

EMBODIED AWARENESS FACILITATOR CERTIFICATION

Sponsored by the Canadian Institute For Transpersonal And Integrative Sciences

COURSE LEARNING GOALS AND EXPECTATIONS

Embodied Awareness is the practice being fully present by coming to know yourself and to integrate the wisdom that is transmitted to you via your

- senses
- emotions
- thoughts and
- expanded intuitive perceptions.

Embodied Awareness is a form of inner awareness, meditation and energy work that can be cultivated through consistent practice. In this program, student facilitators will be learning how to empty the mind of ordinary consciousness in order to become an instrument for universal healing energies, and learn how to share Embodied Awareness practices with individuals and groups in community settings.

Embodied Awareness takes into account the conditions that come with being human — be they physiological, psychological or spiritual conditions. Emphasis is on cross-cultural sensitivity and transpersonal group dynamics. Facilitators will gain group facilitation skills and will explore how to teach Embodied Awareness practices through a shift in focus of attention, use of breath and subtle awareness, and as a way of being present with oneself and others, to be applied at any point in one's day or life, in relationship to self, others, one's environment and our ecosphere.

1. 100 HOURS OF FACE TO FACE TRAINING with 100 units of Continuing Education Credits.

Transcripts for CEU's are provided by the Canadian Counselling and Psychotherapy Association (Free to CCPA members; and \$25.00 for non-members. CE forms to be provided by Embodied Awareness Faculty).

A) Certified Embodied Awareness Facilitators will be authorized to:

- 1. Lead embodied awareness groups** in community settings, and bring embodied awareness practices as volunteers or through employment in community public and private settings, depending on your interests, background, training, or previous experience. Settings may include: social service agencies, psychotherapy, medical settings, churches, schools and universities, local community groups, for profit and not for profit organizations, institutions and corporations.
- 2. Work with individuals** by facilitating individual one-on-one training in embodied awareness practices with students at a school, hospital patients, psychotherapy or coaching clientele, or within the context of any of the community settings mentioned above, again, as per the background, training and interest as appropriate.
- 3. Lead Embodied Awareness experiential lectures** for the general public or in their field or community
- 4. Provide "Embodied Awareness Training" Certificate** to participants enrolled in community programs

B) This year-long program will equip you to train people in Embodied Awareness, but does not qualify you to train or initiate trainers, nor practice as a therapist. Therefore, Facilitators will not be authorized to teach Embodied Awareness Facilitator Training Programs.

*Consider: Many meditation teacher trainings can last up to **five years**; minimally, training for social workers and teachers in the public school system includes **four to six years** of education, plus practicum; psychologists and medical practitioners include between **six to eight years** of education plus practicum. In Buddhist and other spiritual contexts, meditation teachers often have 10-20 plus years of meditation practice, study, and personal experience. This year long program is designed to prepare you*

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to share Embodied Awareness on an introductory level. It will not prepare you to lead advanced level practices nor to provide Spiritually Directed Therapy. Please share these practices in ways that are commensurate with your background, training and experience.

C) Individuals who demonstrate excellence may be selected by the Embodied Awareness Faculty to be trained as Embodied Awareness Faculty-in-Training and/ or Canadian Institute for Transpersonal and Integrative Sciences Counselling Services Associates.

2. 200 HOURS OF SUPERVISED PRACTICUM

Supervision is provided by the Canadian Institute for Transpersonal and Integrative Sciences (CITIS) Counselling Services Associate and Clinical Psychologist Martina Jaeckel. 2 hours of clinical supervision will be provided from 10:00 am – 12:00 pm on the regularly scheduled Sunday sessions.

3. TRAINING MATERIALS by Dr. Beth Hedva (cost for training materials included in tuition fees)

- a) Manual: Embodied Awareness
- b) Journey from Betrayal To Trust CD with Lecture, Forgiveness Mediation and Tonglin Breathing Practice,
- c) Courage to Trust Your Intuition DVD
- d) Additional Handouts and Practicum Forms
- e) **Additional Training Materials:** (additional cost apply and are to be purchased by trainee)
 1. **Required reading:** *The Circle Way: A Leader in Every Chair* by Christina Baldwin and Ann Linnea
How To Befriend Your Shadow: Welcoming Your Unloved Side by John Monbourquette
 2. **Recommended reading:** *Mindsight: The New Science of Personal Transformation*, Daniel Siegel, MD

4. LOCATION

The program will be held at the Varsity Natural Health Center, located in the Provident Professional Building #102 - 4616 Valiant Dr. NW , Calgary, AB, Canada T3A 0X9
The phone at the destination is 403-202-8658 if you need last-minute directions
There is free parking in the parking lot of the Provident Professional Building.

5. COURSE DATES:

2012-2013 9 Weekends (Applications due by Aug 15th 2012)

2012 Sept. 22-23 / Oct. 20-21 / Nov 24-25

2013 Jan 26-27 / Feb 23-24 / Mar 23-24 / Apr 20-21 / May 11-12 **RETREAT:** Sept 6-7-8

Inclement winter weather conditions may necessitate short notice cancellation and need to reschedule to fulfill course requirements. Please reserve the following dates: June 1st, June 2nd, July 6th and July 7th in case it is necessary to reschedule due to weather conditions.

6. START ON TIME: Please arrive early so we may begin on time. Note, we may end anywhere from 5:00 to 5:30 pm on Saturday and Sunday, depending on the flow of the group.

Saturday: 1:00 pm – 5:15 pm

Sunday: 10:00 am – 12:00 (lunch from 12:00 -1:30) and 1:30 – 5:15 pm.

Final Meeting to be held in a retreat setting (location TBA; additional costs may apply)

Total: Nine weekends in Calgary, Alberta, (last weekend in a retreat setting) plus collect 200 hours of supervised practicum (see 'Structure' on the third page of this letter)

7. CLOTHING AND PERSONAL COMFORT: Wear layers of loose, comfortable clothing, as we will be doing movement and breathing exercises as part of the course curriculum. If you are diabetic, or have individual needs, please bring snacks and whatever you need to be comfortable and cared for during the seminar.

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4. Structure: The following chart lays out the program including coursework and outside requirements.

Components:	Scheduling	Expectations:
Weekend Practicums	Nine 2-day (Sat -Sun) One 3 day Retreat (Fri, Sat, Sun)	These sessions present didactic material, experiential learning, group facilitation skills through the practice of Embodied Awareness as solo inner-work, in one-on-one dyads and participation in group process.
Supervision Meetings	Nine 2 hour sessions (Sunday's 10:00-12am)	Face-to-face group supervision with CITIS Counselling Services Associate
Practicum I: 50 hours personal practice	TBA by each student according to his or her own schedule	These hours are gathered through completing homework in the manual
Practicum II: 50 hours One-on-one cohort dyad and review of practices	Face to face meetings, or phone / skype / facebook meetings. TBA with a cohort from the training at times that are mutually satisfactory	These hours are gathered through the practice of mentoring a cohort using practices in the <i>Embodied Awareness</i> manual, and reviewing his or her responses
Practicum III: 50 hours Group Facilitation with a circle of cohorts	January – April Dates and times TBA by consensus via group members (Required Reading: <i>The Circle Way: A Leader in Every Chair</i>)	Based on a Rotating Leadership model trainees are expected to meet with a cohort group weekly, and practice introducing, leading and participating in group process
Practicum IV: 50 hours Community Service Group Facilitation	TBA by each student according to his or her own schedule (starting in Spring 2012) Required Reading: <i>How to Befriend Your Shadow: Welcoming Your Unloved Side</i>	Sharing embodied awareness practices with your community in a community setting of your choice. Trainees may use their job (ex. Psychotherapists or Coaches who wish to incorporate Embodied Awareness in work with clients, Teachers with students)
Social Networking Facebook group Twitter	CLOSED FACEBOOK GROUP to share reflections between monthly meetings on an as needed basis	To share insights that would be of value to other members, discuss topics from manual, troubleshoot difficulties arising, gain and benefit from conversation with cohorts and faculty in between training sessions
Required Reading Homework and Written Assignments	TBA by trainee using <i>Embodied Awareness</i> , Beth Hedva, Ph.D, CD & DVD training materials	Complete all written assignments in course manual (estimated at 50 hours minimum of personal practice)
Recommended Reading: <i>Mindsight: The New Science of Personal Transformation</i> , Daniel Siegel, MD		Written Assignments in Manual Case Presentation / Case Study
2012-14 Post-Program Supervision (cost included in Facilitator Training)	Twice a year with Dr. Beth Hedva (Founder and Program Developer of Embodied Awareness Certification)	Bring your most challenging questions and concerns for presentation and review
Continuing Education (additional fees apply)	Every three years following completion of program	Embodied Awareness Facilitators will be required to renew their certification through a one day training every three years; and, yearly written update on current practice.
Listings on Website		Certified Embodied Awareness Trainers will be listed on the Embodied Awareness Website free of charge

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5. CERTIFICATION

Upon successful completion of all Embodied Awareness Facilitator program requirements, and depending upon Faculty's positive evaluation, participants will receive a certificate as an Embodied Awareness Facilitator from the Canadian Institute for Transpersonal and Integrative Sciences.

a) **Certificates of Completion for Embodied Awareness Facilitator** will be provided to participants who complete all the written assignments; attend 90 % of the classes; and 90 % of each practicum.

b) **Certificate of Participation in "Embodied Awareness"** will not be awarded to participants who miss more than 10% of the course (equivalent to one weekend), or more than 5 hours from any of the practicum training work. However, such participants may up-grade to a Certificate of Completion by auditing the next-held full program (ie: 2012-2013) for a reduced auditor's fee, and pay \$595.00 per missed weekend instead of full tuition. This fee is not negotiable. Those auditing the training will be expected to attend the full year of training so as not to disrupt the community-building component and educational experience of enrolees in the program.

6. RESPONSIBILITIES

Trainees accept the terms outlined in the course expectations, the terms of the training program and agreements regarding certification as an Embodied Awareness Facilitator with the understanding that the practice of embodied awareness is the practice of inner awareness, meditation and energy work and is not meant to take the place of personal therapy, spiritual mentorship, or recommendations from a qualified health-care professional. In the event of a spiritual emergency, suicide, harm to self or others, psychological crisis, or other psycho-spiritual and physical concerns, trainees agree to contact 911 emergency, the Calgary Distress Center 24 hour crisis telephone line at 403-266-1605, the Spiritual Emergence Service of Canada at 604-533-3545 or / and seek additional assistance from qualified professionals of their own choosing.

7. Terms of Payment: Tuition is \$5,500 + 5% GST (\$275); or, 10% discount if paid in one payment (\$4,995 plus \$249.65 GST) Or by special arrangement (payment plan, work study and / or scholarship). Participants are responsible for the full tuition. There are no refunds for missed classes or withdrawal from the program.