

"Enhancing Parental and Caregiver Empathy Through Somatic Resonance"

Presented by Alan Fogel, Ph.D.

AGENDA

8:30–9:00 a.m. Registration

9:00 a.m. Opening/Logistics

Session 1 - Heightened vs. Restrictive Developmental Pathways of Somatic Awareness in Infants and Adult Caregivers

9:15–9:30 a.m. Theoretical Overview

9:30–10:15 a.m. Practice Session

10:15–10:30 a.m. Discussion and Processing

10:30–10:45 a.m. Break

Session 2 – Dyadic Somatic Resonance: Breakdown and Repair

10:45–11:00 a.m. Theoretical Overview:

11:00–11:45 a.m. Practice Session

11:45 a.m.–12:00 p.m. Discussion and Processing

12:00–1:00 p.m. Lunch

Session 3 – Enhancing vs. Limiting Kinesthetic Empathy and Co-movement

1:00–1:15 p.m. Theoretical Overview:

1:15–2:00 p.m. Practice Session

2:00–2:15 p.m. Discussion and Processing

2:15–2:30 p.m. Break

Session 4 – Somatic Resonance and Language: How Words Can Hurt or Heal

2:30–3:30 p.m. Overview and Practice Session

3:30–4:30 p.m. Questions, Closing, and Evaluations