

Pathways Pilot Study Syllabus

Week 1 – Building relationships and intro to the program

- Orientation – complete paperwork – how to take vital signs, goggle drive
- Sign Program Participation Agreement
- Initial evaluation and session 1 and 2
- Define detailed daily schedule for each veteran
 - When would they use RestStation/ Quantum Sound– what time / day

Week 2 – Finding relief thru RestStation and Quantum Sound

- Session 3 and 4
- At the end of session 3 take VIA survey to get results
- Define daily homework schedule with checklist

Week 3 - Character Strengths Mind, Body, and Heart

- First coaches meeting VIA results
- Intro to buddy
- Session 5 and 6
- Via survey results
- Klemmer module 1
- 2 Philosophers notes related to topics
 - Mindset
 - Loving what is

Week 4 – Facts vs. Meaning

- First group meeting
- Session 7 and 8
- Klemmer module 2
- 2 Philosophers notes
 - Loving what is/the four agreements
 - Learned Optimism/the places that scare you

Week 5 – Understanding how you react to situations

- Session 9 and 10
- Klemmer module 3
- 2 Philosophers notes
 - The four agreements/7 spiritual laws of success
 - Learned Optimism/You are the leader you've been waiting for

Week 6 – Finding freedom by taking Responsibility

- Session 11 and 12
- Klemmer module 4 video 1 and 2
- 2 philosophers notes
 - Pathways to Bliss/You can heal your life
 - Man's search for meaning/Talent is overrated

Week 7 – What really matters to you in Life

- Session 13 and 14
- Klemmer module 4 video 3 and 4
- 2 philosophers notes
 - You can heal your life/As a man thinketh
 - Authentic Happiness/Learned Optimism

Week 8 – Celebration and Next Steps

- Session 15 and 16
- Klemmer module 4 video 5
- Wrap up and celebration of completing the program

Pathways Session

- 15 minutes to do pre- session documents / 15 minutes post session documents
- RestStation / Quantum Sound
- Quantum Sound/ RestStation
- 2 hour commitment for each session
- Fill out forms for pre and post sessions onsite
- Custom for each location and modalities