

## Objectives of the training

The MOSAIC reference module allows you to acquire all the neurophysiological and psychological bases of MOSAIC therapy, and to learn the reference protocol that will be used for all types of painful memories, traumatic memories, situations provoking strong emotions, ... This module is the prerequisite for all the specialization modules: complex trauma, depression, anxiety disorders (generalized anxiety disorder, panic disorder, phobias), OCD, addiction.

### Day 1 : Defining the problem and creating the alliance in MOSAIC therapy

- Introduction of the participants (expectations, internal state)
- Introduction to MOSAIC therapy and its history
- Defining a problem within the whole story that is told
- Deepening the problem, understanding its dynamics and logic
- Using empathy and reformulation: theory and practice in small groups
- Reframing and valuing resources: theory and practice in small groups

### Day 2 : Knowing the neurological and psychological bases of the MOSAIC therapy

- The neurophysiological basis of stress and fear response
- Neurophysiological basis of post-traumatic stress disorder
- Clinical scales for post-traumatic stress disorder
- Differences from EMDR
- The foundations of MOSAIC:
  - Neurophysiological correlates of bilateral alternating stimulation (BAS)
  - The neural model of stochastic resonance
  - Solution therapy, experiential therapy
- Beginning of the MOSAIC Reference Protocol: Goal Setting
- The neural model of MOSAIC
- Practice of goal setting

### Day 3 : Know the MOSAIC Therapy reference protocol

- Practice of the desired internal sensation (SID) and SBAs
- Continuation and completion of the MOSAIC protocol:
  - Limiting target
  - Reference loop
  - Desired Internal Sensation
  - MOSAIC loop
  - Benefits
  - Debriefing
- Demonstration of the MOSAIC protocol
- Practice of MOSAIC

### Day 4 : Practice, evaluation and preparation for the complementary module

- Questions & Answers
- MCQ
- Advantages of the MOSAIC method
- Indications and contraindications
- Practice of the MOSAIC therapy in small groups
- Presentation of the other MOSAIC modules
- Certification process

#### TRAINER :

Dr Stéphanie KHALFA,  
Clinical psychologist, research  
fellow in Neuroscience

#### PUBLIC :

This training is intended for  
psychiatrists, doctors,  
psychologists, psychotherapists,  
nurses, physiotherapists, midwives,  
specialized educators,  
psychopracitioners, coaches...

#### PEDAGOGICAL MEANS :

- Theoretical courses
- Practical exercises with 2 or 3 participants
- Clinical demonstration with a participant
- Explanations on clinical cases

#### EVALUATION METHODS :

Continuous oral evaluation  
throughout the course, question  
and answer time, evaluation  
questionnaire, MCQ

#### DURATION:

28 hours over 4 days  
(time slot from 9:30 am to 5:30 pm)

#### RATE :

800.00 €

Face-to-face or video training  
according to the dates  
(see schedule on the website  
<https://therapiemosaic.com>)