

Hours	Content and section titles of presentations	File titles	Duration of videos
DAY 1			
8:55 AM	Announce the start of the course		
9:00 AM	Warm meet and greet game	MD_CF_TPASM_JOUR_1_CLIP_01	00:00:24
9:15 AM	Presentation of the trainer and attendance		
9:20 am	Multiple choice questionnaire (5 min) + case studies (20 min including group debrief)	MD_CF_TPASM_JOUR_1_CLIP_02	00:00:13
9:45 am	Training plan - Pause and read the slide	MD_CF_TPASM_JOUR_1_CLIP_03	00:01:44
	Anchoring - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_04	00:01:26
	Anchoring, part 2 - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_05	00:03:40
	Putting anchoring into practice - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_06	00:08:05
10am	Pair practice of anchors (15 minutes)		
10:15 AM	The excellence booster, use cases - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_07	00:00:58
	Final notes on the excellence booster - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_08	00:03:18
	Read the opening slide	MD_CF_TPASM_JOUR_1_CLIP_09	00:07:54
	Demonstration of the excellence booster technique		
10:30 am	Practice of the excellence booster technique (30 min.)	MD_CF_TPASM_JOUR_1_CLIP_10	00:00:15
	In teams of 2, students practice setting anchors and combining anchors for the excellence booster technique		
11:00 AM	Break (15 minutes)	MD_CF_TPASM_JOUR_1_CLIP_11	00:00:15
11:15 AM	The awake and asleep giant game (5 minutes)	MD_CF_TPASM_JOUR_1_CLIP_12	00:00:12
11:20 am	Recap of the important elements of hypnosis and of the Méthode Dolfino - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_13	00:05:26
	Fears and their causes - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_14	00:02:34
	The preambles to the fears technique - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_15	00:02:19
	Fears and phobias technique	MD_CF_TPASM_JOUR_1_CLIP_16	00:15:57
11:50 am	Demonstration of the phobia technique (40 minutes)	MD_CF_TPASM_JOUR_1_CLIP_17	00:00:14
	Answer questions after the demonstration		
12:30 pm	Meal break (1 hour)		
1:30 pm	Pass around sign-in sheets		
1:35 pm	Recap of the fears technique - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_18	00:00:29
	Leave the slide displayed during practice		
	/*Suggest using the yellow observation sheets*/		
1:45 pm	Practice in pairs of the phobia technique (45 min.)		
	Let students know when 5 minutes remain		
2:30 pm	Practice in pairs of the phobia technique (45 min.)		
	Let students know when 5 minutes remain		
3:15 PM	Debrief on the pair practice		
3:30 pm	Break (15 minutes)	MD_CF_TPASM_JOUR_1_CLIP_19	00:00:12
3:45 pm	The imaginary balloons game (5 min.)	MD_CF_TPASM_JOUR_1_CLIP_20	00:00:11
3:50 pm	Introduction to the allergies technique - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_21	00:05:59
	Preliminary steps to the allergies technique	MD_CF_TPASM_JOUR_1_CLIP_22	00:03:45
	Read the slide		
	Steps of the allergies technique - Read the slide	MD_CF_TPASM_JOUR_1_CLIP_23	00:12:59
4:15 pm	Demonstration of the allergies technique (45 minutes)	MD_CF_TPASM_JOUR_1_CLIP_24	00:00:14
5:00 PM	End of day 1 of phobia-allergy		

Hours	Content and section titles of presentations	File titles	Duration of videos
Day 2			
8:55 AM	Announce the start of the course		
9:00 AM	Game - Clap name or other (5-10 minutes)		
9:10 AM	Pass around the attendance signature sheet		
9:15 AM	Recap of the steps of the allergy technique	MD_CF_TPASM_JOUR_2_CLIP_01	00:00:21
9:30 AM	Pair practice of the allergy technique (45 min.)		
10:15 AM	Pair practice of the allergy technique (45 min.)		
11:00 AM	Break (15 minutes)	MD_CF_TPASM_JOUR_2_CLIP_02	00:00:15
11:15 AM	Review of the allergies technique practice		
11:30 AM	Introduction to the machine room technique	MD_CF_TPASM_JOUR_2_CLIP_03	00:03:37
	Read the slide		
	Preparation and precautions for the machine room technique - Read slide	MD_CF_TPASM_JOUR_2_CLIP_04	00:05:11
	How to manage coherent values - Read slide	MD_CF_TPASM_JOUR_2_CLIP_05	00:02:57
	Steps of the machine room technique - Read slide	MD_CF_TPASM_JOUR_2_CLIP_06	00:10:46
	Recap of the steps - Read the slide	MD_CF_TPASM_JOUR_2_CLIP_07	00:00:20
11:55 AM	Demonstration of the Machine Room technique (30-40 minutes)		
12:40 PM	Meal break (1 hour)		
1:40 PM	Game of your choice		
1:50 PM	Talk about other trainings + quick sign-up sheets PASS AROUND SIGNATURE SHEETS		
2:00 PM	Review of the steps of the Machine Room technique	MD_CF_TPASM_JOUR_2_CLIP_07	00:00:20
2:15 PM	Pair practice of the Machine Room (45 min.) * let students know when 5 minutes remain *		
3:00 PM	Break (15 minutes)		
3:15 PM	Pair practice of the Machine Room (45 min.) * let students know when 5 minutes remain *		
4:00 PM	** HAND OUT THE TRAINING EVALUATION **		
4:00 PM	Review of the practice of the Machine Room technique Question and answer period as needed		
5:00 PM	Thank you! slide	MD_CF_TPASM_JOUR_2_CLIP_08	00:00:22