

SIMPLE COURSE SCHEDULE 2026-27

Week 1- October 7
Week 2- October 14
Week 3- October 21
Week 4- October 28
Week 5- November 4
Week 6- November 11
Week 7- November 18
Week 8- November 25
Week 9- December 2
Week 10- December 9
Week 11- December 16
Week 12-December 23
December 30 no course
Week 13- January 6
Week 14- January 13
Week 15- January 20
Week 16- January 27

Week 17- February 3
Week 18- February 10
Week 19- February 17
Week 20- February 24
Week 21- March 3
Week 22- March 10
March 17 and 24 no course
Week 23- March 31
Week 24- April 7
Week 25- April 14
Week 26- April 21
Week 27- April 28
Week 28- May 5
Week 29- May 12
Week 30- May 19
Week 31- May 26
Week 32- June 2

Week 33- June 9

- Homework and Boing group start Monday October 19.h
- Homework group will run for 3 weeks on a trial basis from 12:30 to 1 pm. It will be done by Joan and Nicole. We need at least 5 participants to consider extending it.
- Boing will run Monday 1- 2:30 pm. Both will be held in person (444 Douro st. 2nd floor and on zoom.)

PRACTICE SESSIONS SCHEDULE

| | preparation | |
|------------------------|------------------|---------------------------|
| 1. Week 4 October 28 | October 21, 1:30 | Crisis Plans |
| 2. Week 6 November 11 | November 4, 1:30 | Holes diary cards |
| 3. Week 10 December 9 | December 2, 1:30 | Chain analysis |
| 4. Week 14 January 13 | January 6, 1:30 | Rational mind remediation |
| 5. Week 18 February 10 | February 3, 1:30 | goals diary card |
| 6. Week 24 April 7 | March 31, 1:30 | IFS workbook 1 |
| 7. Week 25 April 14 | April 7 | IFS workbook 2 |
| 8. Week 26 April 21 | April 14 | IFS workbook 3 |
| 9. Week 27 April 28 | April 21 | IFS workbook 4 |
| 10. Week 28 May 5 | April 28 | IFS workbook 5 |
| 11. Week 29 May 12 | May 5 1:30 PM | Self-led remediation |

week 1- orientation and overview- sessions 1 and 2 of simple manual.

week 2- introducing distress tolerance-p. 1-13 of dbt workbook and crisis plans-session 3 of the manual.

week 3- the theoretical foundations of the simple course. session 4, 6, and 8 of the manual.

week 4- distress tolerance p. 14-32 of dbt workbook. suicide prevention session 5 of the manual. our first practice- crisis plans.

week 5- distress tolerance p. 33-46 of dbt workbook. introducing holes diary cards- session 7 of manual.

week 6- distress tolerance p. 47-68 of dbt workbook. finding your diary card targets- session 9 of manual. our second practice- holes diary cards.

week 7- introducing personality- session 10 of manual.

week 8- distress tolerance p. 69-90 of dbt workbook. introducing chain analysis-session 11 of manual.

week 9- what shapes personality-session 12 of manual.

week 10-introducing mindfulness skills p.90-109 of dbt workbook. advanced chain analysis- session 13 of manual. our third practice-chain analysis.

week 11- attachment theory- session 14 of manual.

week 12- mindfulness skills p. 110-131 of dbt workbook. introducing rational mind remediation-session 15 of manual.

week 13- the dynamic-maturational model of attachment and adaptation- session 16 of manual.

week 14-mindfulness skills p. 131-147 of dbt workbook. practicing all the tools-session 17 of manual. our fourth practice-rational mind remediation.

week 15-stress-session 18 of manual.

week 16-introducing emotion regulation skills p.148-182 of dbt workbook. introducing the goals diary card procedure-session 19 of manual.

week 17- the stress and trauma related disorders-session 20 of manual.

week 18- emotional regulation skills p.183-206 of dbt workbook. our fifth practice session-the goals diary card procedure- session 21 of manual

week 19- structural dissociation theory and the treatment of the traumatic spectrum disorders- session 22 of manual.

week 20- introducing interpersonal skills p.207-241 of dbt workbook. Review of all the skills

week 21- Spirituality, religion, and health- session 26 of manual.

March break

week 22- introducing internal family systems (ifs)-session 24 of manual.

introducing the ifs workbook and ifs workbook guided ai assisted self therapy

week 23- interpersonal skills and putting it all together p.242-265 of dbt workbook.

states of activation as essential trailheads and the four pillars of recovery from trauma-session 27 of manual.

- Week 24- IFS workbook Part One: Getting to Know Your Self & Parts P.17
- Week 25- IFS Workbook Part Two: Appreciating Your Overworked Managers P. 63
- Week 26- IFS Workbook Part Three: Befriending Your Activated Firefighters P. 101
- Week 27- IFS Workbook Part Four: Embracing Your Burdened Exiles P.139
- Week 28- IFS Workbook Part Five: Accessing Your Unlimited Self-Leadership P. 177
- Week 29- May Simple Manual Session 23 Self-led remediation

Week 30 -relationship and their repair-session 28 of manual.

Week 31- Sexuality and bonding

week 32 - Searching for meaning circle

week 33- Wrap up, evaluation, brunch