD_JOUR_3_PARTIE_3_CLIP_02	14:05
	Steps of the Relational Peace technique - Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_3_CLIP_03	12:06
	Steps of the Relational Peace technique - Read the slide	MD_CF_APPMD_JOUR_3_PARTIE_3_CLIP_04	00:37
2:30 pm	Demonstration of Relational Peace (30 minutes) (3 cases: friend-enemy-intangible)	MD_CF_APPMD_JOUR_3_PARTIE_4_CLIP_01	01:00
3 pm	Break (announce 10 minutes)	MD_CF_APPMD_JOUR_3_PARTIE_3_CLIP_05	01:00

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3:15 pm	- display the mind map of the technique- Read the slide - give a brief recap of the technique (max 5 minutes)	MD_CF_APPMD_JOUR_3_PARTIE_4_CLIP_02	02:10
3:20 pm	Pair practice of Relational Peace (45 min) * let students know when 5 minutes remain *		
4:05 pm	Pair practice of Relational Peace (45 min) * let students know when 5 minutes remain *		
4:50 pm	Debrief on the practice */ Collect the signature sheets */		
5 pm	End of day 3		

Hours	Contents and section titles of the presentations	File titles	Duration of videos
DAY 4			
8:55am	Announce the start of the course		
9am	Start the videos - Presence exercise - NOTHING TO DO	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_01	00:25
	Let's play at breathing from the belly (max. 5 min)	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_02	01:06
	Blown sagas game	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_03	00:30
	- Read the slide - Explain the game - Play	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_04	01:00
9:30am	*/ Pass around the list for signature */		
	4th movement - Read the slide	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_05	08:31
	Basics of the helping relationship, civil liability		
	The basics of the helping relationship - Read the slide	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_06	00:25
	Self-hypnosis	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_07	18:48
	Preparing for self-hypnosis - Read the slide	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_08	00:30
10am	Let's play: Self-hypnosis Archetypal Journey the tree (15 min)	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_09	01:04
10:15am	Self-hypnosis in daily life	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_10	12:24
	Giving information about the other trainings	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_11	01:01
	Mention the online courses		
	Magic Bath - purpose	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_12	04:45
	The steps of the Magic Bath technique	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_13	07:08
	Mind map of the Magic Bath steps	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_14	00:40
11am	Break (announce 10 minutes)	MD_CF_APPMD_JOUR_4_PARTIE_1_CLIP_15	01:00
11:15am	Demonstration of the Magic Bath technique (15 minutes)	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_01	01:00
11:40am	Pair practice of the Magic Bath (20 min)		
	* let students know when 5 minutes remain *		
12pm	Pair practice of the Magic Bath (20 min)		
	* let students know when 5 minutes remain *		
12:20pm	Debrief on the Magic Bath practice		
12:30pm	Start the video	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_02	00:09
	Time distortion	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_03	01:17
	The fuses	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_04	01:17
	Review the Magic Bath technique, pointing out where it could there be time distortion and which fuses would be appropriate in situation X	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_05	01:00
	Time distortion recap	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_06	01:13
	Fuses recap	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_07	01:13
	Magic Bath recap	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_08	01:00
	*add a touch of humour... never 2 without 3...;-)		

Hours	Contents and section titles of the presentations	File titles	Duration of videos
12:45	Meal break (announce 1 hour)	MD_CF_APPMD_JOUR_4_PARTIE_2_CLIP_09	01:00
1:45 pm	*/ * Pass around the list for signature */ * */ * Pass around the quick sign-up sheet */ *		
2 pm	Freeing the Breath technique - the benefits	MD_CF_APPMD_JOUR_4_PARTIE_3_CLIP_01	02:20
	Steps of Freeing the Breath	MD_CF_APPMD_JOUR_4_PARTIE_3_CLIP_02	07:04
	The benefits and steps of Freeing the Breath	MD_CF_APPMD_JOUR_4_PARTIE_3_CLIP_03	00:45
2:15 pm	Demonstration of Freeing the Breath (15 min)	MD_CF_APPMD_JOUR_4_PARTIE_3_CLIP_04	01:09
2:30 pm	Pair practice of Freeing the Breath (20 min) * let students know when 5 minutes remain *		
2:50 pm	Pair practice of Freeing the Breath (20 min) * let students know when 5 minutes remain *		
3:10 pm	Debrief on the Freeing the Breath practice		
3:15 pm	Break (announce 10 minutes)	MD_CF_APPMD_JOUR_4_PARTIE_3_CLIP_05	01:00
3:30 pm	Consciousness expansion - basic concepts	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_01	06:22
	Concepts of consciousness expansion- Read the slide	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_02	00:25
	Group consciousness expansion guidance (10 min)	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_03	01:06
3:50 pm	Mini-Me technique - notions and concepts	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_05	12:25
	Steps of the Mini-Me technique	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_06	08:49
4:15 pm	Demonstration of the Mini-Me technique (15 min)	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_07	01:00
4:30 pm	Experimenting with Mini-Me in self-hypnosis (20 min)	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_08	01:04
4:50 pm	*/ * Collect signature sheets and quick sign-ups */ * Question and answer period	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_09	01:00
4:54 pm	Metaphor of the king and his three sons	MD_CF_APPMD_JOUR_4_PARTIE_4_CLIP_10	05:15
5 pm	End of training - THANK YOU ALL!!		