

## HOW TO CREATE A WORKSHOP – PRINCIPLE START

1. Decide the principle you want to share.
2. Clarify the intent of the workshop.
  - a. Are you developing a particular aspect of the principle? For example, a treatment workshop – are you teaching the steps, seeking to show “how” it works, practicing doing one . . .
  - b. Are you seeking illustrate the whole principle through a process or a particular medium? For example, using a worksheet with the steps of treatment to get people to write about each step, using collage as a medium for determining “what” to treat for, using a dyad to practice doing treatment for someone else . . .
3. Decide the vehicle or medium that would best manifest the intent of the workshop.

Examples of vehicles and mediums include but are not limited to:

  - a. Art – paint, clay, crayon, pen/pencil, collage, tie-dye, pastel, etc.
  - b. Experiential – guided visualization, massage, trust exercises, sensory input, etc.
  - c. Writing – worksheets, creative expression
  - d. Tools – building or creating using materials
  - e. Discussion/sharing – whole group, small group, one on one
  - f. Journalizing – solo writing process
4. Create a flow that follows a logical sequence.
  - a. Be aware of timing when planning the flow.
  - b. Be aware of “bridging” – connections that bridge different parts of processes to the point.
  - c. Don’t have too many steps or vehicles.
  - d. Try to include different modalities of learning.
5. Always include some form of closure. Examples include a closing sharing, group hug, appreciation circle, treatment, and song.

## HOW TO CREATE A WORKSHOP – MEDUIM START

1. Decide on the medium. (See above #3)
2. Choose a principle or core idea.
3. See “Principle Start” #4 & #5.

### **Modalities of Learning**

- Auditory – learning through hearing
- Visual – learning through observing
- Kinesthetic – learning through doing